

GRAN PARADISO



July 11-12 2025

**The only 4,000-meter mountain
entirely in Italy**

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 **CAMMINI VERTICALI**



LOOKING FOR ADVENTURE? ITALIAN ALPS ARE WAITING FOR YOU

The Gran Paradiso is Italy's only four-thousander entirely within national borders, rising at the heart of a national park with a history as layered as its geology. It is a mountain that rewards patience - you earn the altitude, crossing a glacier in the bubble of your headlamp before the world wakes up.



The route unfolds over two days and one night in a mountain hut, covering approximately 23 kilometers with a total elevation gain of around 2,300 meters.

PRICING & COSTS

Guiding fee: 1000 euro per group (maximum 4 people).

What's included: common hardware and guiding, Guide's third-party liability insurance, organization of logistics.

What's not included: stay in the hut (about 65 euro per person), personal gear rental, personal accident insurance.

Gear: boots can be rented from local shops. Technical gear can be rented from me. If you have any doubt, do not hesitate to contact me.

Practical info: the huts accept electronic payments. Due to poor internet connectivity cash is preferable.

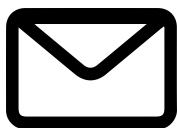
CONTACT INFO



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7/11: Pravieux - Chabod hut

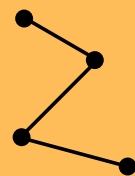
Meeting at the trailhead in the early afternoon.
Hike up to the Chabod hut where we'll stay on half
board



880 m



0



4.5 km



3 h



7/12: Gran Paradiso

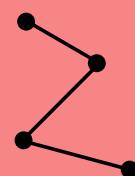
We will set off very early and, by the light of our headlamps, cross the Lavacieu Glacier. After reaching the summit, we will descend to the Vittorio Emanuele II hut and then continue down to the valley



1300 m



2200 m



18 km



11 h

PERSONAL GEAR



GEAR IN DETAIL

- 1 HARNESS**
- 2 CRAMPONS**
12 points classical steel crampons, compatible with your boots
- 3 ICE AXE**
Classical type, with straight or slightly bent handle
- 4 THERMOS OR WATER BOTTLE + ENERGY BARS**
At least 1 liter (hot tea or water with electrolytes), something to eat during the ascent
- 5 HELMET**
- 6 GLOVES (2 PAIRS)**
- 7 GLASSES**
Cat 4 sunglasses and (optional) goggle
- 8 HEAD LAMP**
- 9 BACKPACK**
30 liters
- 10 TREKKING POLE**
Foldable, not necessary but recommended
- 11 CRAMPON READY BOOTS**
Gaiter recommended, if not integrated

CLOTHING & ACCESSORIES

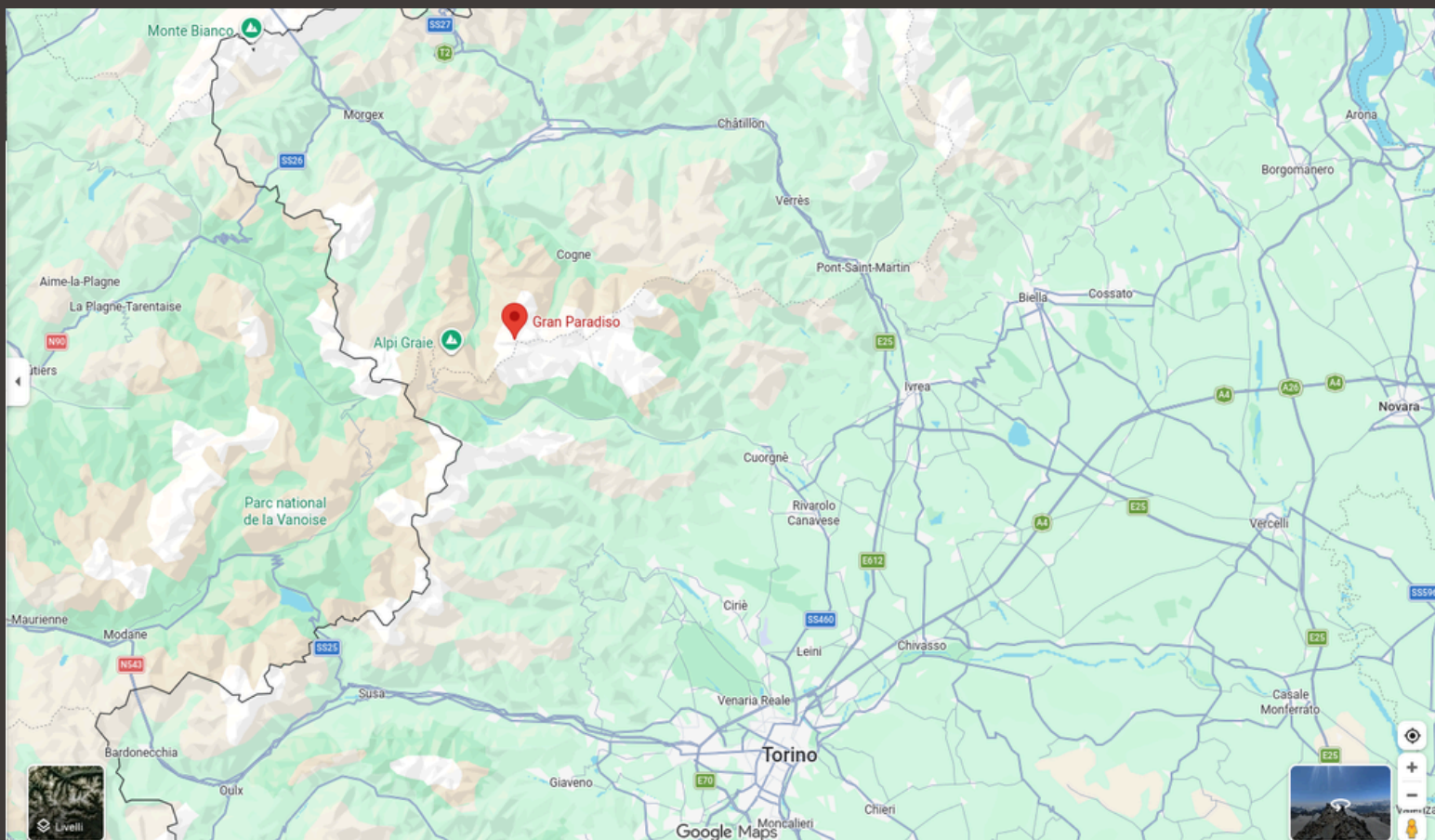


CLOTHING IN DETAIL

- | | | |
|----------|---|--------------------------|
| A | MOUNTAINEERING PANT
Softshell garment, otherwise hardshell + tights | <input type="checkbox"/> |
| B | BASELAYER (2 PIECES)
Long sleeve shirt, merino or synthetic | <input type="checkbox"/> |
| C | MID LAYER
Light and medium mid layer | <input type="checkbox"/> |
| D | DOWN JACKET
Useful when leaving the hut or when taking a pause | <input type="checkbox"/> |
| E | WIND PROTECTION
Jacket with Gore-tex or equivalent membrane | <input type="checkbox"/> |
| F | BUFF | <input type="checkbox"/> |
| G | BEANIE
better if not too thick - it can be worn under the helmet | <input type="checkbox"/> |
| H | TREKKING SOCKS (2 PAIRS) | <input type="checkbox"/> |
| I | TIGHTS (OPTIONAL)
Useful for those who can't stand the cold | <input type="checkbox"/> |
| L | SUNSCREEN + SUNLIP
spf 50+ | <input type="checkbox"/> |
| M | SLEEPING LINER
Compulsory to sleep in the huts | <input type="checkbox"/> |
| N | PERSONAL CARE
Toothbrush, toothpaste, phone charger, identity document, alpine club subscription (if any), personal medicines | <input type="checkbox"/> |

HOW TO GET THERE

The trailhead for Gran Paradiso is easily accessible by car, taking around 2 hours from Turin and approximately 2 hours and 40 minutes from Milan. The place can also be reached by public transportation. A taxi pickup can be organized as well.



The Gran Paradiso National Park, established in 1922, is Italy's oldest national park and a symbol of early conservation efforts in Europe. Its origins date back to the 19th century, when the area was protected as a royal hunting reserve by King Vittorio Emanuele II. After his death, the reserve was donated to the Italian state, leading to the creation of the national park. Today, it spans over 700 square kilometers across the regions of Aosta Valley and Piedmont, preserving a rich alpine ecosystem of glaciers, forests, and wildlife.

At the heart of the park rises the Gran Paradiso (4,061 m), the only peak over 4,000 meters entirely within Italy. First successfully climbed in 1860 by John Cowell and William Dundas with local guides, it has since become one of the most popular alpine ascents in the country. The climb involves glacier travel. The summit is famous for its statue of the Madonna, symbolizing protection for climbers.