

VANOISE WALKING TOUR - VAL D'ISÈRE

July 2019

Allan and Lesley Witton, John and Judith Willson, Tim Pattison, (Jo Hobson)



OUTLINE ITINERARY AND WALKING ROUTE SUMMARY

We followed the recent pattern of a short 5-day hut-to-hut Trek, followed by day excursions from a valley base, a mirror image of the 2017 Trek from Pralognan. Our trekking route could aptly be titled '*Tour de la Pointe de la Sana*' as it took us all the way round this shapely and prominent peak, with good views from all directions, though sadly not to its summit.

Apart from the first day's climb, 750 m with full packs to the Fours hut then a 500 m excursion, climbs were moderate and paths easy-walking. The four main excursions from Val d'Isère were interesting and varied, and the Tour du Mont Roup was a top class mountain walk.

		13 days	2 days travel	1 free day	4 days trekking	6 day excursions						
					Height m	Distance km	Ascent m	Descent m	Actual	Times	Estimate	Naismith
July												
4	Air Bus	Manchester > Geneva Val d'Isère		Accommodation								
Trekking route												
5 •	Trek Excursion	Refuge du Fond des Fours (PNV) Pointe des Fours (N)	2537 3040		7.5 4.5	750 500	30 500	2-50 2-30				
		Day's total			12.0	1250	530	5-20		5-50	4-30	
6 •	Trek Excursion	Refuge de la Femma (PNV) Pointe du Pisset	2352 3033		9.0 0.5	470 130	650 130	3-50 50				
		Day's total			9.5	600	780	4-40		3-45	3-00	
7 •	Excursion from	Refuge du Plan du Lac Refuge de la Femma	(PNV) 2365 (PNV) 2352		18.5	430	430	4-45		5-50	4-30	
8 •	Trek	Refuge de la Leisse (PNV)	2487		15.5	500	360	3-45		5-10	4-00	
9 •	Trek via	Val d'Isère Col de la Leisse	Chalet 1845 2761		13.0	390	1030	4-15		4-15	3-15	
10	Free Day	Val d'Isère	Chalet									
Day excursions from Chalet Barmaz in Val d'Isère												
11 •	Excursion from	Refuge de Prariond Pont St Charles	(PNV) 2324 2056		11.5	410	620	3-10		3-50	3-00	
12 •	Excursion from	la Croix de Combefolle la Daille		2250 1795	9.0	550	550	3-50		3-50	3-00	
13 •	Excursion	Sentier de Balcon: Circuit of Val d'Isère			10.0	460	460	3-30		3-40	2-45	
14 •	Excursion from	Tour du Mont Roup le Manchet		2680 1940	13.0	780	780	4-15		5-00	4-00	
15	Excursion	Sentier de Balcon: le Fornet to la Daille			5.0	170	300	1-40		1-40	1-15	
16	Excursion	Cable car to Solaise Lac de l'Ouillette > Val d'Isère Bus > Geneva; Air > Manchester		2530	7.0	30	710	1-50		1-50	1-30	
Naismith daily average (all 11 days): 3h-10												

Grand Totals:	Distance 126 km 78 miles	Ascent 5570 m 18,300 ft	Descent 6550 m 21,500 ft	Time 41 hours
(All 11 days walking)				
Daily averages:	11.4 km 7.1 miles	510 m 1660 ft	600 m 1950 ft	3h-45
(All 11 days walking)				
Daily averages:	12.6 km 7.9 miles	600 m 1960 ft	620 m 2020 ft	4h-10
(9 full days walking •)				

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

An Excursion is a return walk without full packs.

Pointe des Fours Summits are in bold, 3000 m points are shaded blue.

PNV Vanoise National Park refuge, green for those stayed in.

Walking Times (excluding stops)

Actual For the slowest in our group; lead times were considerably shorter, especially on big climbs.

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

Estimates: Estimates produced by adding 30%, our typical average, to Naismith's time.

In fact our average was only 18% over Naismith, largely down to 6 easy excursions and many miles of good paths.

SKETCH MAP





At Solaise with Pointe de la Sana.



On the descent from Col de la Rocheure.



On the Tour du Mont Roup day walk.



At Lac de Chevrol.

Thursday 4th**Air
Minibus taxi****Manchester > Geneva
Val d'Isère****Hotel**

We landed at 2.00 and in just under 3 hours our pre-booked minibus taxi delivered us to Hotel Bellier in the centre of Val d'Isère; about 6 hours from take-off to hotel door, marvellous. We left our rucksacks in our rooms and phoned our contact for Chalet Barmaz, Fabian, to arrange to leave small bags of clean clothes etc. at the chalet to await our return 5 days later. The chalet is in St Joseray, on the outskirts of Val d'Isère, about 10 minutes walk from our hotel. We left our bags there and then wandered through town and had our traditional first night dinner of pizzas.



Evening sun on Rochers du Franchet and Pointe du Front (2960) as we walked round the town.



Friday 5th	Trek Excursion	Refuge du Fond des Fours Pointe des Fours (N)	2537 3040
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We left at 9.20 under clear skies and for the first leg followed the quiet road which rises gently to the sports complex at le Manchet. From there a good path climbs continuously through 700 m to the hut.





Our first of many encounters with marmots ...



... this one quite friendly.

In just over 3 legs we arrived at 1.30 for lunch on the picnic benches beside the hut in its marvellous surroundings.



The peak on the right is Aiguille de la Grande Sassière (3747 m, 12,294 ft) which MGS trekkers climbed via the left hand ridge in 1986, 33 years ago! It remains my highest ever alpine summit.



We left our rucksacks at the hut and set off at 3.00 for Pointe des Fours. The steep path rising to Col des Fours had extensive snow cover towards the top, and after 1h-15 we were rewarded with a fabulous view east from the col over the almost snow-filled un-named tarn below to the snow-topped l'Albaron (3637) across the Arc valley.



John grazes his leg down a snow hole.



On Col des Fours.



View from Col des Fours over the Arc valley to the Italian Frontier ridge and the snow peak of l'Albaron.

A clear path leads from the col towards Pointe des Fours, but perhaps because of un-trodden snow obscuring the lower path we ended up on top of a rock outcrop on the north ridge, a little way short of the summit. The height of the col is 2976 m and we estimated our high point to be at least 3040 m.



The path leading up the ridge to the summit.



On 'our' summit 3040 m.





View back down to the col.



Descent down the ridge with distant snow-capped Mont Blanc.

Descent down the soft upper snowfield was easy, though the snow was rather too soft for good glissading, and we were back at the hut in 45 minutes, arriving at 5.20.



Easy walking down the snow, with Pointe de la Sana, Grande Casse and Grande Motte on the skyline.

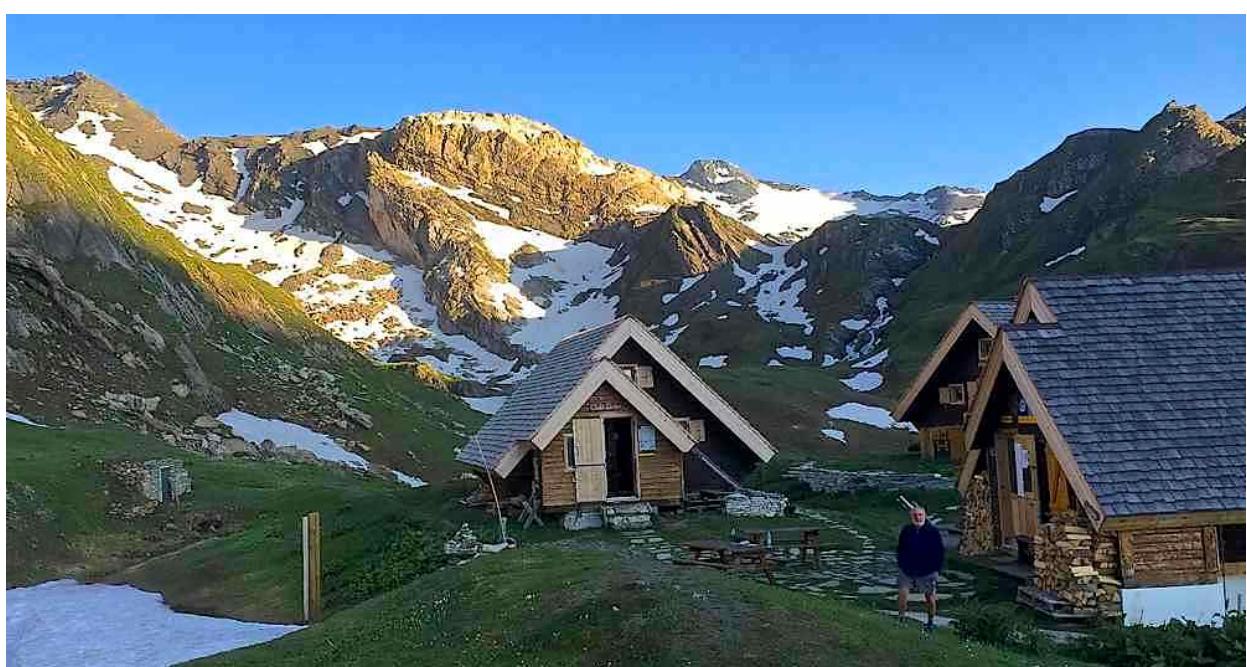




Our dortoir ...



... which was rather cramped.



Late evening sun on the peaks above the hut, with the following day's route up the snow to the right of the dortoir.

Summary	Distance 12.0 km	Ascent 1250 m	Descent 530 m	Walking time 5-20	Total time 8-00
The Total time is the time between the start and the end of each day's walking.					

Saturday 6th	Trek Excursion	Refuge de la Femma Pointe du Pisset	2352 3033
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It was a brilliantly clear morning, and very cold until the sun came over the ridge at 8.00. We set off at 8.20 along the clear path which descends a little before we had to climb quite a steep snow bank over a shoulder to avoid a stream gorge and then descend a little into the wide, flat floor of the upper Fours valley.



View back over the Fours hut to Grande Sassière.

Once into the upper Fours valley there are just traces of a path until the clear path down from Col de la Rocheure. However there are sufficient cairns for guidance and we found tracks of previous walkers in the snow.

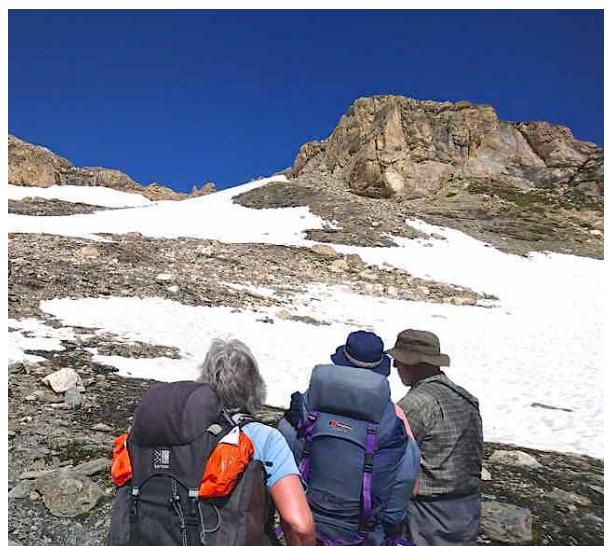
Walking up the Fours valley was on a mixture of gently rising scree and snow patches until our first leg stop, just beyond the wooden bridge over the final stream. It was then mostly over snow to Col de la Rocheure.

Descent over the shoulder into the upper Fours valley.

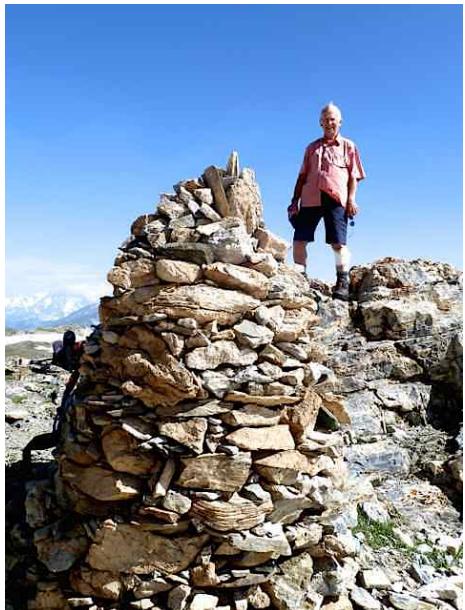


In the upper Fours valley with Pointe de Méan Martin.

The route of the climb out of the head of the Fours valley towards Col de la Rocheure wasn't immediately obvious until we spotted a large 'beehive' cairn on the skyline to aim for.



Spotting the 'beehive' cairn on the skyline.



At the 'beehive' cairn ...



... with a view back over the Fours valley to Pointe des Fours (the centre peak).

From there the well-cairned route undulates over extensive snowfields with occasional exposed scree to a high point of about 2950 m just north of Pointe du Pisset.



Pointe du Pisset ahead and Pointe de la Sana to the right.

We left our rucksacks at the high point and found traces of a path heading for the summit. Again we must have missed an easier lower path and found it quite a difficult scramble onto the crest which leads to the summit.



Along the crest to the summit.



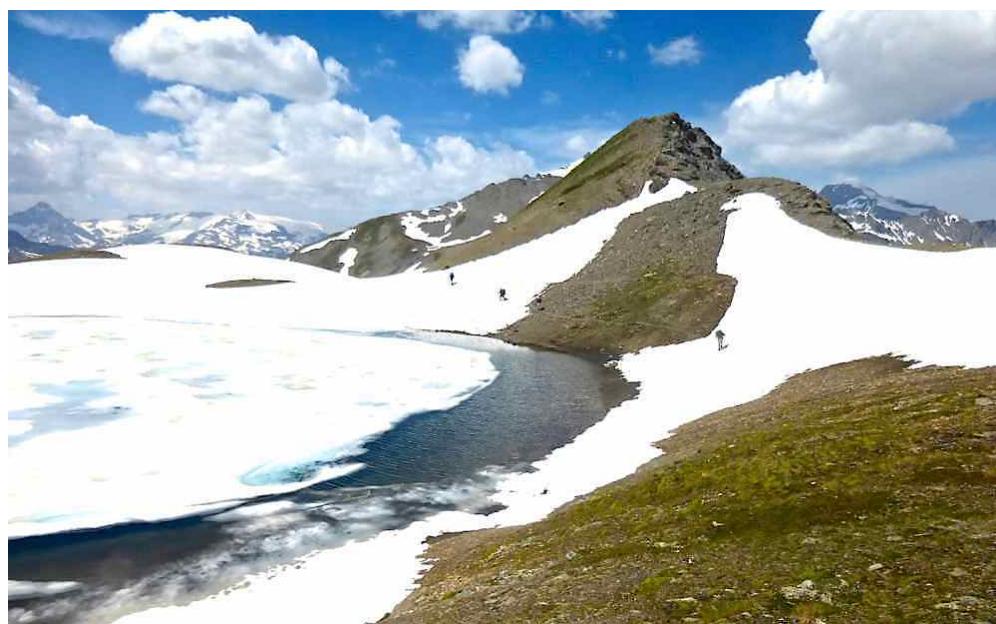
We went back down by the snowfields north of the crest which was a much quicker and easier route, then collected packs and walked easily down to have lunch overlooking snow-filled Lac de la Rocheure.



'That's where we were just 30 minutes ago!'



We walked round the lake and then wound our way down the easy path to the Femma hut. Violet.



Alpine Pasque Flower (*Pulsatilla alpina*).



Vallon de la Rocheure with the hut far left below, Pointe de la Sana above right and the distant Vanoise glacier.



The hut had many 'tame' marmots running around it.

Summary	Distance	9.5 km	Ascent	600 m	Descent	780 m	Walking time	4-40	Total time	7-00
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On the 1991 MGS hutting Foreign Trek we climbed Pointe de la Sana from the Femma hut quite easily, with an ascent time of 2h-35 and a return time of 1h-15, excluding stops, and an overall time of 5h-30. So I had allowed a day in our schedule to do it again, but for two reasons it wasn't to be.

As we came over from the Fond des Fours hut we could see clearly the approach route up the southern flank of the mountain, and there was a huge amount of steep snow at higher levels, much more than in 1991. Also, the weather forecast for the day wasn't very good, with a storm due to pass through during the afternoon. So we opted for an excursion to the Plan du Lac hut.

It was a bright morning as we left at 8.20 to follow the path then track gently down the broad Rocheure valley.



The MGS party on the summit of Pointe de la Sana.



View down the Rocheure valley with the Vanoise Glacier field on the left and the rock peaks of Mont Pelve and Pointe de la Réchasse directly ahead.

Rather than continuing by track all the way we took the varied and interesting path higher on the flanks of Rochers de Lancerlia, and arrived at the hut at 11.30 for a long stop for elevenses.



Mont Pelve and Pointe de la Réchasse again.



Grande Casse comes into view.



Hungry caterpillars.



Spring Gentian (*Gentiana verna*).



Rochers de Lancerlia.



Easy walking below Rochers de Lancerlia.



While we were at the hut cloud built up and covered all the main peaks, as the forecast storm arrived rather early. Not long into our return walk by the same route there was an intense hailstorm, with not very large but particularly sharp hailstones. It lasted about 20 minutes, after which the 'storm' had passed over leaving a fine afternoon.



Grand Casse now obscured.



The start of the hailstorm.





Betony (*Stachys officinalis*).



Giant 15 cm Houseleeks.
(*Sempervivum montanum*).



The waterfall above the hut.



Summary	Distance	18.5 km	Ascent	430 m	Descent	430 m	Walking time	4-45	Total time	6-00
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At 15 km it was the longest walk on our proposed itinerary, but an easy and spectacular one - 8 km gradually down the Vallon de la Rocheure to the Entre deux Eaux hut then 7 km gradually up the Vallon de la Leisse to the Leisse hut, beneath the huge walls of Grande Casse and Grande Motte. The only steep climbs of the day were from the bridge crossing the Rocheure stream to the Entre deux Eaux hut, and the final pull up to the Leisse hut.



Our own spacious 6-bed room with windows that open.



An 8.30 start back down the Rocheure valley.



Spotted orchid (*Dactylorhiza fuchsiae*).



Globeflowers (*Trollius europaeus*).



Banks of flowers.



Arriving at the Entre deux Eaux hut with Grande Casse above.



Elevenses ...



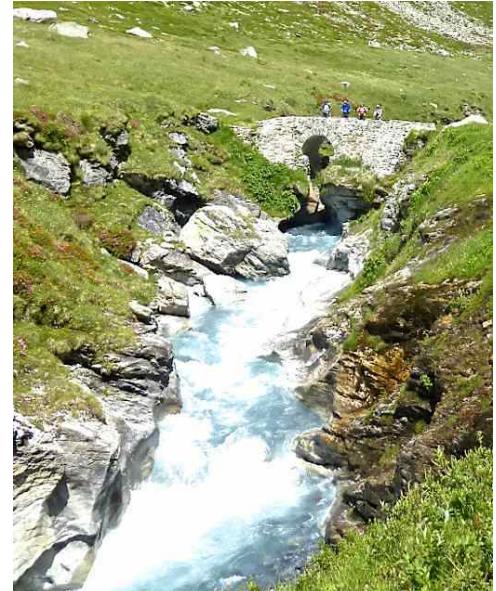
... with a view of Dent Parachée.



The path curves round into Vallon de la Leisse, beneath Grande Casse.



OTT donkey Treks one day perhaps?



Pont de Croe Vie, a 16th century packhorse bridge on the salt route.



Lunch and a siesta in the Leisse valley.





Grande Motte comes into view.

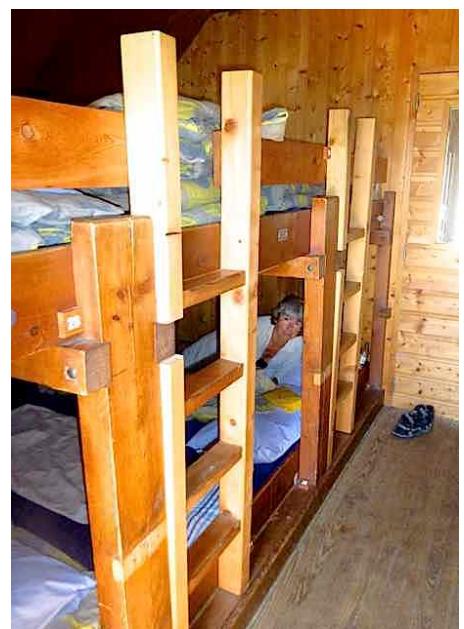


Avalanched snow in the Leisse streambed.





The hut comes into view.



The dortoir ...

... with rather cramped bunks.



The facilities ...



... with a view down the Leisse valley.



View over the hut to Pointes de Pierre Brune, Mont Pelve, Pointe de la Réchasse and Grande Casse.



Flowers round the hut: Edelweiss, Gentian, Aster and Spring Gentian.

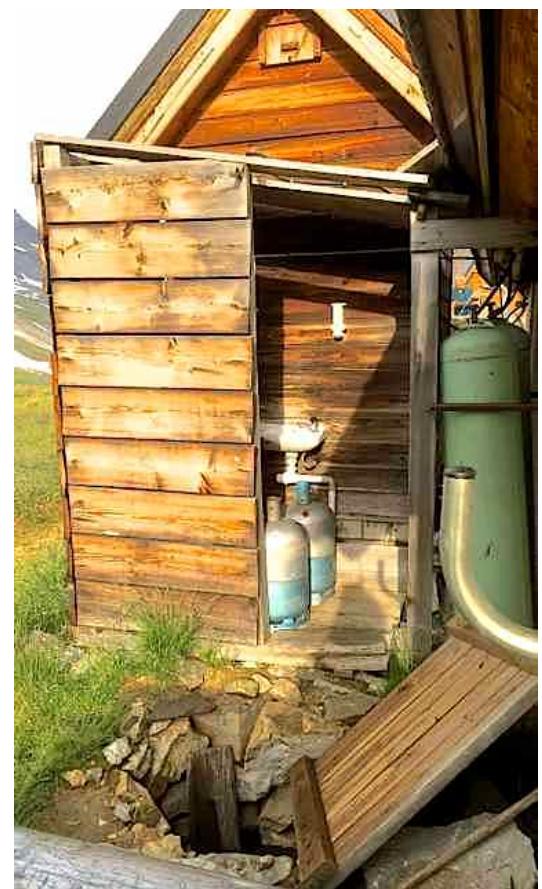
Summary	Distance	15.5 km	Ascent	500 m	Descent	360 m	Walking time	3-45	Total time	6-20
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Tuesday 9th	Trek via	Val d'Isère Col de la Leisse	1840 2761
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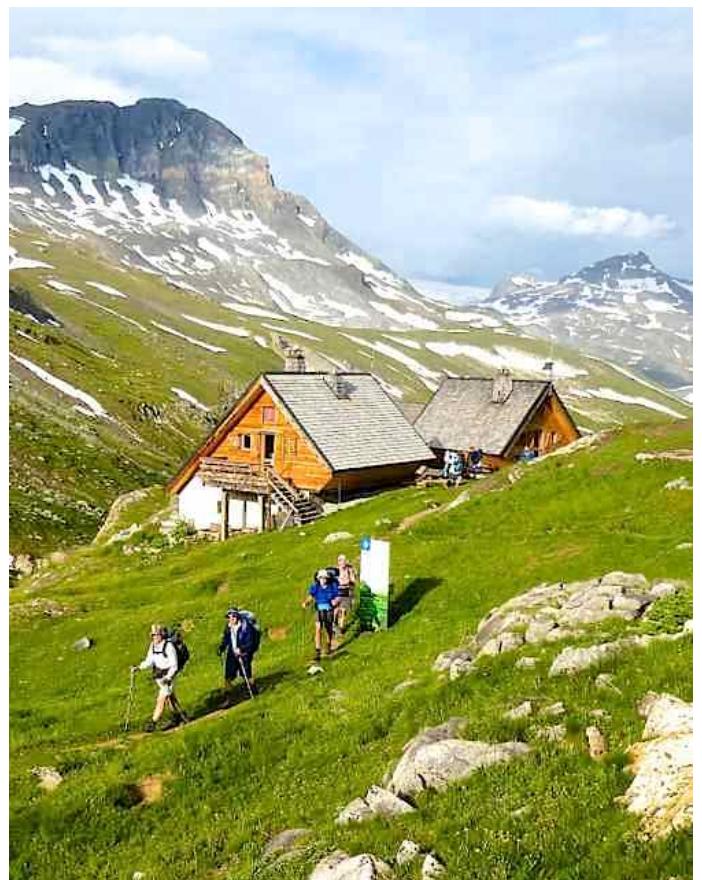
When we left at 8.15 it was a cool and cloudy morning with occasional brief glimpses of the sunshine.



The water trough was the best place to wash ...



... as the 'washroom' had just one grubby sink and a huge hole outside!



After a sharp initial ascent it was easy walking on a good path with occasional snow patches to Col de la Leisse.



Passing Lac des Nettes.

As we reached the broad col it was cold with clouds covering the summit of Grande Motte, so we decided against the scramble up Pointe Boussac and Pointe du Grand Pré that I had done from the col with Don in 2005.



The steeper north side of the col held rather more snow, but it was easy going in descent. We left the GR55 path to climb a little to Col de Fresse for lunch, with cyclists whizzing past in descent from the Borst lift. As on the two previous occasions I've passed this way (1986 and 2005), wayfinding across the Bellevarde ski area with its many tracks, ski runs and now cycle ways to locate the path down to Val d'Isère wasn't easy.



Cloud-covered Aiguille de la Grande Sassière is directly ahead.



Heading across the Bellevarde ski area.

In rapidly improving weather we emerged on the track leading down to the bottom of the Grand Pré ski lift and then picked up the steeply descending path which took us down to the road close by our chalet at St Joseray.



Lunch part 2 overlooking Val d'Isère, with Tsanteleina ...



... and with a view back to the Rochers du Génepy ridge.



The steep descent into Val d'Isère.



Recovering in Chalet Barmaz.



Our meal out at Restaurant Bar Jaques.

Summary	Distance	13.0 km	Ascent	390 m	Descent	1030 m	Walking time	4-15	Total time	6-00
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It was a beautiful day for a rest day and wander round Val d'Isère. The town is a premier ski resort and although there are some older buildings the large majority are modern hotels and apartments and there were lots of large buildings under construction. All the newer buildings have been sympathetically faced with matching local stone.



First washing the socks ...



... then a walk round town.



Our apartment was on the 1st floor of Chalet Barmaz.





Tim discovered that the two main cable cars, Solaise and Bellevarde, were free for pedestrians, and took a ride up to Solaise for look round.



Valle de Manchet, with the lump of Rocher du Charvet above and distant Pointe de la Sana from the Solaise cable car.

Following our success in Cortina last year we self-catered for the next 5 nights in the chalet. First chefs were Allan and Lesley with a paté and salad starter, chicken casserole with potatoes and carrots, followed by fruit salad.



Thursday 11th	Excursion from	Refuge de Prariond Pont St Charles	2324 2056
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We took the free bus to Pont St Charles where we found a notice stating that the Prariond hut was closed for reconstruction, so no coffee and cake there as planned! It's an interesting hour's walk to the hut, with the well-constructed path passing above the impressive Malpasset Gorges, where again there were snow bridges over the nascent Isère stream that had resulted from avalanches.



Leaving the car park at Pont St Charles.



The path rising above the Malpasset Gorges.



We had a break by the stream just below where the entirely new steel-framed hut is being constructed from the ground up. In order to make it a fuller day's walk we had considered walking up to the shoulder of Grande Tête, but decided instead to walk all the way back to St Joseray





Snow bridges over the Isère stream.



Back down to Pont St Charles, with the first two of the 10 hairpins in the road up to Col d'Iseran.

We had lunch amongst a profusion of wild flowers at le Cognon and then went down through le Fornet.





Turk's Cap Lily (*Lilium martagon*).



Houseleek (*Sempervivum montanum*).



Alpine Columbine (*Aquilegia alpina*).

During the afternoon Jo arrived to join us, and after settling in we all made a short visit to the top of the Bellevarde cable car for a quick look at the view.



View towards Grande Motte and Grande Casse.



We then discovered that there was a stunt display by electric motorbikes as part of Bastille Day celebrations and in connection with a 2 day celebration of electric vehicles.



Screeching to a stop an inch away from a prone 'victim'.



Completing a loop-the-loop.



Dinner that night was cooked by John and Judith with home-made soup, spaghetti Bolognese and frozen dessert.



Summary	Distance	11.5 km	Ascent	410 m	Descent	620 m	Walking time	3-10	Total time	5-00
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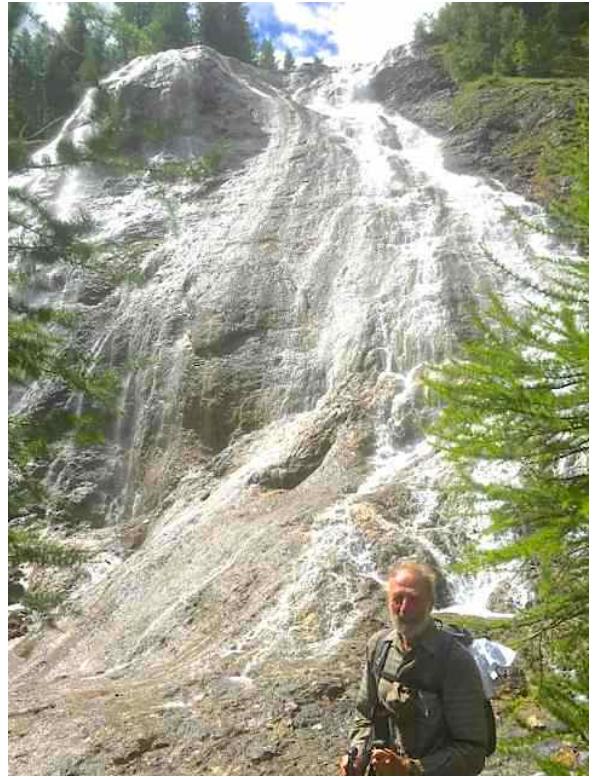
Friday 12th	Excursion from	la Croix de Combefolle	2186
		la Daille	1795

We caught the free bus to la Daille and took the good path down the western side of the rather impressive Gorges de la Daille, with the D902 to Val d'Isère passing through tunnels on the opposite side. The level path then continues through open woodland just above Lac de Chevrol before turning and climbing past Cascade de Salin.





Steep climb alongside the Ruisseau du Lac ...



... to Cascade de Salin.

We then followed the Sentier Botanique, with information boards about dozens of flowers, which took us almost into le Lavachet before turning to re-enter Bois de la Laye and climb to Croix de Combefolle.



Goatsbeard (*Tragopogon*).



Perennial Cornflower (*Centaurea montana*).



Alpine Columbine (*Aquilegia alpina*).



Houseleek (*Sempervivum montanum*).



After a little more ascent to the un-named grassy col we descended to join the GR5 down to la Daille.



In la Daille there was a large area exhibiting a wide range of electric vehicles including a Range Rover with free rides over an obstacle course for visitors - Tim and Jo had to have a go.





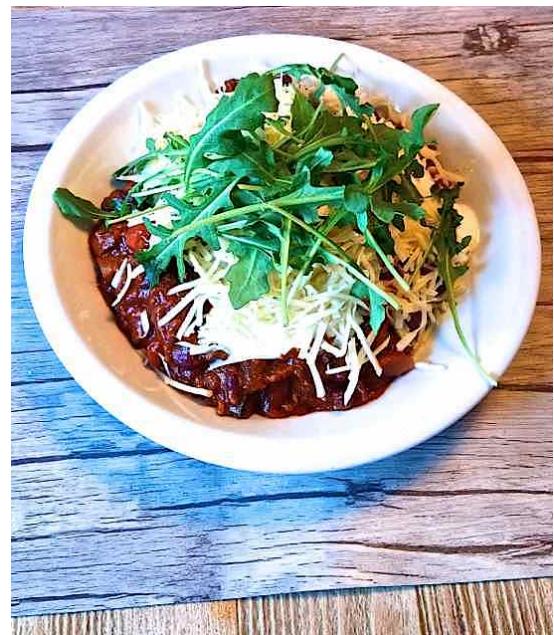
There was also another stunt demonstration by a different team using electric motorbikes.





In the middle of executing a loop-the-loop.

Dinner that night was by Tim and Jo: ham and melon starters, chilli con carne followed by duo of ice cream.



Summary	Distance	9.0 km	Ascent	550 m	Descent	550 m	Walking time	3-50	Total time	5-10
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The access path from behind the Tourist Office leading to the Sentier Balcon was hard to find and overgrown; there is a more obvious access path 500 m further up the valley. Once on the balcony path it's an easy and enjoyable, gradually rising walk with fine views over Val d'Isère and up the valley, and with banks of flowers in full bloom.



Giant Yellow Gentian (*Gentiana lutea*).

Spiked Bellflower (*Campanula spicata*).

Turk's Cap Lily (*Lilium martagon*).

The path descends almost into le Fornet, from where we branched off up the path leading towards Col de la Bailleaz then went down to cross the road and river at les Planets for lunch.



A stiff climb took us past le Cognon and up to the higher path through Forêt du Fornet and hence back to Val d'Isère. On the way back we all took a ride up the Solaise cable car and had refreshments at the café overlooking Lac de l'Oullette.

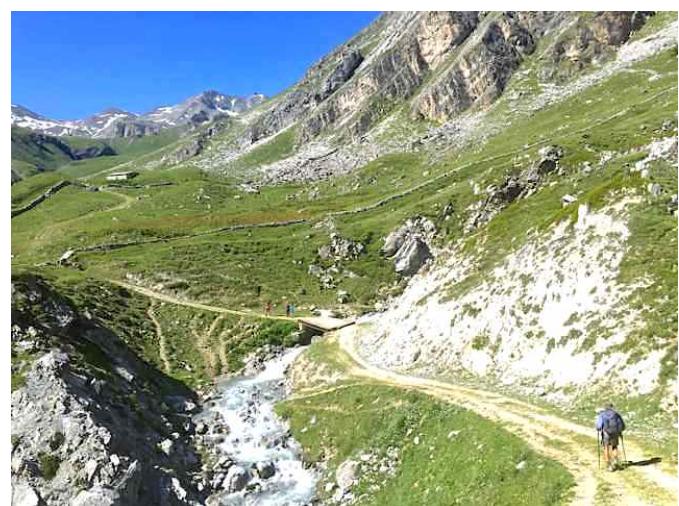


That night's meal was home-cooked-from-frozen pizzas and more duo of ice cream, followed by a free choral concert in the church, festivities in the main street and later a firework display to celebrate Bastille Day.



Summary	Distance	10.0 km	Ascent	460 m	Descent	460 m	Walking time	3-30	Total time	5-50
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We took the free bus to the sports complex at le Manchet and followed the gently rising track into the Pisset valley. The track ends at ruined Chalet du Riondet from where a good path climbs with a few steeper sections past the very impressive waterfall of Saut du Pisset to the path junction at les Pissets.





A little more gentle climbing, again on a good path and crossing several extensive snowfields, brought us to our un-named high point at about 2680 m. In the crystal clear air there were great views of Pointe de la Sana and the rocky peaks of the Rochers du Génepy ridge, including Pointe Boussac and Pointe du Grande Pré.



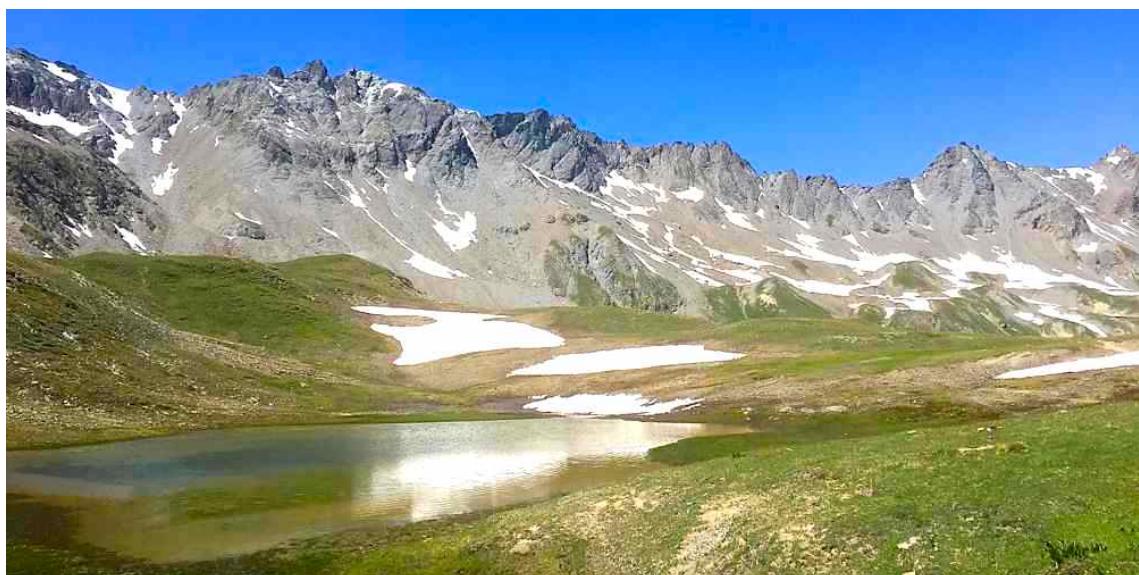
Mont Blanc.

Aiguille de la Grande Sassière.

Tsanteleina



Pointe de la Sana and the start of the Rochers du Génepy ridge.



The Rochers du Génepy ridge, with Pointe Boussac and Pointe du Grand Pré towards the right.

Easy walking down the good path in the Charvet valley brought us back to the track down to le Manchet.



Snow angels.



A good photo is worth a bit of effort ...

... and here's the result:



Alpine Snowbell (*Soldanella alpina*).



Trumpet Gentian (*Gentiana acaulis*).



After such a brilliant mountain walk, what better than home-cooked fish, chips and peas?

Summary	Distance	13.0 km	Ascent	780 m	Descent	780 m	Walking time	4-15	Total time	6-30
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Monday 15th

Excursion

Sentier Balcon: le Fornet to la Daille

The forecast was for a small weather front to pass over during the night, and it left us with a dull grey morning and a dusting of snow on the higher peaks. With the temperature down at 7° we wrapped up well and took the Olympic cable car to Bellevard for a look round.



View up the valley from our balcony.



Cloud on Grande Motte and the peaks we walked past the previous day.





"I want to go down in the pink one!"

It turned a bit brighter in the afternoon so we took the bus to le Fornet, walked the whole length of the northern Balcony Route from there down to la Daille, and got the bus back.



Setting out from the chalet past our favourite recycling bins.



Scabious (*Scabiosa columbaria*).



Yellow: Mouse-ear Hawkweed (*Pilosella officinarum*).
Red: Alpine Clover (*Trifolium alpestre*).



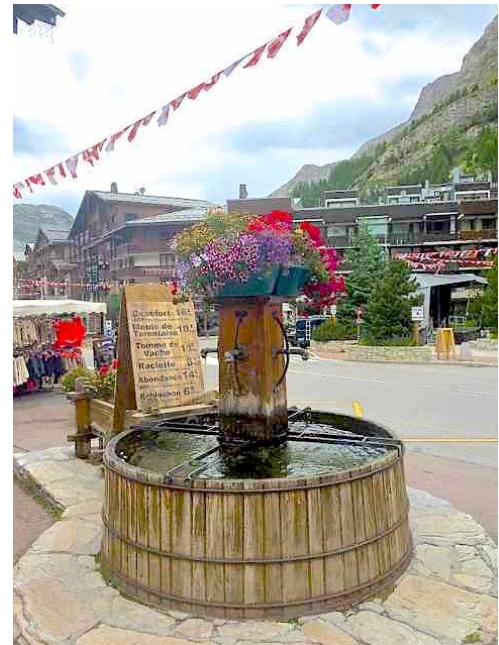


View over Val d'Isère.



The final descent into la Daille.

Back in Val d'Isere, it was sunny and warm and we returned to Restaurant Bar Jacques for our final dinner.



Summary	Distance	5.0 km	Ascent	170 m	Descent	300 m	Walking time	1-40	Total time	1-50
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Tuesday 16th

**Cable car to Solaise
Lac de l'Oullette to Val d'Isère
Bus > Geneva; Air > Manchester**

It was a glorious day, and with a 9.40 p.m. flight departure and a door-to-door minibus booked for pick-up at 3.00 we took the Solaise cable car and walked round Lac de l'Oullette and back to Val d'Isère by the interesting path down Combe du Laisinant and through Forêt du Rogonet.



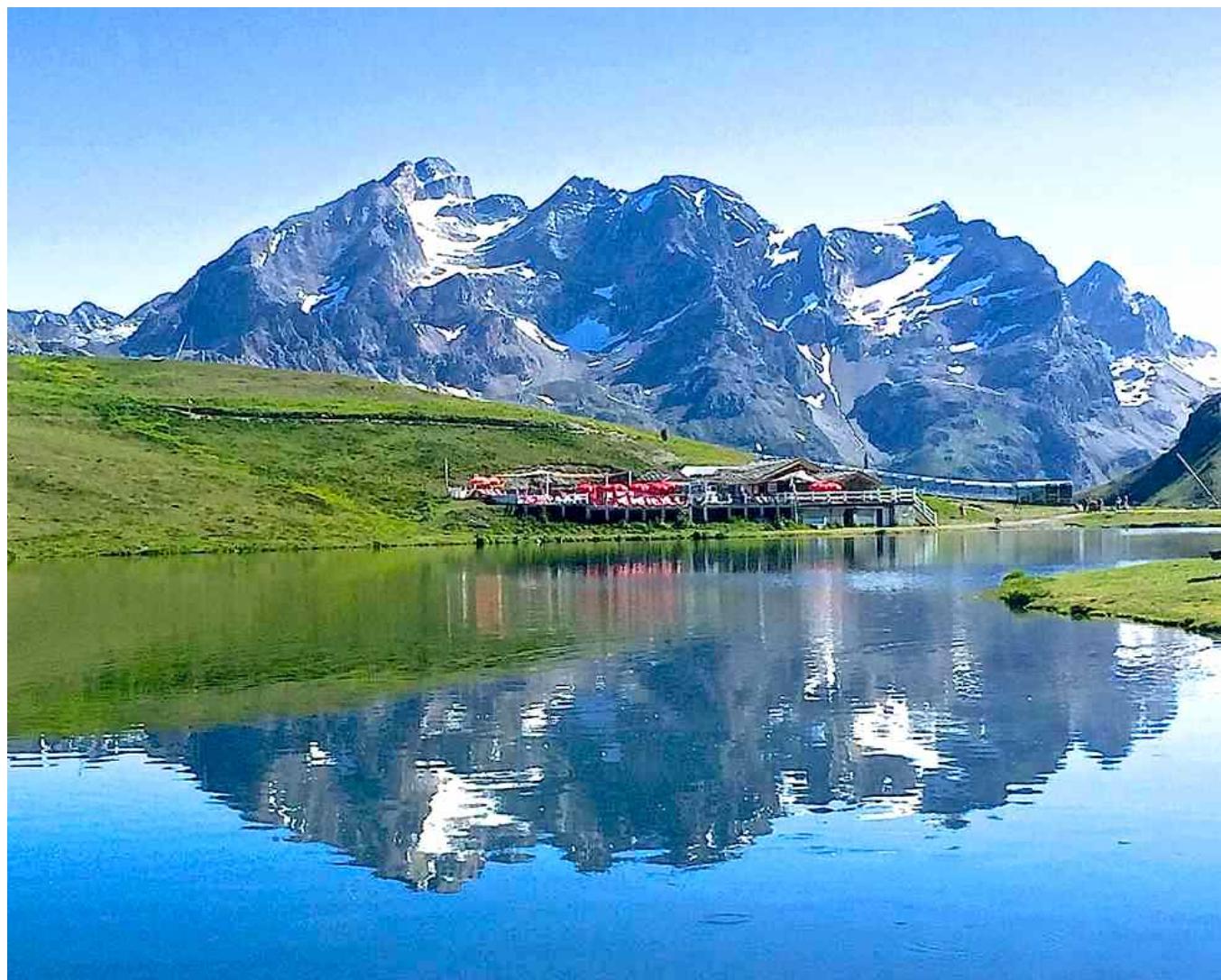
The start of the path round the lake, with Pointe de la Sana.



Several fishermen were trying their luck ...



... and one of them had a catch.



Tsanteleina beyond the lakeside café.



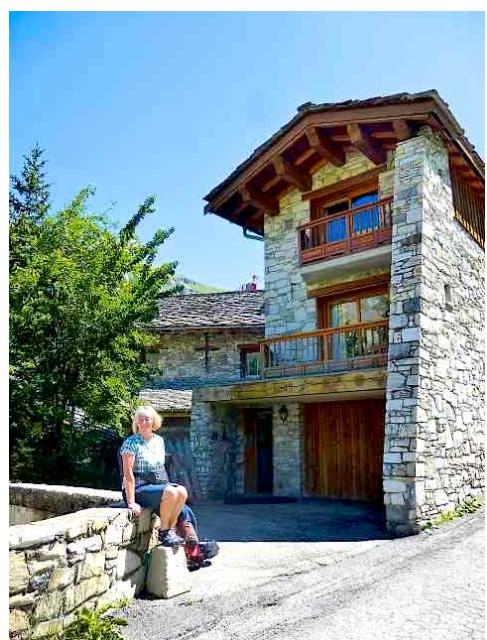
Hairpins in the Col d'Iseran road and the path down Combe du Laisinant.



Crossing the Laisinant stream.



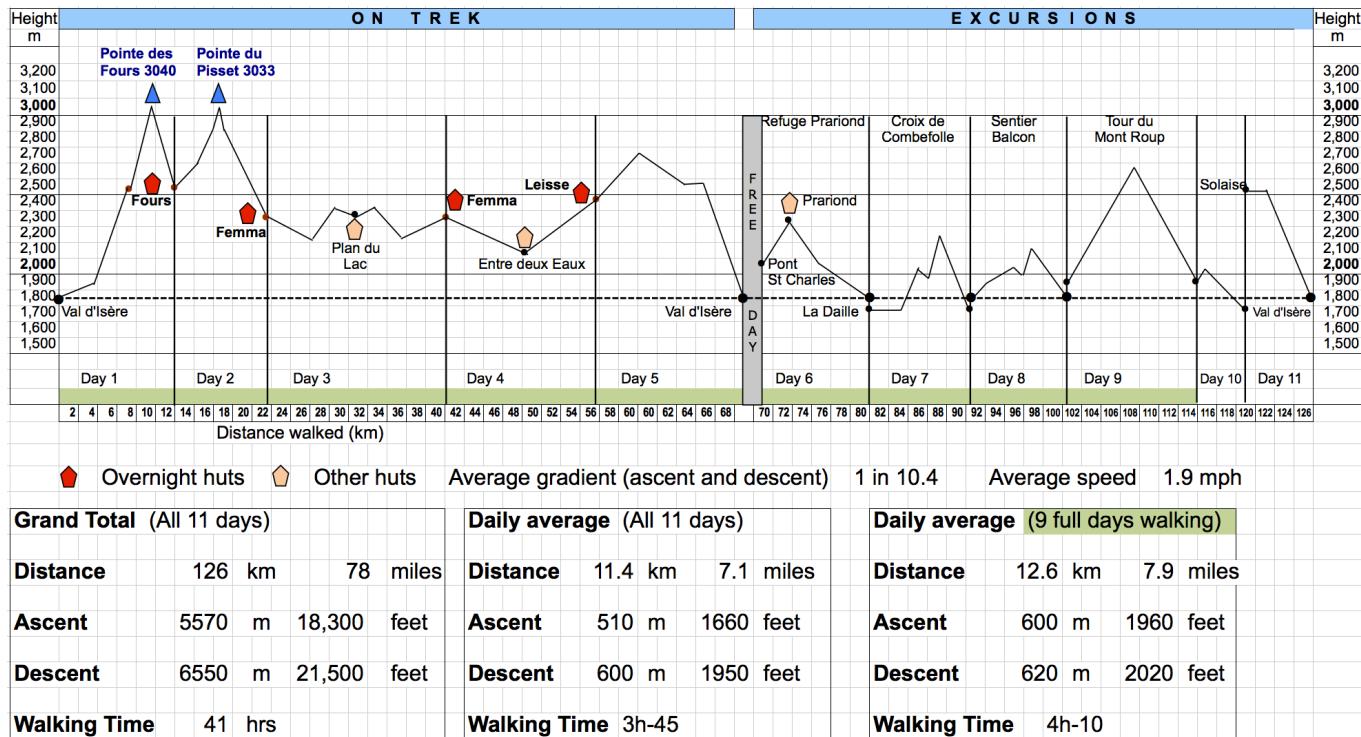
It's nearly all over now, until next year.



Au revoir to Chalet Barmaz as we wait for our transfer.

Summary	Distance	7.0 km	Ascent	30 m	Descent	710 m	Walking time	1-50	Total time	2-30
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ROUTE PROFILE AND SUMMARY



MAPS AND GUIDES

IGN 1:25,000 Sheet 3633ET Tignes Val d'Isère

This covers the trekking route and all excursions.

The Vanoise is an area I know well. I led 3 MGS Treks through the Vanoise National Park (two camping and one hutting), spent a week doing day walks from Pralognan with Don and Dot in 2002, a week also with them doing day walks and a 3-night hutting trek (very similar to this year's route) from Val d'Isère in 2005, and the 2017 Old Trekkers' Trek was from Pralognan. So 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 Sassière (3747 m) in 1986. The Old Trekkers have now done four 3000 m peaks in the Vanoise. This year was my 3rd ascent of both Pointe des Fours and Pointe du Pisset.

Walking the French Alps: GR5

Martin Collins Cicerone 1984

A section of this long distance footpath passes through the Vanoise, with a variant passing through Val d'Isère.

Walking in the Tarantaise & Beaufortain Alps

J. W. Akitt

This is a comprehensive walking guide to these areas

I produced this log in the autumn of 2019 on an Apple iMac desktop using Word for Mac 2011, with iPhoto and Preview for editing the images. Most of the images were taken by Lesley and me, but thanks to John and Tim for the ones of theirs which I have included. 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 291 images is about 55 kB, (about 2% the original size) giving a file size of about 18 MB, the size of about 4 original images.

Thanks to Dave Shaw who identified the flowers I didn't know.

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It was in 2011 that I first had the idea of producing the list on the following page of the 3000 m points that the OTT have reached. We were on the summit of Petzek, and I couldn't remember if that summit or Hohe Riffler was higher and hence the second highest peak we had reached at that time. I have updated the list each year since.

Allan Witton Edition 1

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					
	3337	3347	2015	Mont Avril	Allan, John, Tim, Roger, Don, Lesley, Judith	
	3330	3333	2006	Becca della Traversière	Allan, John, Tim, Roger, Lesley, Judith	
10,900	3320	3320	2015	Schaufel Spitz	Allan, John	
	3310			Pointe d'Orny II	Allan, John, Don	◊
	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	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	
	3128	3128	2017	Rateau d'Aussois	Allan, John, Tim, Roger, Lesley, Judith, Ian, Don	
10,200	3120	3121	2011	Böses Weibl	Allan, John, Tim, Roger, Lesley, Judith	
	3110	§ 3110	2013	Hohe Geige (W)	Allan, John, Tim, Ian, Lesley, Judith (Paul ~ 3000 m)	
	3101	3101	2012	Torre Ponton	Allan, John, Tim, Roger, Lesley	
	3100	§ 3100	2012	Punta Leynir (W)	Allan, John, Tim, Roger, Lesley, Judith	
	3090					
10,100	3080					
	3070					
	3060					
10,000	3050	§ 3050	2006	Gamsspitzl (S)	Allan, John, Paul, Lesley, Judith	10,000 ft
	3040	§ 3040	2019	Pointe des Fours (N) (9974 ft)	Allan, John, Tim, Lesley, Judith	
	3033	3033	2019	Pointe du Pisset (9951 ft)	Allan, John, Tim, Lesley, Judith	
9,900	3030	3032	2009	Petit Vignemale	Allan, John, Tim, Roger, Paul, Nigel, Lesley, Judith	
	3020	3023	2013	Wildes Mannle	Allan, John, Tim, Lesley, Judith	
	• 3019	3019	2013	Similaun Hütte	Allan, John, Tim, Ian, Judith	
	3010	3016	2017	Pointe de l'Observatoire	Allan, John, Tim, Roger, Lesley, Judith, Ian, Don, Dot	
	3006	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	Pyrenees	(3)	Allan & Lesley, John & Judith, Paul, Tim, Roger, Nigel & Jane	9
2010	Vorarlberg - Rätikon/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
2018	Dolomites - Alta Via 4		Allan & Lesley, John & Judith, Tim, Don & Dot	7
2019	Vanoise - Val d'Isère	(2)	Allan & Lesley, John & Judith, Tim, (Jo)	6

No 3000 m point reached that year.

Total Treks A&L: 14 J&J: 14 Tim: 12 Roger: 9 Paul: 5 Ian: 4 D&D: 4
Nigel: 3 Elizabeth: 1 (+1) Mark & Julie: 1 Jane: 1 Jo (1)

OLD TREKKERS' TREKS SUMMARY TABLE

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Country	Austria	Austria	Italy	France Spain	Austria	Austria	Italy	Austria	Italy	France Switzerland	Norway	France	Italy	France
Area	Tirol Stubaital	Tirol Zillertal	Dolomites Alta Via 2	Pyrenees Marcadau >Ordesa	Vorarlberg Ratikon/ Silvretta	Hohe Tauern Glockner/ Schober	Gran Paradiso	Tirol Ötztal	Dolomites Fassa/ Brenta	Mont Blanc/ Grand Combin	Jotun- heim	Vanoise Pralognan	Dolomites Alta Via 4	Vanoise Val d'Isère
Trekkers	7	6	5	9	9	7	6	7	6	8	10	9	8	5
	Walking times Times shown in brackets are for part days (some spent part travelling and part walking), which are excluded from the full day averages.													
Day 1	(1-30)	(1-10)	(1-00)	(2-10)	3-20	4-20	(2-15)	(2-45)	3-30	(1-50)	(1-40)	(2-20)	(1-40)	5-20
Day 2	6-00	(0-45)	4-40	4-40	5-30	4-40	5-10	4-00	5-00	4-50	6-10	4-30	3-30	4-40
Day 3	4-00	5-15	4-40	6-00	3-30	4-00	4-20	3-30	4-40	5-30	7-30	6-20	4-00	4-45
Day 4	5-00	6-00	3-30	5-00	3-20	5-40	3-30	2-50	3-50	6-30	6-30	5-00	3-20	3-45
Day 5	6-30	2-30	(2-15)	3-30	3-30	3-30	5-15	5-15	4-00	4-50	Free	6-20	(1-30)	4-15
Day 6	(2-00)	6-30	(2-10)	5-30	3-30	Free	Free	6-45	3-15	3-40	5-10	(2-00)	2-45	Free
Day 7	4-00	4-30	3-20	Free	Free)	5-40	5-00	Free	Free	Free	6-20	Free	3-45	3-10
Day 8	4-00	6-00	5-00	4-40	4-30	3-15	4-15	4-40	4-10	3-20	6-40	3-10	3-45	3-50
Day 9	4-00		3-30	5-10	5-10	4-00	5-15	4-10	5-15	6-30	(1-10)	5-15	Free	3-30
Day 10	4-00		3-00	6-00	3-20	4-40	5-40	7-00	4-45	6-10		(3-00)	2-00	4-15
Day 11	2-30		4-20	Free	5-15	3-20	(2-15)	4-15		3-10		4-45	2-50	(1-40)
Day 12			(2-40)	5-10				4-45						(1-50)
Day 13								(2-30)						
Distances and ascents in black are in miles and feet, those in blue are in km and metres.														
Total Distance	57 91	49 78	68 108	72 115	64 102	64 103	73 117	69 111	63 101	67 107	71 114	73 116	56 90	78 126
Total ascent	21,000 6390	17,500 5330	23,900 7270	25,400 7730	22,800 6960	22,000 6690	24,400 7450	29,900 9100	18,500 5640	25,400 7740	12,100 3690	21,700 6620	16,400 5000	18,300 5570
Total days walking	11	8	12	10	10	10	10	12	9	10	8	10	10	11
Full days walking	9	6	8	9	10	10	8	10	9	9	6	7	8	9
Average time for full days	4h-00	5h-10	4h-00	5h-00	4h-05	4h-20	4h-50	4h-45	4h-15	5h-00	6h-20	5h-00	3h-15	4h-10
Average distance for full days	5.7 9.1	7.5 12.0	6.9 11.0	7.5 11.9	6.4 10.2	6.4 10.3	7.9 12.7	6.2 9.9	7.0 11.2	7.1 11.3	10.6 17.0	8.3 13.3	6.2 9.9	7.9 12.6
Average climb for full days	2250 690	2760 840	2380 720	2650 810	2280 700	2200 670	2730 830	2640 810	2060 630	2770 840	2000 610	2670 810	1830 560	1960 600
	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Country	Austria	Austria	Italy	France Spain	Austria	Austria	Italy	Austria	Italy	France Switzerland	Norway	France	Italy	France
Area	Tirol Stubaital	Tirol Zillertal	Dolomites Alta Via 2	Pyrenees Marcadau >Ordesa	Vorarlberg Ratikon/ Silvretta	Hohe Tauern Glockner/ Schober	Gran Paradiso	Tirol Ötztal	Dolomites Fassa/ Brenta	Mont Blanc/ Grand Combin	Jotun- heim	Vanoise Pralognan	Dolomites Alta Via 4	Vanoise Val d'Isère

I didn't realise until I had added the 2019 figures that the total distance covered this year was greater than on any previous OTT, though the biggest daily average of 17 km in Norway will never be matched in the Alps.

OLD TREKKERS' TREKS ALPINE LOCATIONS

With destination airports.

