

VANOISE WALKING TOUR

July 2017

Allan and Lesley Witton, John and Judith Willson,
Tim Pattison, Roger Hand, Ian Thorpe, Don and Dot Witton



At Lac des Vaches, with la Grande Casse beyond



On Pointe de l'Observatoire (3016)

OUTLINE ITINERARY AND WALKING ROUTE SUMMARY

After the previous two treks which were both quite demanding in their different ways, we opted for something a little less strenuous this year. The first 6-day section was a complete high-level hut-to-hut circuit of the Vanoise Glacier Field, which included just one continuous big climb with full packs, the 560 m from the Fond d'Aussois hut to Col d'Aussois (2914). It also included a whole day excursion to Rateau d'Aussois. Our final full day's trekking from the Fond d'Aussois hut turned out to be taking longer than expected so we descended to the Roc de la Pêche hut rather than continuing to the Valette hut. After a free day in Pralognan we did four day excursions from the village.

It is an area I know well, having led 3 MGS Treks through the Vanoise National Park (two camping and one hutting), and having spent a week doing day walks from Pralognan with Don and Dot in 2002, and a week also with them doing day walks and a 3-night hutting trek from Val d'Isère in 2005.

13 days		2½ days travel		1 + ½ free days		3 + 2 half days trekking			5 day excursions		
July				Height		Distance	Ascent	Descent	Times		
				m		km	m	m	Actual	Estimate	Naismith
6	Air Rail	Manchester > Geneva Moutiers		Hotel							
7	Bus Cable car Trek	Pralognan Mont Bochor		2010							
		Refuge Col de la Vanoise (CAF)		2516		7.0	630	120	2-20	2-30	2-30
8 •	Trek	Refuge de l'Arpont (PNV)		2309		14.0	380	590	4-30	4-00	3-30
9 •	Trek	Refuge Fond d'Aussois (CAF)		2350		19.5	870	830	6-20	4-30	5-15
10 •	Excursion from	Rateau d'Aussois (10,273 ft)		3131		11.0	850	850	5-00	4-30	3-40
		Refuge Fond d'Aussois (CAF)		2350							
11 •	Trek via	Refuge Roc de la Pêche (Priv.)		1911							
		Pointe de l'Observatoire (9892 ft)		3015		14.5	1210	1650	6-20	-----	5-00
12	Trek	Pralognan	Free half day	Chalet	1418	8.0	60	550	2-00	-----	1-45
13	Free Day	Pralognan		Chalet							
14 •	Excursion	le Moriond		Chalet		2298	9.0	400	990	3-10	3-00
15 •	Excursion	Crête de Mont Charvet		Chalet		2403	13.0	1020	1020	5-15	5-30
16	Excursion	les Granges/ la Croix		Chalet		---	8.0	240	830	3-00	-----
17 •	Excursion	Petit Mont Blanc		Chalet		2680	12.0	960	1260	4-45	5-00
18	Bus > Moutiers; Rail > Geneva; Air > Manchester					Naismith daily average (all 10 days): 3h-30					

	Distance	Ascent	Descent	Time
Grand Totals:	116 km	6620 m	8700 m	43 hours
(All 10 days walking)	73 miles	21,700 ft	(28,500 ft)	
Daily averages:	11.6 km	660 m	870 m	4h-15
(All 10 days walking)	7.3 miles	2170 ft	2850 ft	
Daily averages:	13.3 km	810 m	1030 m	5h-00
(7 full days walking •)	8.3 miles	2670 ft	3370 ft	

A Trek is a linear walk from one place to the next with full packs

An Excursion is a return walk without full packs

Rateau d'Aussois Summits in bold, 3000 m points are shaded blue

CAF Club Alpin Française refuge (now the FFCAM - Fédération Française des Clubs Alpins et de Montagne)

PNV Vanoise National Park refuge

Priv. Private refuge run on similar lines

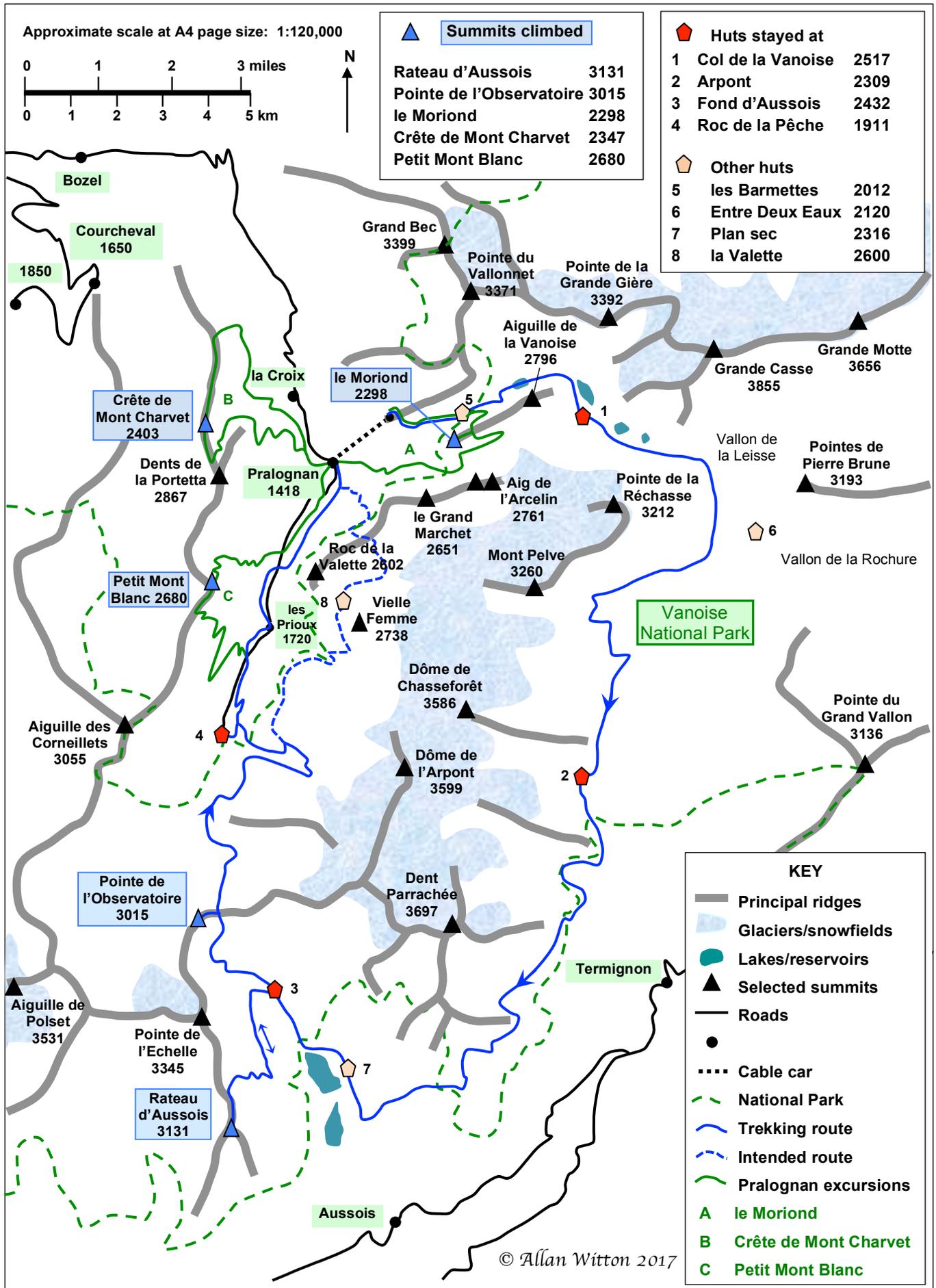
Walking Times (excluding stops)

Actual: For the slowest of our group; lead times were often considerably shorter, especially on big climbs

Estimate: Rough estimates at the planning stage

Naismith: According to Naismith's Rule: 12 minutes/km and 10 metres/minute for ascent

SKETCH MAP





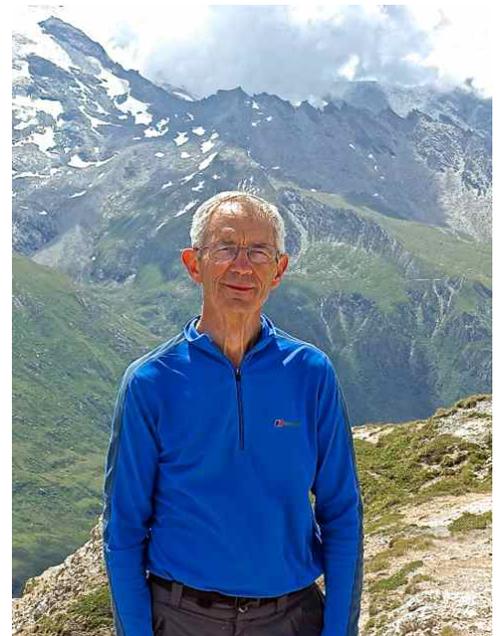
On Col de la Grande Pierre



En route for Rateau d'Aussois



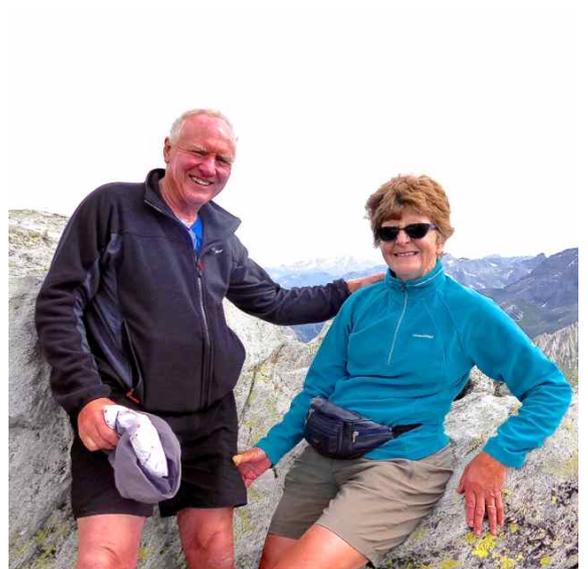
On Petit Mont Blanc



On Petit Mont Blanc

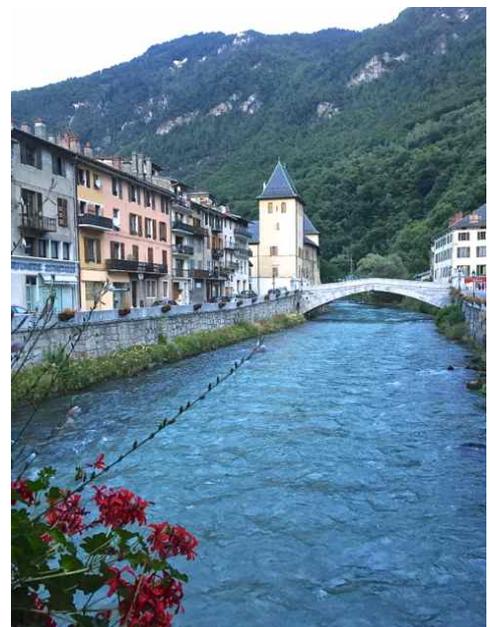


On Pointe de l'Observatoire



On Pointe de l'Observatoire

Our flight landed at 13.40 which gave us plenty of time for the 3-hour rail journey to Moutiers for our stay at the hotel Welcome just by the station. On our pre-prandial perambulation round the town we were entertained by watching cycling time trialists whizzing round the streets and finishing in the town square, before our traditional first night dinner of pizzas.



Friday 7th	Bus	Pralognan	
	Cable car	Mont Bochor	2010
	Trek	Refuge Col de la Vanoise (CAF)	2516

Our pre-booked journey by Altibus left Moutiers at 8.30 with just our party on board the 50-seater coach. After the non-stop 40 minute journey to Pralognan we were dropped off right at Chalet Rum Doodle. We called in to say hello to our host Sarah and to drop off small bags of clean clothes etc. to await our return in 6 days time. We had a coffee in the village then took the cable car to Mont Bochor, where we arrived at 11.00 on a beautiful day with fine views over the village and up the Chavière valley, and ahead to la Grande Casse.



Pralognan and the Chavière valley from Mont Bochor, with Petit Mont Blanc and the distant Polset



The balcony path towards Refuge les Barmettes, with the green dome of le Moriond, the Aiguille de la Vanoise and la Grande Casse



Refuge les Barmettes for lunch



Just beyond the refuge we entered the National Park and spotted our first marmot right by the path



The stepping stones across Lac des Vaches with la Grande Casse beyond



Rounding the corner to the broad Col de la Vanoise with Lac Long on the left, Pointe de la Réchasse high above and the distant Pointes de Pierre Brune



The new hut on the left was completed in 2014

After a session in the hut's gym/dormitory there was time for an amble to the broad, grassy col before dinner.



Pointe de la Grande Glière beyond Lac Long



The moon rising over Pointes de Pierre Brune

Summary	Distance	7.0 km	Ascent	630 m	Descent	120 m	Walking time	2h-20	Total time	3h-50
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(Total time is between the start and the end of the day's walking.)

It was a cool, crystal clear morning as we set off for the most enjoyable walk gradually downhill past three small lakes, to then follow the balcony path, high above the Leisse valley.



The finest edelweiss we saw (*Leontopodium alpinum*)

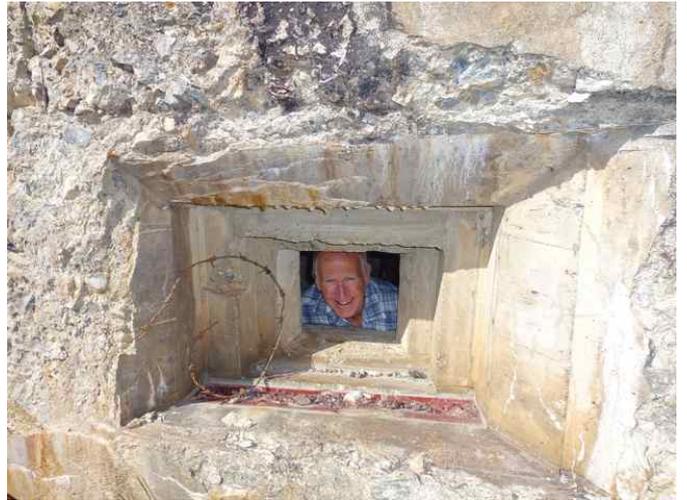


Aiguille de la Vanoise rising above the hut





The start of the balcony path above the Leisse valley with the dome of la Grande Motte



The concrete blockhouse, which was built in preparation for a possible invasion by Mussolini



A 200 m rocky section was the only part of the 14 km walk that wasn't an easy path



The Rochure side valley, and far below the Entre Deux Eaux hut where MGS Treks stayed in 1986, 1991 and 1997



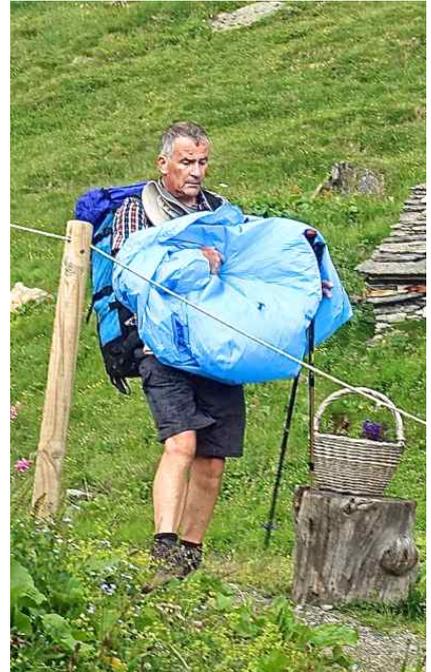
The balcony path follows an easy loop below Mont Pelve and Dôme de Chasseforêt



A variant of 'sun dogs' caused by ice crystals



Arriving at the hut after a brief shower



If only I'd brought the instruction book!



Later the sun came out and we could relax on the roof terrace of the new hut before dinner



Summary	Distance 14.0 km	Ascent 380 m	Descent 590 m	Walking time 4h-30	Total time 6h-45
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It was a grey day threatening rain as we set off, but for most of the day it held off, though long-distance views were limited by cloud.



We walked through a large flock of sheep, with a few goats, and Roger made friends with the sheepdog



Houseleek (*Sempervivum montanum*)



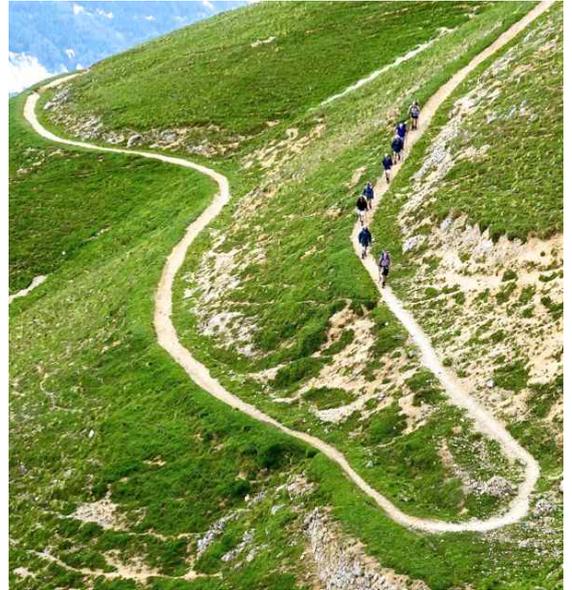
High above Termignon in the main Arc valley



We enjoyed striding out along the miles of balcony path that skirt the southern flanks of la Dent Parrachée



A showery lunch stop with a view of Roc des Cornelles



An hour's heavy rain had ceased by the time we reached Refuge Plan Sec ...



... for mugs of hot chocolate



That's Rateau d'Aussois that we will climb tomorrow



View over the Amont and Aval reservoirs



The old abandoned stone hut, with the new hut above it



Most of the day's walking had been on easy and fairly level paths, but the total of all the 'minor' ascents and descents had made it a considerably longer day than anticipated, and we were grateful for the very warm welcome we received at the hut and the excellent food on both the nights we stayed.



Made it, after over 6 hours walking!



The hut's only other guest that night had yet to arrive

Summary	Distance 19.5 km	Ascent 870 m	Descent 830 m	Walking time 6h-20	Total time 8h-30
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When MGS Trek stayed for two nights at this hut in 1991 (in the old building) to do an excursion to Rateau d'Aussois, the warden suggested a 'shepherd's path' not marked on the map to avoid the descent to Pont de la Sétéria just above the Amont Reservoir, which we followed successfully. Now there is a clear cairned path (still not marked on the latest map) which climbs a little behind the new hut to then rise gradually and easily to join the Col de la Masse path at the path junction at 2426. This saves an ascent of 340 m on the return trip.



There was swirling cloud about as we followed the shepherd's path



The path up to Col de la Masse disappears into cloud

From there the route to the col is relentlessly steep, but mostly on a good zig-zag path, apart from one short loose section, and with just a few isolated snow patches.



The short, steep, loose section of the path



Primula latifolia



On Col de la Masse with ...



... our only sighting of a chamoix

My old map indicates a waymarked route to the summit, but this is absent from the latest map. On the ground waymarks on rocks indicate a route up the steep broken ground and over large boulders to gain the level summit ridge, where we arrived in billowing cloud and sunny intervals.



Trickier work descending the rocky slope back to the col

We returned by the same route (making use of the few snow patches for glissading), and arrived back at the hut at 3.00, in a walking time close to that estimated.





Dent Parrachée is the main peak across the valley



Summary	Distance 11.0 km	Ascent 850 m	Descent 850 m	Walking time 5h-00	Total time 7h-00
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Tuesday 11th

Trek
Excursion

Refuge Roc de la Pêche
Pointe de l'Observatoire

1911
3015

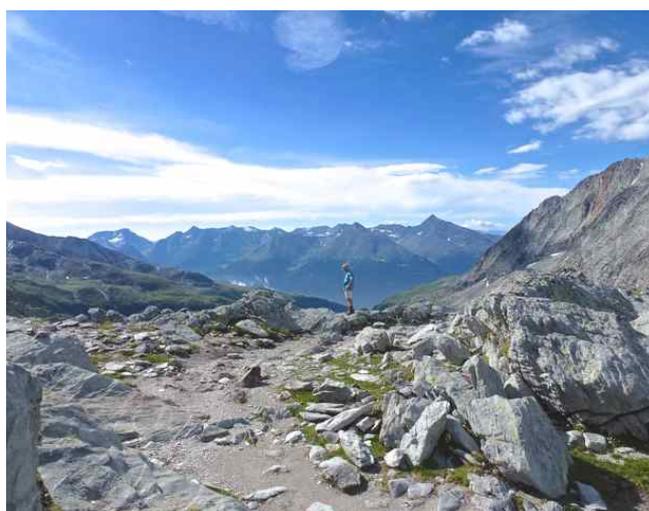
With the Génepy hut now gone, the crossing of Col d'Aussois and the long, undulating, high-level traverse to the Valette hut was always going to be our most challenging day. Don and Dot opted to descend from the col directly to the Roc de la Pêche hut. When we left at 7.30 it was a beautifully clear day as we made our biggest continuous ascent of the 6-day trekking section; 560 m to Col d'Aussois. The splendidly-made path and steady pace enabled us to gain the col in just two relatively easy legs, with wonderful retrospective views



6.30 a.m. with the early sun illuminating Aiguille de Scolette across the cloud-filled Arc valley



7.30 a.m. and we're off before the sun gets to the hut



Southern panorama from near Col d'Aussois

As we began the long descent from the col on a much rougher path than the ascent path the weather was deteriorating as a storm blew in.



Heading down from the col on a rough path



Short leg stop in pouring rain

From the path junction at 2202 Don and Dot headed down directly for the Roc de la Pêche hut, while the rest made the steep ascent to follow the high level route heading for the Valette hut.



Steep ascent in heavy rain with the path awash



Then the storm passed, the sun came out and we could wring out our socks



As we rounded the vallon just below the snout of the Glacier du Génépny, where the old Génépny hut used to be, we realised that we were not going to make it to the Valette hut until long after dinner time, so we decided to descend directly to the Roc de la Pêche hut.



The Roc de la Pêche hut, with the gorge just below it



That's Pointe de l'Observatoire



Summary	Distance 14.5 km	Ascent 1210 m	Descent 1650 m	Walking time 6h-20	Total time 8h-50
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Our final day's trekking descent from the Valette would have been a big one, 1200 m, but we now had a much easier day in prospect. It was a brilliantly clear morning when we set off to re-cross the Chavière just upstream of quite an impressive little gorge. It was then gently downhill all the way to Pralognan, making use of the GR5 rather than the road, a most enjoyable walk in marvellous surroundings.



7 a.m. and the sun's up ...



.... so it's time to rise and shine





Crossing the Chavière stream just above the gorge



Convenient picnic tables for our first leg stop just above the hamlet of les Prioux, with Roc de la Valette towering above



Butterflies feeding on dung



Giant Yellow Gentian (*Gentiana lutea*)



Second sunrise over Roc de la Valette

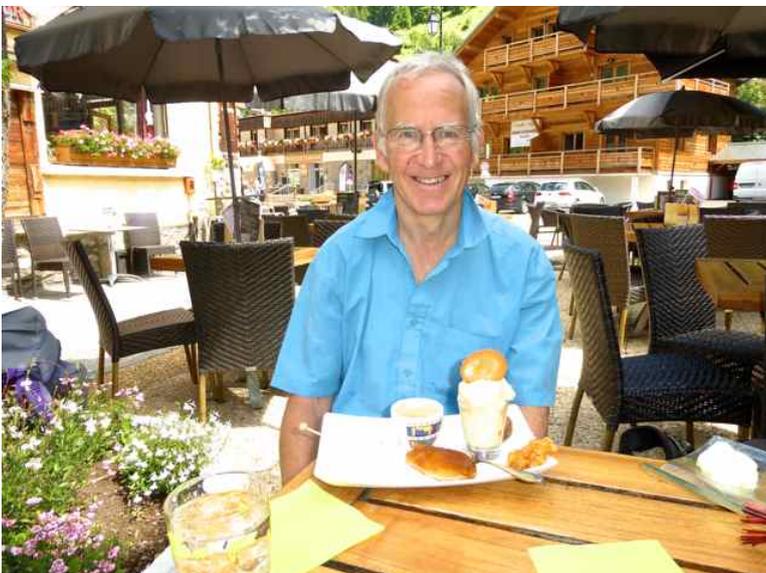


Yellow Foxglove (*Digitalis grandiflora*)



Almost back to the start, with Mont Bochor on the left, le Moriond and la Grande Casse in the centre, and le Grand Marchet on the right towering over the village

We arrived in time for lunch and spent the afternoon in the village until it was time to check into our comfortable rooms at Chalet Rum Doodle, and Ian into his separate accommodation.





On the patio at Chalet Rum Doodle



Dinner at Rum Doodle with a family who had just returned from trekking with one of Stéphane's donkeys



Our hosts Stéphane ...



... and Sarah, with daughter Lola

Summary	Distance	8.0 km	Ascent	60 m	Descent	550 m	Walking time	2h-00	Total time	3h-00
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First job the washing ...



... put out to dry ...



... then a walk round the village



An old farmhouse on the edge of the village



Most of us spent the afternoon at the swimming pool, which has a rather small indoor pool, but a nice outdoor area.



The old village communal wash-house



Another fine meal at Rum Doodle



The Mayor laid on music and fireworks in the village square to celebrate the successful completion of the trekking section of our route (or was it Bastille Day eve?)

Low cloud obscured the mountains as we walked through the village on market day to take the Mont Bochor cable car again. As we followed the same route as a week before towards Col de la Vanoise it began clearing, and when we reached Refuge les Barmettes for a leg stop and hot chocolate, sunny intervals had developed.



Just above the refuge a signed path to le Moriond branches off the main Col de la Vanoise path to climb gradually on an easy path to the un-named col, where we found a profusion of flowers.



The two Aiguilles d'Arcelin from the col



Houseleek (*Sempervivum montanum*)



Scabiosa columbaria



Crepis aurea



A species of Vanilla Orchid.



Carduus defloratus



Geranium sylvaticum

The short amble to the summit of le Moriond opened up wider views over the Chavière valley. We then took the good path down into the Arcelin valley, another hot-spot for flowers and insects, and then followed the steep, rough path down the dry stream-bed.



On the summit of le Moriond, with le Grand Marchet and Petit Mont Blanc across the Chavière valley



Descent into the Arcelin valley



Cinnabar Moth
(*Tyria jacobaeae*)



Harebell
(*Campanula rotundiflora*)



Large Copper Butterfly
(*Lycaena dispar*)



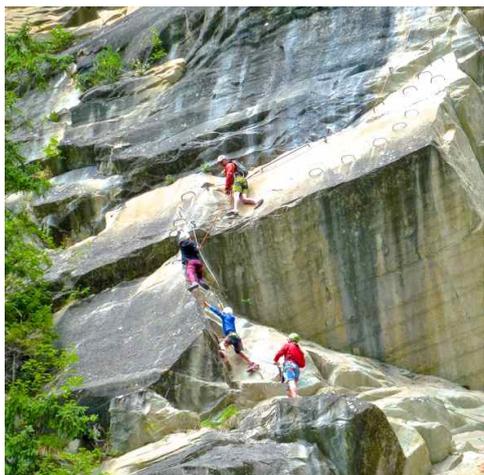
Dark Green Fritillary
(*Mesoacidalia aglaja*)



Rough descent down the dry stream-bed of the Arcelin valley



Signs led us to the viewpoints for Cascade de la Fraîche, first from the bridge above the falls and then from below which gave a splendid view of the huge drop. Impressive too is the via ferrata up the rocks on the left, and we watched a guided party of youngsters make their way up the route and then cross the falls on a wire traverse.



Elizabeth had now arrived to spend the last few days with us, and joined us for dinner at a village restaurant



Quite a head on that pint!

Summary	Distance	9.0 km	Ascent	400 m	Descent	990 m	Walking time	3h-10	Total time	5h-30
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We set off walking from Rum Doodle at 8.30 on a glorious morning to follow the track towards la Croix and then the signed path zig-zagging at a pleasant gradient up through Bois de la Rossa, easy going in the cool morning air.



Turk's cap lily (*Lilium martagon*)



Wolfsbane (*Aconitum vulparia*)

We emerged from the trees onto a track which climbs more gently to the buildings at la Montagne. From there it is a steep climb in tight zig-zags to Col de la Grande Pierre, and we had a long stop at this marvellous viewpoint.



View ahead to the grassy Col de la Grande Pierre



Arriving at Col de la Grande Pierre (the reverse of the previous shot)



Views from the col, looking west to Aiguille du Fruit ...



... and south to Dents de la Portetta



While at the col we were approached by a rather tame fox looking for scraps

The limestone ridge of Crête de Mont Charvet is an amazing geological feature. Its width varies from a few metres to a few tens of metres, and the clearly made path wiggles its way between small rock outcrops and dozens of 'sinkholes' with depths of up to about 10 metres, some with snow still filling the bottoms.



Ready to start the descent of the amazing ridge of Crête de Mont Charvet.





Off the ridge then back down flower meadows then woods to Pralognan



Chalkhill Blues



Turk's cap lily (*Lillium martagon*)



Ian and Elizabeth, who were staying in a separate apartment, joined us at Rum Doodle for dinner

Summary	Distance 13.0 km	Ascent 1020 m	Descent 1020 m	Walking time 5h-15	Total time 7h-30
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It was to be a short excursion for all ten of us, again starting at Mont Bochor. This time we walked down through woods to the settlements of les Granges and la Croix.



The Mafia were also in the cable car to Mont Bochor



As is often the case when the landscape has been modified for skiing, wayfinding from the top station wasn't easy, and we did a circuit of the summer grazing pastures before we found the correct path down into the woods.



Strap-on, sprung-base milking stools!



Dents de la Portetta on the left and Crête de Mont Charvet on the right skyline

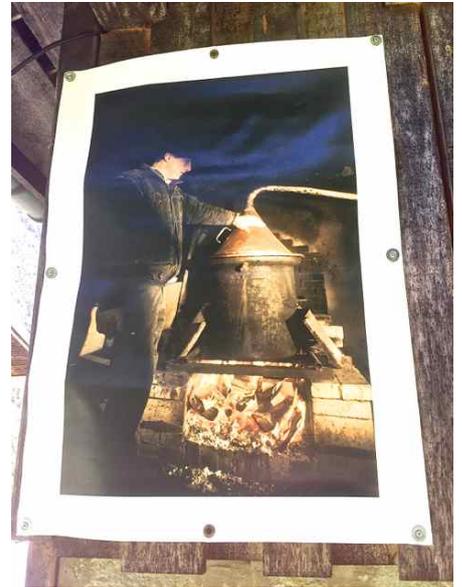




Lunch near les Granges



The rural hamlet of la Croix ...



... with displays about local crafts, but no café

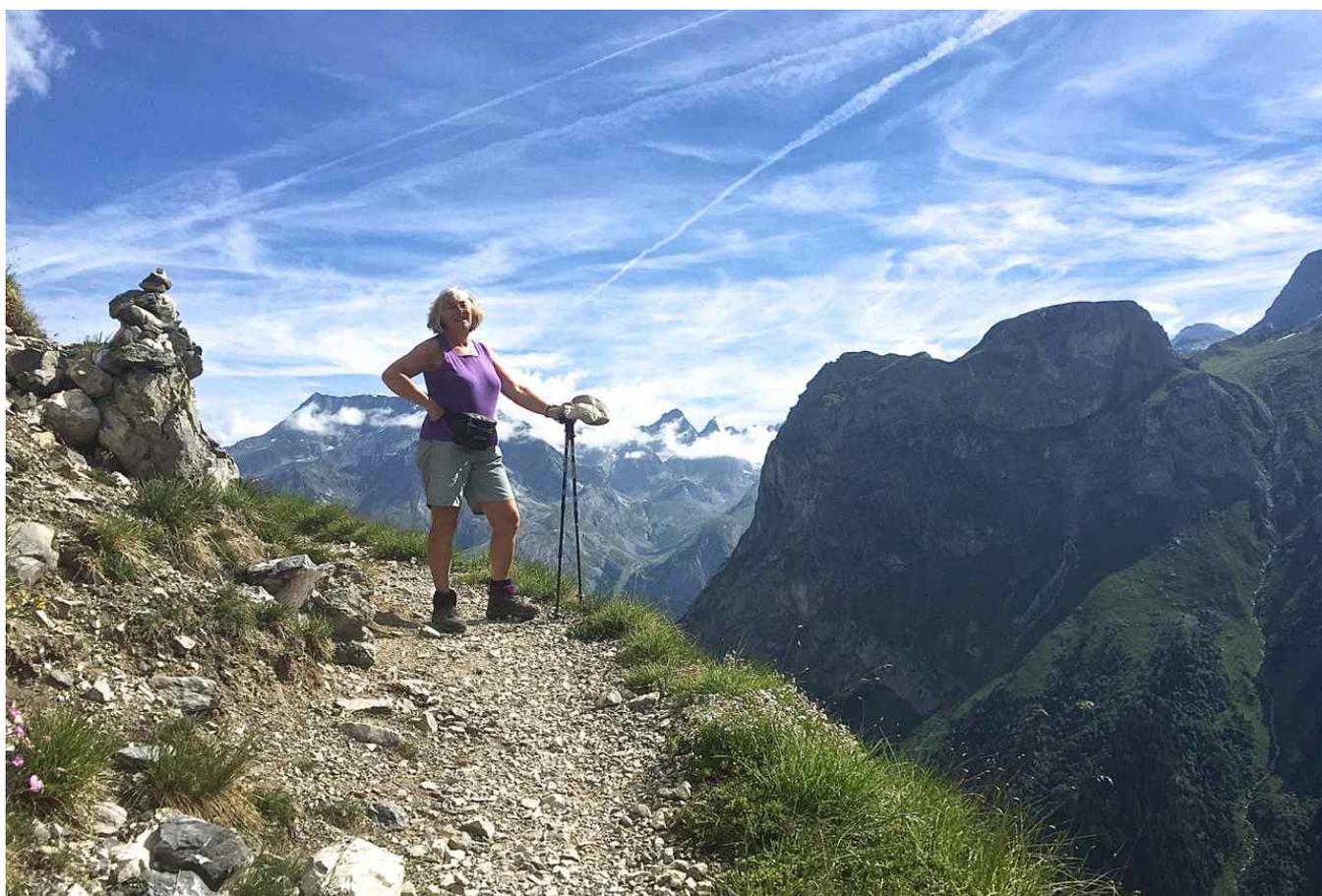


And so back down to Pralognan



Summary	Distance	8.0 km	Ascent	240 m	Descent	830 m	Walking time	3h-00	Total time	4h-30
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We took the first shuttle bus at 8.30 to the terminus just beyond les Prioux and set off walking at 9.00. After some initial steep zig-zags the southern ascent route as far as Col de Mône is a most enjoyable walk as the path makes long and gentle zig-zags offering alternating and increasingly spectacular views up and down the Chavière valley.





Edelweiss (*Leontopodium alpinum*)



Col de Mône

The ascent along the ridge is steeper and rather rougher, over white limestone similar to Crête de Mont Charvet, which gives the summit its name in contrast to the more famous Mont Blanc which is snow covered.



The sign says no posing on the table, but it's OK to pose behind it!



Salami and laughing cow cheese for lunch



A pothole near the summit and distant Pralognan



The descent down the northern flank is in tight, steep zig-zags all the way, but we had a break with a long siesta stop in a flowery meadow half way down.





Turk's cap lily (*Lilium martagon*)



The whole lower mountain flank was a feast of flowers, with the star attraction the rare and protected *Eryngium*, for which this is a hot-spot. According to the information board they can live for 100 years.



Eryngium alpinum



The last mile of a total of 73, back into Pralognan



All together at Rum Doodle for the last night's meal - a meat fondue

Summary	Distance 12.0 km	Ascent 960 m	Descent 1260 m	Walking time 4h-45	Total time 7h-15
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The late flight enabled us to travel from Pralongnan to Manchester without an overnight stop en route.



We say farewell to Sarah with thanks for a great stay



A base in Moutiers town square to wait for the train



Time for a look round the town and the market



John composts the £300 worth of rail tickets which weren't inspected at all



Café with a cooling mist spray during a train change at Chambéry



He thinks it's all over - it is now - until next year!

ROUTE PROFILE



MAPS

Formerly the whole Vanoise was covered by three 1:25,000 sheets (235, 236 and 237) with sheet 236 (Grande Casse - Dent Parraché) covering all of our route. In the latest series of 3 sheets the southern map has had its boundaries moved west to include more skiing areas, and so it doesn't include the section from the Col de la Vanoise hut to the Arpont hut.

IGN 1:25,000 3534 OT Les Trois Vallées - Modane (includes all but Vanoise > Arpont)
 IGN 1:25,000 3633 ET Tignes - Val d'Isère (includes Vanoise > Arpont)

It is disappointing that important detail is missing from the latest map. The shepherd's path from the Aussois hut that we used in 1991 is now well trodden and cairned (though not waymarked), but it is not indicated in any form on the map, and the route from Col de la Masse to Rateau d'Aussois, which was correctly marked on the old maps as *passage difficile*, is absent from the current map even though it is clearly waymarked.

GUIDES

Knowing the area so well from four previous visits, I didn't refer to a guide this year. These are the ones I have used previously for treks throughout the National Park.

Vanoise Park Robin G Collomb West Col 1988
 This is essentially a climbing guide and was used to decide which summits MGS treks might be able to attempt. Over the years Trek has made ten ascents to eight different 3000 m peaks, including my highest alpine peak, Aiguille de la Grande Sassièrre (3747 m) in 1986. This year was my 3rd ascent of both Rateau d'Aussois and Pointe de l'Observatoire.

Walking the French Alps: GR5 Martin Collins Cicerone 1984
 A significant section of this long distance footpath passes through the Vanoise, with variants passing down both the east and the west flanks of the Vanoise glacier field, so it includes most of the paths on our trekking section.

Walking in the Tarantaise & Beaufortain Alps J. W. Akitt Cicerone 1995
 This is a comprehensive walking guide to these areas which includes a 'Tour du Glacier de la Vanoise' in a suggested 4 days (compared with our 3 + 2 half days, with an additional whole-day excursion). The route is described anti-clockwise, the opposite to our route, which made use of the Mont Bochor cable car at the start.

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Most of the images in this log were taken by Lesley and me, but thanks to others in the party for the ones of theirs which I have included. I haven't acknowledged which images are from whom. Thanks to Dave Shaw who identified the flowers and insects. To keep the overall file size down, all the images are low resolution but of sufficient quality to display fairly well at A4 page size. The average size of the 242 images used is about 67 kB, compared with typically 2 - 5 MB for the originals.

## OLD TREKKERS' TREKS 3000 m POINTS

All are summits except where marked • for cols and § for high points on a ridge.

| Feet   | Metres | Height      | Year        | High Point                            | Ascentionists                                          | Whole party ascent                                    |
|--------|--------|-------------|-------------|---------------------------------------|--------------------------------------------------------|-------------------------------------------------------|
| 11,300 | 3450   | 3457        | 2013        | Kreuzspitz (11,342 ft)                | Allan, Tim, Lesley                                     | (John, Judith, Ian: E ridge 3320 m ♦ Paul ~ 3200 m #) |
|        | 3440   |             |             |                                       |                                                        |                                                       |
|        | 3430   |             |             |                                       |                                                        |                                                       |
|        | 3420   |             |             |                                       |                                                        |                                                       |
| 11,200 | 3410   |             |             |                                       |                                                        |                                                       |
|        | 3400   |             |             |                                       |                                                        |                                                       |
|        | 3390   |             |             |                                       |                                                        |                                                       |
| 11,100 | 3380   |             |             |                                       |                                                        |                                                       |
|        | 3370   |             |             |                                       |                                                        |                                                       |
|        | 3360   | 3360        | 2013        | Saykogel                              | Allan, John, Tim, Lesley, Judith                       |                                                       |
| 11,000 | 3350   |             |             |                                       |                                                        | 11,000 ft                                             |
|        | 3340   | 3347        | 2015        | Mont Avril                            | Allan, John, Tim, Roger, Don, Lesley, Judith           |                                                       |
|        |        | 3337        | 2012        | Becca della Traversière               | Allan, John, Tim, Roger, Lesley, Judith                |                                                       |
|        | 3330   | 3333        | 2006        | Schaufel Spitz                        | Allan, John                                            |                                                       |
| 10,900 | 3320   | 3320        | 2015        | Pointe d'Orny II                      | Allan, John, Don                                       | ♦                                                     |
|        | 3310   |             |             |                                       |                                                        |                                                       |
|        | 3300   | • 3300      | 2012        | Col Lauson                            | Allan, John, Tim, Roger, Lesley, Judith                |                                                       |
| 10,800 | 3290   |             |             |                                       |                                                        |                                                       |
|        | 3280   | 3283        | 2011        | Petzeck                               | Allan, John, Tim, Roger, Lesley                        |                                                       |
|        | 3270   | 3270        | 2013        | Im Hintern Eis                        | Allan, John, Tim, Lesley, Judith                       |                                                       |
| 10,700 | 3260   |             |             |                                       |                                                        |                                                       |
|        | 3250   |             |             |                                       |                                                        |                                                       |
|        | 3240   |             |             |                                       |                                                        |                                                       |
| 10,600 | 3230   | 3231        | 2007        | Hohe Riffler                          | Allan, John, Tim                                       |                                                       |
|        | 3220   |             |             |                                       |                                                        |                                                       |
|        | 3210   |             |             |                                       |                                                        |                                                       |
| 10,500 | 3200   |             |             |                                       |                                                        | #                                                     |
|        | 3190   |             |             |                                       |                                                        |                                                       |
|        | 3180   |             |             |                                       |                                                        |                                                       |
| 10,400 | 3170   |             |             |                                       |                                                        |                                                       |
|        | 3160   |             |             |                                       |                                                        |                                                       |
|        | 3150   | 3152        | 2008        | Piz Boè                               | Allan, John, Roger, Lesley, Judith                     |                                                       |
|        |        | 3144        | 2009        | Le Taillon                            | Allan, John, Tim, Roger, Lesley, Judith                |                                                       |
| 10,300 | 3140   | 3140        | 2013        | Urkundkolm                            | Allan, John, Tim, Lesley                               |                                                       |
|        | 3130   | 3134        | 2007        | Schönbichlerhorn                      | Allan, John, Tim, Nigel, Lesley, Judith                |                                                       |
|        |        | <b>3128</b> | <b>2017</b> | <b>Rateau d'Aussois</b> (10,263 ft)   | Allan, John, Tim, Roger, Lesley, Judith, Ian, Don      |                                                       |
|        | 3120   | 3121        | 2011        | Böses Weibl                           | Allan, John, Tim, Roger, Lesley, Judith                |                                                       |
| 10,200 | 3110   | § 3110      | 2013        | Hohe Geige (W)                        | Allan, John, Tim, Ian, Lesley, Judith (Paul ~ 3000 m)  |                                                       |
|        | 3100   | 3101        | 2012        | Torre Ponton                          | Allan, John, Tim, Roger, Lesley                        |                                                       |
|        | 3090   | § 3100      | 2012        | Punta Leynir (W)                      | Allan, John, Tim, Roger, Lesley, Judith                |                                                       |
| 10,100 | 3080   |             |             |                                       |                                                        |                                                       |
|        | 3070   |             |             |                                       |                                                        |                                                       |
|        | 3060   |             |             |                                       |                                                        |                                                       |
| 10,000 | 3050   | § 3050      | 2006        | Gamsspitzl (S)                        | Allan, John, Paul, Lesley, Judith                      | 10,000 ft                                             |
|        | 3040   |             |             |                                       |                                                        |                                                       |
|        | 3030   | 3032        | 2009        | Petit Vignemale                       | Allan, John, Tim, Roger, Paul, Nigel, Lesley, Judith   |                                                       |
| 9,900  | 3020   | 3023        | 2013        | Wildes Mannle                         | Allan, John, Tim, Lesley, Judith                       |                                                       |
|        |        | • 3019      | 2013        | Similaun Hütte                        | Allan, John, Tim, Ian, Judith                          |                                                       |
|        | 3010   | <b>3016</b> | <b>2017</b> | <b>Pt de l'Observatoire</b> (9859 ft) | Allan, John, Tim, Roger, Lesley, Judith, Ian, Don, Dot |                                                       |
|        |        | 3006        | 2006        | Rinnen Spitz                          | Allan, John, Mark, Judith, Julie                       |                                                       |
|        | 3000   | 3005        | 2009        | Grand Fache                           | Allan, John, Tim, Roger, Lesley, Judith                |                                                       |

|      | 3000 m points                           | Party members                                                              | Total party |
|------|-----------------------------------------|----------------------------------------------------------------------------|-------------|
| 2006 | Tirol – Stubai Alps                     | (3) Allan & Lesley, John & Judith, Mark & Julie, Paul                      | 7           |
| 2007 | Tirol – Zillertal Alps                  | (2) Allan & Lesley, John & Judith, Tim, Nigel                              | 6           |
| 2008 | Dolomites – Alta Via 2                  | (1) Allan & Lesley, John & Judith, Roger                                   | 5           |
| 2009 | Pvrenees                                | (3) Allan & Lesley, John & Judith, Paul, Tim, Roger, Nigel & Jane          | 9           |
| 2010 | Vorarlberg – Rätikon and Silvretta Alps | Allan & Lesley, John & Judith, Paul, Tim, Roger, Ian & Elizabeth           | 9           |
| 2011 | Hohe Tauern – Glockner/Schober Alps     | (2) Allan & Lesley, John & Judith, Paul, Tim, Roger                        | 7           |
| 2012 | Gran Paradiso                           | (4) Allan & Lesley, John & Judith, Tim, Roger                              | 6           |
| 2013 | Tirol – Ötztal Alps                     | (7) Allan & Lesley, John & Judith, Tim, Paul, Ian                          | 7           |
| 2014 | Dolomites – Val di Fassa and Brenta     | Allan & Lesley, John & Judith, Tim, Roger                                  | 6           |
| 2015 | Mont Blanc – Grand Combin               | (2) Allan & Lesley, John & Judith, Tim, Roger, Don & Dot                   | 8           |
| 2016 | Jotunheimen                             | Allan & Lesley, John & Judith, Tim, Roger, Ian, Nigel, Don & Dot           | 10          |
| 2017 | Vanoise – Pralognan                     | (2) Allan & Lesley, John & Judith, Tim, Roger, Ian, Don & Dot, (Elizabeth) | 10          |

No 3000 m point reached that year. **Total Treks** A&L: 12 J&J: 12 Tim: 10 Roger: 9 Paul: 5 Ian: 4 D&D: 3 Nigel: 3 Elizabeth: 1 (+1) Mark & Julie: 1 Jane: 1