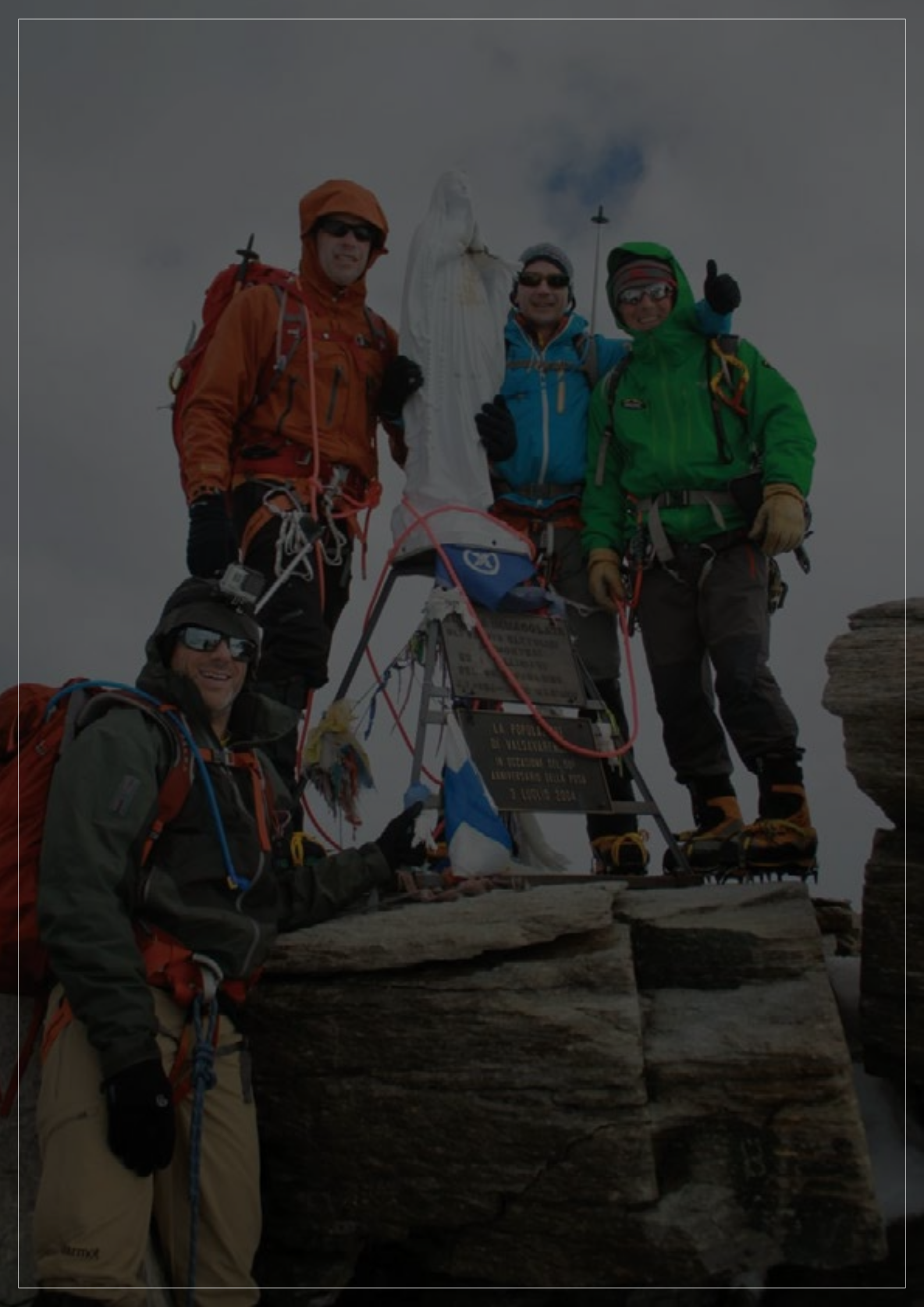




GRAN PARADISO COURSE & ASCENT

2025 TRIP NOTES





GRAN PARADISO COURSE & ASCENT NOTES

2025 COURSE DETAILS

Dates: Available on demand from June to September

Duration: 4 days

Departure: ex Chamonix, France

Price: €3,450 for 1 climber
€1,930 each for 2 climbers booking together

▲ The North Face of Gran Paradiso glows in sunlight. Photo: Paolo Pieroni

Gran Paradiso (4,061m/13,323ft) is located in the Italian Alps and is the highest peak that sits entirely in Italy. This climb is one of the less difficult 4,000m peaks, although it does require some mountaineering skills. It is an ideal first peak to climb and a fine adventure close to Chamonix, the starting point for this adventure.

The European Alps are full of climbing history. They are the birthplace of mountaineering and their rich heritage adds to the superb facilities, including catered huts and lift systems that provide for mountaineers in a way not seen elsewhere in the world.

Located between the Aosta Valley and the Piedmont region of Northern Italy, Gran Paradiso is an achievable and rewarding climb. It is the highest peak in Italy and the seventh highest in the Graian Alps. This is the perfect climb to assist in acclimatising for higher peaks in the region. It can be used as a warm up to Mont Blanc, the Matterhorn or the Eiger or climbed as a great first European ascent in itself.

COURSE OBJECTIVE

To develop sufficient skills to ascend Gran Paradiso, the highest peak solely located within Italy.

- Develop crampon and snow climbing skills
- Learn rope techniques applicable to the ascent
- An ascent of Gran Paradiso

OUR GUIDES

Adventure Consultants guides are BMG, NZMGA and/ or IFMGA/UIAGM qualified mountain guides. They are professional mountaineers and operate to the highest industry standards.

Being a technically proficient climber alone is not enough to work with us; our standards demand that trip leaders are great guides with good people skills as well. You will find your guide friendly, approachable and focused on providing a safe and enjoyable trip in line with your objectives and comfort level.

Success with the highest margin of care is always a hallmark of our approach; promoting the realisation



Stunning views and perfect conditions on the summit of Gran Paradiso. Photo: Alessandro Bosio

that even extreme pursuits such as high altitude mountaineering can be undertaken safely.

Adventure Consultants only employs IFMGA qualified guides for European ascents and courses. Guides must undergo rigorous training and assessment on climbing skills, instructional skills, avalanche training and assessment, wilderness first aid, rescue training and much more to gain these qualifications. It takes many years to attain IFMGA status, which ensures you are getting a world class professional service.

PREREQUISITE SKILLS

To climb in Europe, you need to be physically fit, have strong mental stamina and be capable of strenuous exercise for several days' duration. Summit days will start well before dawn, but there will be enough time for some relaxed evenings enjoying classic European culture.

Even climbing at the moderate altitudes in Europe has a definite physical effect on people. Most climbers notice a lower performance rate than normal. Summit days are the most physically demanding and can entail 1,000m/3,300ft of ascent at altitude. These rewarding and photogenic days typically take between twelve and fourteen hours.

This course and ascent is suitable for people wishing to learn and practice general mountaineering skills while climbing a classic and challenging 4,000m peak. Though not essential, some rock climbing or scrambling experience is desirable and prior use of ice axe and crampons advantageous.

ITINERARY

DAY 0

Arrive in Chamonix, check into your hotel.

DAY 1

Meet your guide for an early morning briefing and gear check. Drive through the Mont Blanc tunnel and down the Val Veny valley before hiking and climbing a via ferrata to access the Monzino Hut (2,580m/8,465ft). Spend the afternoon practising crampon skills on the Brouillard Glacier under the south face of Mont Blanc.

DAY 2

Go over crampon, ice axe, rope and glacier travel skills before descending the via ferrata back down to Val Veny and a hotel in the Aosta Valley.

DAY 3

Drive to the village of Pont, located within Gran Paradiso National Park, and trek up through larch forest to our rocky, lakeside destination of the Vittorio Emanuele II Hut (2,735m/8,973ft, 3hrs). Undertake preparations, plus a further rope work revision and skills session in anticipation of our summit attempt tomorrow.

DAY 4

Rise very early to climb Gran Paradiso by the West Flank (4,061m/13,323ft, 5-6hrs). Take in the amazing views of the Mont Blanc Massif before your return to Chamonix for the night.

DAY 5

Breakfast and a final chance to swap photos before your departure for home.

CLIMBING SEASON

We operate in the Alps mid-June to mid-September and other times as conditions allow. In June and early July, we can expect more snow cover on the routes. As temperatures warm up into the summer months from mid-July, we traditionally experience more settled weather and warmer temperatures.

WEATHER

Europe has a continental climate which in general encourages more stable weather. However, the weather in the high mountains can be changeable and at times very severe. It is possible that weather conditions may thwart our programme. However, due to the length of the course and our focus on the forecasts, we can often change our itinerary slightly to work around frontal weather systems.

EQUIPMENT

Climbing in the European Alps requires high-quality clothing and equipment due to the extremes of weather conditions. Our focus is on having the essential clothing and equipment to keep you warm and comfortable during the climb.

You will be sent an equipment checklist on confirmation of your booking, which your guide will go through with you at the start of your trip. It is possible to rent technical equipment, but you must provide your own mountaineering clothing. Actual equipment taken may vary subject to seasonal weather and route conditions. Group equipment including ropes and technical hardware will be provided by your guide.

COMMUNICATION & MESSAGES

Our guides are in cell phone communication with our operations base throughout the trip. This assists us with schedule and weather forecast updates, lift and accommodation co-ordination and safety backup. Your own mobile phone should work in the region though you may wish to check with your service provider first. Local mobile phones can be rented at the international airports.



▲ Climbing rock on the North West Ridge. Photo: Mike Roberts



▲ Vittorio Emanuele II Hut. Photo: Paolo Pieroni



▲ Learn how to travel safely in the mountains. Photo: Olivier Baron



▲ Learn basic mountaineering techniques. Photo: Paolo Pieroni



▲ Looking across at the towering summit of Gran Paradiso. Photo: Tim Robertson

FITNESS & HEALTH

To make the most of your climbing experience we encourage you to work on your fitness prior to the trip. Training on hills with a +10kg/22lb pack is the best preparation for building your endurance in the mountains. Your guide will be attuned to your fitness levels and will regulate the pace accordingly.

Our registration form requests that you advise us of any medical problems you may have and any medications you are taking. Any information you supply will be treated as confidential.

FOOD

Adventure Consultants will provide breakfasts for the duration of the trip and evening meals on the hut nights while the trip is running. This is from breakfast on Day 1 until breakfast on your departure day. You will be responsible for your own lunch and snacks each day, plus evening meals on the non-mountain nights in Chamonix. This allows you to experience the exciting culinary options available in Chamonix as there are many restaurants and bars within close walking

distance that provide a variety of foods to suit your tastes. Any additional food, bottled water, beverages or meals you purchase that are not mentioned in the inclusions will be at your own expense.

You should bring a selection of your favourite snack food and hydration drinks with you to ensure you are fuelled by your preferred brands, as well as money for lunches and snacks whilst in the mountains. Actual amounts required depend on your consumption but while you are climbing it's generally not possible to have a normal sized lunch, so you rely on snacks during the day and take a late lunch once you arrive back at the hut.

If you have any special dietary requirements, please advise us at the time of registration. If your dietary requirements are especially strict you are advised to bring a sufficient supply of your required food types with you to ensure you are provided for.

ACCOMMODATION

Accommodation is provided in Chamonix for two nights on a twin share B&B basis. While in the mountains we stay in alpine huts in shared bunk rooms or dormitory rooms. Blankets are provided and no sleeping bag will be required. There is no single supplement (no private rooms) available in the mountain huts, but we can arrange this for you on the hotel nights in Chamonix. Please enquire about costs at the time of booking as this needs to be reserved in advance.

TRAVEL TO CHAMONIX

We commence our Gran Paradiso Course and Ascent from Chamonix in France. The closest international airport is in Geneva, just over the border in Switzerland. Regular shuttles operate to Chamonix and the trip takes about 1.5 hours. Your shuttle driver will drop you at your accommodation. At the completion of the course, the shuttle can take you from your hotel back to the airport. The shuttle transfers are at your own cost, but we can help arrange this for you.

INSURANCE

We strongly recommend that you take out Trip Cancellation Insurance and Travel Insurance, as well as Medical and Rescue Insurance to protect yourself in the event of injury or mishap prior to or during your trip.

While our focus is on safety and our track record supports this, the mountains do have hazards and there is the potential for mishap. If you were injured whilst on the trip, there is a very efficient rescue service nearby.

PRE-COURSE ACCLIMATISATION PROGRAMME

It is preferable to spend a few days at altitude prior to your scheduled climb to assist with your acclimatisation. Climbers regularly attend our Pre-Course Acclimatisation Programme in Chamonix prior to partaking in the course and ascent programme. This 2-day acclimatisation and re-familiarisation programme takes you on day climbs to high elevations on peaks that are easily accessible from Chamonix to kickstart your acclimatisation and get you out climbing before the main programme begins. By enhancing your acclimatisation and fine tuning your skills before the Gran Paradiso programme begins, you experience more enjoyment from the climb and enjoy a greater success rate.

PRICES

Courses are available on demand, for private groups of one or more ex Chamonix, France. Please enquire for costs for larger groups.

€3,450 1:1 guide to climber ratio

€1,930 per person 1:2 guide to climber ratio

NOTE: All prices are subject to change without notice.

The cost includes:

- Qualified mountain guide
- Lifts as per the scheduled itinerary
- Mountain huts as per the scheduled itinerary
- 2 nights hotel on a twin share B&B basis
- Transport during course dates as per schedule
- Ropes and group technical equipment
- Breakfast and dinner during mountain component of course

The cost **does not** include:

- Any lift, hut, hotel or transport costs additional to the programme due to weather or logistics (any changes will be actioned only after you have been consulted by your guide)
- Personal equipment and clothing
- Evening meals during hotel nights in Chamonix
- Lunches during climbing days
- Extra additional meals or snacks or drinks purchased from huts or hotels
- Insurance
- Transport to and from Chamonix (although we can arrange it for you)
- Gratuities



▲ Climbers on the Donkey Shoulder, Gran Paradiso. Photo: Paolo Pieroni



▲ Views from the summit. Photo: Tim Robertson

PRE-COURSE ACCLIMATISATION PROGRAMME PRICING

€1,090 per person at a 1:2 guide to climber ratio
€1,890 per person at a 1:1 guide to climber ratio

NOTE: This is to immediately precede the Gran Paradiso Course & Ascent with no rest day in between.

The 2-day Pre-Course & Acclimatisation Programme trip fee includes a hotel night on Day 0 and Day 1. The hotel on its Day 2 is included as Day 0 on the Gran Paradiso Course & Ascent programme directly following.

All prices are subject to change without notice.

PAYMENT

All payments should be made by bank transfer to the following Euro bank account:

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington
New Zealand

for the account of Adventure Consultants Limited

Account Number: 1000-594771-0002

Account Type: Euros

Swift Address: BKNZNZ22

NOTE: All bank transfer charges are for the remitter's account.

We can also accept your deposit and balance payment by credit card (Visa, Mastercard and Amex), plus a 3% transaction fee.

DEPOSIT

To confirm place on one of our Gran Paradiso Course & Ascent, we require a completed registration form with a deposit of €500 per person.

BALANCE

The balance payment is due 60 days prior to the course start date.

CANCELLATION & REFUND POLICY

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 60 days prior to your trip commencement date. A climber may then cancel their participation on the following basis:

- Cancellations outside of 60 days will result in the loss of the trip deposit.
- For cancellations made within 60 days of the trip commencement date we reserve the right to retain 50% of the full fee.
- For cancellations made within 30 days of the trip commencement date we reserve the right to retain 75% of the full fee.
- For cancellations within 15 days of the departure date a cancellation fee of 100% of the full fee applies.

We recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS TRIP

If you would like to join one of our Gran Paradiso Course & Ascents, please complete our online booking form and forward your deposit payment at <https://adventureconsultants.com/courses-training/europe-training/gran-paradiso-course-and-ascent#DepartureBookingBlock>.

CONTACT US

If you require more information, please contact us at:

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Traversing the West Ridge via ferrata. Photo: Paolo Pieroni



The moon over Gran Paradiso. Photo: Paolo Pieroni



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

