Gran Paradiso Summits - Trek hut to hut in the Italian Alps

Trip Code: GPA

Version:

WALK & TREK	GUIDED GROUP	CHALLENGING
		7



HIGHLIGHTS

- Conquer Gran Paradiso (4061m), the highest peak in Italy
- Trekking through spectacular Alpine scenery via high passes, with two 3300 metre summits
- Discover Alpine life, staying in some of the best mountain refuges in the Alps

- A perfect holiday for experienced and novice Alpinists alike
- FREE Equipment hire worth £150 is available for this holiday

AT A GLANCE

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

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

An incredible adventure trekking holiday in the Italian Alps, with easy climbing to the conquer the summit of Gran Paradiso. The only 4000 metre peak entirely within the Alps of Italy, Gran Paradiso (4061m) dominates the impressive alpine mountain massif of the same name. We begin in the beautiful Valgrisenche, to start our 6 days of high-level trekking and easy climbing. Mostly walking within a national park, this is a tranquil alpine area allowing for pleasant trekking, largely free of tourist development and home to wildlife such as ibex, chamois and marmots. Each night we stay in a different alpine mountain refuge and enjoy good food and Italian hospitality. Walking over 3000 metre passes, we continue trekking to 2 straightforward viewpoint summits, Becca della Traversiere (3334m) and Punta Basei (3388m).

Finally, from our mountain hut, we make the classic, easy snow face and rocky ridge ascent climbing to the summit of Gran Paradiso (4061m), where the views extend northwards over the Alps to prominent Mont Blanc. This is one of the Alps most straightforward 4000 metre summits and combines nicely with classic walking in the stunning Italian Alps.

Is this holiday for you?

This is real mountain travel, following good trails to the snowline and also involving sections of scrambling, snowslope climbing and glacier travel, where ropes, crampons and an ice-axe will be used. We average 6 to 8 hours walking each day. Given the non-technical nature of the climbing and the fact that the group will be led by IFMGA guides, this trip should be feasible for novice alpinists, providing they have a good level of fitness. Our several days at between 2000 and 3000 metres and the climbing of two 3300 metre peaks, will provide useful acclimatisation and fitness training, prior to making the ascent of Gran Paradiso. Generally the group's technical climbing equipment, ice-axe, crampons and harness, is not needed until the ascent of Gran Paradiso on Day 6. This equipment is transported to the Albergo Paradiso, below the Vittorio Emanuele Refuge, to be picked up there. Guiding is at a ratio of 1:8 during the first 4 days and 1:4 during the final 2 days.

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.

Joining Arrangements & Transfers

You should arrange to meet the group accommodation in the Aosta Valley, on the afternoon of your arrival day.

A briefing with the guide (followed by dinner) will be at 18:30 on the first night, so you should aim to be there for this time. If you plan to arrive later than this, please let the KE office know in good time.

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

All meals except lunches and dinner on day 7 are included in the trip price. Packed lunches or hill-food can be bought in the huts. On most days there will also be the possibility of having a hot lunch either at a hut encountered on route or a late lunch taken at our overnight halt. Depending on your choice you should allow €20 - 25 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.

Accommodation

During this trip, the group will spend 2 nights in accommodation in the Aosta Valley. Accommodation here is in either twin or 3-person rooms.

Whilst in the mountains, there are 5 nights spent in mountain huts, where the accommodation is on a non-segregated, dormitory-style basis. In the high mountain huts, washing facilities are limited.

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 or two IFMGA guides (depending on group size). Guiding is at a ratio of 1:8 during the first 4 days and 1:4 during the final 2 days.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude on our website which can be viewed via the link below. You can also talk to one of our trekking experts if you have any concerns about altitude. www.keadventure.com/page/altitude.html

Spending Money

A total of €300 should be sufficient to cover all personal expenses, including your hill-food and lunches, drinks and other incidental expenditure. Bottled water in the huts is very expensive, but on most nights of this trek water is safe to drink from the tap. Beer, wine and soft drinks are available every night.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack (of around 30 - 40 litres). 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.

Whilst in the mountains you can leave your main bag and travel clothes in the group hotel. Luggage with wheels can be useful for this holiday.

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.

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.

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 July and August, 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:

- Helmet*
- Screw gate karabiner x 1*
- Mountaineering harness*
- Ice Axe*
- Crampon bag* (when hiring crampons a bag is automatically included / can not be hired separately)
- Crampons - MUST be fitted with anti-balling plates*
- Mountain Boots (see notes below)
- Trekking poles x 2 (with baskets)
- Gaiters
- Socks - walking socks are best (2/3 pairs)
- Trekking Trousers (i.e. not cotton)
- Waterproof trousers
- 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 and spare battery
- Sun Protection (high factor for skin)
- Lip salve - with sunscreen
- Water bottle x minimum 2 litre (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: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters, blister treatment (zinc oxide tape and 'Compeed'), insect repellent, and re-hydration salts (Dioralite).

The following items are optional:

- Light weight trekking boots / approach shoes (these can usually be used for the first 3 days of the trek. You will be met with your technical kit on day 5 when shoes can be swapped for mountaineering boots)

- Change of shirt and trousers
- Thermal baselayer - leggings
- Shorts (for non-glacial travel)
- Earplugs (particularly if you are not the one snoring!)
- Repair kit – (eg. Pen-knife, needle, thread, duct tape etc.)
- 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 suitable for this trek.

Crampons: Modern strap on crampons 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 should 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

We sell this holiday on a Land Only basis and recommend that you book your flights to Geneva Airport. 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 to Geneva.

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

This is an incredible continuous hut-to-hut journey, culminating with the ascent of the highest peak in Italy - Gran Paradiso (4061m). Led by our experienced IFMGA Alpine guides, this itinerary is carefully crafted with easier hikes and plenty of time to soak up the atmosphere of remote mountains huts, forming the perfect build-up to summit Gran Paradiso at the end of the week.FREE Equipment hire worth £150 is available for this holiday

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