Gran Paradiso Short Break

Trip Code: GPW

Version:

MOUNTAINEER	GUIDED GROUP	CHALLENGING
		7



HIGHLIGHTS

- Climb Gran Paradiso, the only 4000m peak entirely in Italy
- Guiding ratio of 1:4 for the whole holiday
- Can be booked as an extension to another alpine holiday
- FREE Equipment hire worth over £100

AT A GLANCE

- 3 days trekking and climbing
- Max altitude - 4061 metres
- Join at Aosta Valley

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Our 4 day adventure holiday begins in the Aosta Valley. From here it is a short transfer to the beginning of our trek up to the Rifugio Chabod, where there is the opportunity to do some crampon skills training after lunch. A true alpine start is a rude but amazing awakening the following morning as we make our way to the top of Italy. From the Rifugio Chabod, we make the classic, easy ascent across the snow face and via an exciting rocky ridge to the summit of Gran Paradiso (4061m). Here the views extend over the Alps to the prominent peaks of Mont Blanc and the Matterhorn.

Are you short on time, but still want a big adventure? Then look no further...

Is this holiday for you?

This is real mountain travel, following good trails to the snowline and also involving sections of scrambling, snow slope climbing and glacier travel, where ropes, crampons and an ice-axe will be used. Given the non-technical nature of this mountaineering holiday and the fact that the group will be led by IFMGA guides, this trip should be feasible for novice alpinists, providing they have a very good level of fitness and balance. Guiding is at a ratio of 1:4 during the trip.

You will have to carry all of your own equipment whilst trekking, however you can leave any excess luggage at the mountain hut while you summit Gran Paradiso. In practice, especially considering that neither sleeping bag nor camping mattress are needed for this trip, you should be able to keep the packed weight of your rucksack to as little as 10kg. The first and third nights are spent at a hotel in the Aosta Valley, where you can leave any travel clothes etc that you don't want to take up the mountain with you.

Please be aware that routes in the high glaciated mountain regions are subject to changing conditions and difficulties. The Alpine Guides may need to make changes to your planned route at very short notice.

Itinerary

Version:

Holiday Information

What's Included

- Professional qualified IFMGA guide(s)
- Accommodation as described
- All land transport involved in the itinerary (not including airport transfers)
- Meals as detailed in the meal plan

What's not Included

- Travel Insurance
- Airport transfers
- Meals as described in the meal plan
- Miscellaneous expenses - drinks and souvenirs etc.

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on Travelling by Train.

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

You should arrange to meet at the group in the Aosta Valley, on Day 1 of the itinerary. Check in is from 16.00 but should you arrive early you can leave bags at reception.

The guide will meet the group after breakfast on the morning of Day 2.

Travelling by air:

There are public transport options from Geneva, Turin and Milan airports.

This includes reasonably prices options with Flix Bus.

Travelling by land:

It is possible to travel via train and bus from the UK to the Aosta Valley.

A great resource for all of the above - the website 'Rome2Rio'

www.rome2rio.com

Meal Plan

Four breakfasts and three dinners are included in the trip price. Packed lunches or hill-food can be bought in the huts, or of course for a short trip such as this snack food can also be brought with you from home. On day 2 there might also be the possibility of having a hot lunch at the hut. You should allow about €30 per lunch.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

When in the towns and villages all tap water is drinkable. In mountain huts there is usually not a sustainable drinking water supply. Water in plastic bottles is brought in to the hut. All huts have a recycling point. If you have to purchase water in plastic bottles please buy the largest bottle you can so as to use less plastic. Please take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water if you can fill from a local stream. Bottled water is not provided. We do not encourage the purchasing of single use plastic bottles. Local authorities are working to find solutions to using plastic water bottles in huts. We monitor the situation carefully for updates.

At the hut the evening meal is 3 course and breakfasts will consist of cereal, bread, jam and tea or coffee. Packed lunches or hill-food can be bought in the huts. You should allow €20 - 30 per lunch.

Accommodation

During this trip, the group will spend 2 nights in a hotel in the Aosta Valley. Accommodation here is in either twin or 3-person rooms, if you are travelling on your own you will be paired up with someone of the same sex. Whilst in the mountains, there are 2 nights spent in a mountain hut, where the accommodation is on a non-segregated, dormitory-style basis.

Note: The accommodations mentioned in the itinerary are given as examples of the type of accommodation used for this trip. The actual accommodations may vary between departures depending on availability.

Group Leader & Support Staff

There will be one IFMGA guide. Guiding is at a ratio of 1:4.

Spending Money

A total of €150 should be sufficient to cover all personal expenses, including your hill-food and lunches, drinks and other incidental expenditure. Beer, wine and soft drinks are available every night.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. For international flights please check your baggage allowance with your airline. Since group members will carry all personal equipment during the trek, it is important to keep the overall weight of this equipment to a minimum. Neither a sleeping bag nor a camping mattress is needed and it should be possible to keep the weight of your pack to under 10kg.

At the start of the holiday you will leave your main bag and travel clothes in the group accommodation.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We would suggest that you adopt a weekly exercise regime leading up to your trip. Running, cycling and swimming are good for developing better stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

The temperatures that we can expect to encounter during the day will be reasonably warm, ranging from 10°C / 50°F to 25°C/ 77°F. It can be cool in the evenings at our highest overnight stopping places, falling close to freezing point at night. The weather is usually stable during June, July, August and early September, but mountainous areas do generate their own weather systems and occasional rain and even stormy weather cannot be ruled out. You should be prepared for all eventualities!

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- The Alpine 4000 Metre Peaks, Classic Routes, Richard Goedeke, Diadem

Maps

Kompass Maps - Gran Paradiso and Val d'Aosta. 1:50,000

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your pack to a minimum.

You must bring the following items:

- Mountain Boots (see notes below)
- Crampons - MUST be fitted with anti-balling plates*
- Crampon bag* (when hiring crampons a bag is automatically included / can not be hired separately)
- Ice Axe*
- Mountaineering harness*
- Screw gate karabiner x 1*
- Helmet*
- Trekking poles x 2 (with baskets)
- Gaiters
- Socks - walking socks are best (2 pairs)
- Trekking Trousers (i.e. not cotton)
- Waterproof overtrousers (with full leg zips)
- Underwear
- Thermal Base Layer x 2 (one long sleeved for glacier travel)
- Fleece jacket or pullover
- Waterproof jacket (with hood)
- Extra warm layer - (lightweight 'primaloft' or down jacket)
- Sunhat

- Warm hat
- Sunglasses - category 3 or 4
- Thin gloves - leather or thermal
- Warm and waterproof gloves gloves or mittens
- Sleeping bag liner/sheet sleeping bag (silk is lightest)
- Rucksack (30 - 40 litres should be sufficient)
- Rain cover for Rucksack
- Head torch with new battery in it
- Sun Protection (high factor for skin)
- Lip salve - with sunscreen
- Water bottle - minimum 1 litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Small, lightweight wash kit and pack towel
- Dry bags(s) for daypack/kitbag contents (to ensure they keep dry)
- Basic First Aid Kit including: Painkillers for headaches and blister treatment (zinc oxide tape and 'Compeed'). Plus an personal medication.

The following items are optional:

- Thermal baselayer - leggings
- Shorts (for non-glacial travel)

- Earplugs (particularly if you are not the one snoring!)
- Camera
- Travel Clothes (can be left at your hotel)
- Travel Shoes (can be left at your hotel)
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes

Mountaineering Boots - Recommended boots for this trip are comfortable, warm and sufficiently stiff to take a crampon securely (a sturdy B1 or a 'worn in' B2 boot is ideal). Rigid B3 boots are not neccessary for this trek - however if you already have B3 boots and are comfortable in them, they can be used on this trek (GPW).

Crampons: Modern strap on crampons (often referred to as 'New-Matic') are perfectly acceptable for this trek and will fit any boot. All crampons MUST be fitted with anti-balling plates. Grivel Crampons - G10 or G12 with a strap system are excellent and they come fitted with anti-balling plates. We do not recommend semi-automatic crampons for use with softer boots since with this system, the pull on the heel can lead to blisters. Aluminium crampons are not suitable for this trip (they are not strong enough over mixed terrain).

Equipment Hire: Equipment marked with a *can be hired from KE. This can be reserved when you book your trip or closer to your departure but we advise booking hire equipment as soon as possible to ensure availability - equipment hire must be booked through the KE office prior to your departure. Any hired equipment will be collected on arrival from your guide. We do not hire mountaineering boots.

Sleeping Bags are NOT required as bedding and hut shoes/slippers are provided at mountain refuges. However, you must bring a sheet sleeping bag.

Needle Sports (specialist mountaineering equipment shop)

Needle Sports is the English Lake District's foremost specialist climbing shop supplying mountaineering, rock, ice, alpine and expedition equipment worldwide. Internationally recognised as among the very best of the UK's top technical climbing gear retailers. They have a good range of equipment appropriate for this trip and offer knowledgeable advice both on their website and in store. View >>http://www.needlesports.com/

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

We sell this holiday on a Land Only basis and recommend that you book your flights to Geneva, Turin or Milan airports. Please refer to the 'Joining arrangements and transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

If flying from the UK there are a number of low cost airlines offering flights. These include Easyjet who have flights from London, Manchester, Liverpool, Bristol, Edinburgh & Glasgow. Other airports may be available.

If you would prefer to book a 'flight inclusive package' using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

Why Choose KE

Why KE

It is very easy for us to arrange private groups on your preferred dates for this holiday (from 2 people upwards) - contact the KE office for a quote.Or this can also be a fantastic addition to many of our alpine trekking holidays.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change