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The Grand Paradiso Ski Tour

Course Starts: 1800 on Saturday 24th March 2012
Course Ends: 1700 on Friday 30th March
Departs: Saturday 31st March
Course Length: 6 Active Days

Is It For Me?

The Grand Paradiso National Park is an area of outstanding beauty that lies to the south of the Aosta valley in Northern of Italy. What more needs to be said? Good food, great wine, fun people and stunning mountains, including the highest 4000m peak which is entirely in Italy – The Grand Paradiso 4061m.

This ski tour is based around two huts. The first being the charming Benevolo refuge which gives access to a number of good ski peaks with great north facing ski terrain giving the best chances for good snow to ski. The second is the distinctive Vittoria Emanuel hut which provides a base to attempt the Grand Paradiso peak. This trip is best suited to those who have toured before, although with moderate ski terrain it is not as serious or as demanding as the Bernese Oberland.

Ski tourers should be experienced and confident skiers in a variety of off piste snow conditions.

Aim

We will meet at our Aosta valley accommodation in the evening and prepare for an early start on the following morning up to the Benevolo Hut where we will spend the next couple of days doing day tours up the adjacent peaks such as the Punta Galisia 3346m and the Granta Parei 3387m. Having skied back down to the valley we will transfer, by a short drive, round to the Val Savarenche to ascend to the Vittoria Emanuele to be in position to ski on the Grand Paradiso before returning to Aosta for beer and pizza!



Marmot®



teko

Provisional Programme

Arrive 1800hrs	Course Starts. Introduction and sort gear
Day 1	Tour up to the Benevolo Hut from Rheme Notre Dame. A short tour to recap on skills and practice avalanche search.
Day 2	Tour to the Punta Galisia with great skiing on the high glacier.back to the Benevolo.
Day 3	Tour to the the Granta Parei. A fine peak with the potential for some big descents.
Day 4	Ski back down to the minibus at Rheme Notre Dame. Drive round to Pont and climb up to the Vittoria Emanuele.
Day 5	Ski up and down the Grand Paradiso 4061m. returning to the Vittoria Emanuele
Day 6	Possible ascent, then ski all the way back to the valley and drive back to Aosta for a well earned shower.
Following Morning	Depart after breakfast

Pre-Tour Preparation

Your plan is to get a fit as possible. The fitter you are, the more you will enjoy the tour.

If you're more of a skier: Some of the days are quite long, so stamina would be a good asset. Perhaps try and get out into the mountains carrying a rucksack with a 10/15kg load in it. Doing some work in the gym or aerobics will certainly help.

If you're more of a mountaineer: Make sure you get some ski lessons at your local ski slope to freshen up your technique. It is useful to have a range of different types of turns you can use to suit the varying snow conditions encountered off piste. These can range from perfect powder or spring snow; through to difficult windslab or icy conditions !

If you're a bit of both: Do a bit of everything.

Remember: When you arrive, you should have a good level of fitness and stamina and the ability to ski **in control** at Black run standard. In addition, you will have the ability to ski in an off-piste environment with a rucksack and in control even in difficult snow conditions. This is important, as much of the skiing will be on glaciers with some crevasse risk.

Equipment

If you could please complete the attached equipment request form and return to Glenmore Lodge as soon as possible. If you have your own equipment and would like to use it for the course that is fine, please indicate on the attached list.



We will certainly do our best to accommodate your requirements with equipment. It is possible to hire equipment in our valley base if you prefer, but this would be an additional expense to yourself.

We work very closely on equipment with our sponsors at Mountain Spirit. They are a retail outlet offering good advice, sales and hire on a range of backcountry equipment.

<http://www.mountainspirit.biz> 01479 811788

PERSONAL EQUIPMENT LIST

<ul style="list-style-type: none"> • Ski trousers/salopettes • Waterproof shell jacket • Waterproof Overtrousers • Ski gloves and spare gloves/mitts • Fleece jacket • Spare lightweight fleece • Thermal underwear • Warm ski hat • Sun hat • Ski socks and spare pair • Sunglasses with high UV protection • Goggles 	<ul style="list-style-type: none"> • 1 litre water bottle/Camelback system • High factor sun cream (essential) • Glacier cream for lips • Passport • Insurance cover & European Health Insurance Card (see important detail below) • Spending money
<p>Additional Comfort Items:</p> <ul style="list-style-type: none"> • Camera – lightweight and compact • Wash kit - very small • Silk sleeping bag / liner (<i>This is required by the huts for hygiene reasons</i>) <p>Maybe one of the guidebooks</p> <ul style="list-style-type: none"> • “Alpine Ski Mountaineering Volume 1” by Bill O’Connor. ISBN 1 – 85284 – 373 – X <p>Maps– IGC 102 Carta dei sentieri e dei rifugi Val Savarenche, 101 Gran Paradiso 1:25000 (with ski routes)</p>	

Use of Helmets on Glenmore Lodge Ski Courses

Whilst it is clear that the use of ski helmets does reduce injury in the event of certain accidents, it is not our policy to demand their routine use on our courses. Our courses cover a broad range of skiing activities: piste; off-piste; touring and mountaineering. Within each branch of these sports the current norm for helmet use varies and therefore we would generally leave this decision up to the individual client. Where we feel it appropriate, such as on steep ski clinics, helmets may be mandatory, in which case we will provide them.

Currently on our touring courses, the majority do not wear ski helmets, however some folk choose to. There is a trend towards more people wearing helmets for snowsports, and they are available to hire or buy in all of the valley bases we use.

More detailed information is available from:

[http://www.eurosafe.eu.com/csi/eurosafe2006.nsf/wwwAssets/C5674B101FF45387C12576E4003C2E1E/\\$file/Policy%20briefing%2010%20Snow%20sports%20helmets.pdf](http://www.eurosafe.eu.com/csi/eurosafe2006.nsf/wwwAssets/C5674B101FF45387C12576E4003C2E1E/$file/Policy%20briefing%2010%20Snow%20sports%20helmets.pdf)





Insurance

You must have appropriate medical and rescue insurance for the duration of the course. Please **bring the certificate of cover with you.**

Your insurance will require you to have a European Health Insurance Card. This is free and easy to get online. You can apply for an EHIC, free of charge by :

- Clicking on the link <https://www.ehic.org.uk/Internet/home.do>
- Calling 0845 606 2030; or
- Picking up an application form from the Post Office.

There are many sources of insurance these days. As we are involved in a mountaineering activity at times on glaciers, it would seem reasonable to contact, initially, organisations such as the British Mountaineering Council or Alpine Clubs, and compare the types of cover and costs offered.

- BMC, 171-179 Burton Road, Manchester, M20 2BB. Tel 0161 445 4747
- Austrian Alpine Club, PO Box 43, Welwyn Garden City, Herts. AL8 6PT. Tel: 01707 324835 (this also gives you reciprocal rights)

Arrival/Departure

You shall meet the instructor at 1800, at the accommodation. The accommodation shall be in a Guest House/Hotel in Aosta.

ACCOMMODATION TO BE CONFIRMED

The course officially ends at 1700 on the final evening; however you are booked into the hotel until the following morning.

Food

Dinner, bed and Breakfast is included in the course cost at the hotel and huts. Lunch and snacks will need to be purchased. Some food can be bought from the mountain huts as we go along.

The Cost Includes

- Valley accommodation: Half Board (Dinner, Bed & Breakfast)
- Hut Accommodation: Half Board (Dinner, Bed & Breakfast)
- Instruction/Guiding
- Equipment borrowed from Glenmore Lodge
- In course valley transport

NOT included in the price:

- Ski mountaineering insurance (see important detail above)
- Lunches / snacks
- Additional social expenses
- Access ski lift costs
- Transport to and from Aosta
- Additional accommodation out with course dates
- Beer/drinks in huts etc.

Transport

PLEASE NOTE: We would advise you not to book any travel until your course is confirmed. As with all of our courses we need a minimum group number to make your course economically viable. If you have any doubts please ring the Lodge.





Flying: Fly to Geneva, then a transfer on the bus to Aosta via the Mont Blanc Tunnel.

Fly to Turin and find transport to Aosta.

- For airport transfer consider <http://www.a-t-s.net>

Car: You could arrange to share transport with other course members who are interested in car sharing please visit our Glenmore Lodge facebook page.

If you still have any questions, please call Ian Sherrington or Nigel Williams at the Lodge.



**PLEASE COMPLETE + RETURN THIS FORM TO US A.S.A.P
EVEN IF YOU DON'T REQUIRE ANY EQUIPMENT FROM US**

Equipment Request Form			
Name:		Grand Paradiso Ski tour	
		Date:	
Height:	Weight:	Shoe Size:	
PLEASE INDICATE WHICH ITEMS YOU WOULD LIKE US TO PROVIDE			
Item	Size	Tick if required	Tick if bringing own
Ski Mountaineering Skis: complete with skins and harschiesen	Length:		
Ski Mountaineering Boots	Size:		
Rucksack	50L approx		
Ice Axe (lightweight)	45cm approx		
Crampons with anti-balling plates (to fit your ski mountaineering boots)			
2 Prussic Loops			
2 Screw Gate & 2 Snap Link krabs	HMS		
Harness with adjustable leg loops	Waist size: S M L XL		
Ski Poles	Length:		
Avalanche Transceiver 457 KHZ			
Snow Shovel			
Probe (minimum 2.5m)			
Head Torch (4.5v battery not supplied)			

