



Alta Via 1 week trekking on selected sections in the Aosta Valley



Champoluc – Gressoney - Cervinia

Days

6

Duration: 5-6 days

Price: from 1000 € person

Level: intermediate

When: June-September

Max-min Persons: not specified



Extra: lunches



The Alta Via n 1 is an extremely well prepared and marked trail, going through the whole northern side of the Aosta Valley, for more than 150 km. It touches slopes of the most epic and high mountains in Europe: Monte Rosa, Matterhorn and Mont Blanc, and goes not only through beautiful mountain nature, but also through untouched Walser villages from the Middle Ages. All that together with the glaciers and the Refugios, where alpinists meet from all over the world. The

atmosphere up in the high mountains is of total awareness of life's wonder. I used to have a very special feeling when down comes and paints all the white peaks with its bright pink fingers. If there is a god, he/she/they are probably nearer up here.

We have long personal experience of this place and we will help you tailor your travel exactly as you wish.



Program proposal

Day One:

Start in Milan airport. Transfer to Valtournenche, in the valley of Cervinia. Meet with the guide - followed by a short walk of 20 minutes to a little enchanting old village, Cheneil 2000 m, where we stay for the first night.

Day Two:

Start with breakfast in the pension and then, a long, very wild trek to the pass of Nana at 2700 m. We possibly see ibex and eagles. The view is astounding from here. The pass is between the valley of Valtournenche and the valley of Champoluc/Ayas. At 2500 m lies a Refugio that awaits our arrival - Grand Tournalin.

Day Three:

Hiking down to the Pian de Verra, a beautiful plateau under the glaciers of Monte Rosa massif (Pollux, Castor, Breithorn) and traverse to the next old village called Resy. After 6 hour-hike it feels good to take a rest and taste the food and the wines from the local production.

Day Four:

Slow, recovering day. The tour goes through meadows and woods at 2000 m. Visiting the ancient villages of Sussun and Crest, Frantze and Cuneaz. All are Walser villages from the Middle Ages. Lunch at the cosy restaurant in Sussun and the night will be spent at Aroula, surely the most beautiful Refugio on the trek.

Day Five:

The longest trek of the trip (around 6-7 hours). We go to the lakes of Pinter at 2700 m, three beautiful lakes with an amazing view of the Champoluc/Ayas valley. Picnic at the "beach". Here we can see the flower that makes the most famous local liquor, Genepy, that grows only at this level. After lunch we go to the pass between Arrival in the Walser village of Alpenzu.

Day Six:

Resting in Gressoney or departure day.

We can offer this travel for a shorter period – long weekend. This tour can be also done in the reverse way or changed according to the number of days that are at your disposal.



Contact

marta@thealps.com
mobile +46 705 77 13 05
italy +39 347 99 88 404

linnea@thealps.com
mobile +46 703 01 70 16
italy +39 348 72 74 440