

MEMENTO ITINERANT SNOWSHOES





The practice of snowshoeing is a good opportunity to get away from the hustle and bustle of the ski resorts, allowing you to experience nature in the mountains, to discover the wildlife facing the harsh winter conditions, and to learn about the surrounding history.

Far from the image just of an “activity for seniors”, snowshoeing is a physical activity in its own right and can be easily adapted depending on the chosen routes.

SUPERVISOR

Our mountain guide Nicolas, ex refugee keeper, is passionate about the natural environment and the heritage of the area. Expert of routes off the beaten track, he will introduce you to the mountains and share the knowledge he has acquired

EQUIPMENT

- Wear warm and comfortable clothing suitable for a walking activity. Avoid bulky jackets and wear instead multi-layers that can be easily removed and added.
- We recommend hiking boots, or similar, as preferred footwear, however moon boots or low shoes (that do not come higher than your ankle, such as trainers) are not allowed;
- We provide snowshoes, hiking poles and safety equipment as required;
- Lunch (pic-nic) and dinner is provided

2 day refuge outing (2 days/1 night) - REFUGE DU FOND DES FOURS (Option 1: Friday 10th to Saturday 11th March. Option 2: Saturday 8th to Sunday 9th April)

The refuge du Fond des Fours is a refuge of the Vanoise National Park located on the heights the Val d'Isère valley at 2537 m altitude. There are 3 small wooden cabins in which to spend a pleasant evening close to the stars. A great opportunity to discover in spring the splendid panoramas of some of the highest peaks of the Vanoise.

This hike is for walkers who have already practiced snowshoeing.

Programme:

Day 1: First day of walking from Val d'Isère to the refuge du Fond des Fours
(altitude ascent: 660m. 4h30 walking time)

- 9.30am - transfer by minibus from Tignes to the starting point of the hike, the Châtelard
- You will leave the Manchet valley by pedestrian paths to enter the heart of the Vanoise National Park

Day 2: Second day of walking to one of the high peaks of Vanoise to enjoy a 360° panorama. Depending on the weather and snow conditions, you will walk either to La pointe des Lorès Sud at 2955m

(ascent in altitude: 400m; descent in altitude: 1100 m; 6h30 walking time)



4 day reguge outing (4 days/3 nights) - TOUR DE LA SANA (from Thursday 20th to Sunday 23rd April)

Located between Tignes and Val d'Isère, in the heart of the Vanoise National Park, the Pointe de la Sana rises to 3436 m altitude. In the spring, we propose a 4 day snowshoe tour, spending 3 nights in refuges (the Leisse, the Femma and the Fonds des Fours). This journey will take you through vast plateaus occupied by ancient glacier lakes, up the long valley of the Femma and along passes at 2900m altitude.

This hike is for experienced walkers with a good a good fitness level (approximately 6 to 7 hours walking on day 2 and day 3)

Programme:

Day 1: First day of easy walking to ease you in! (altitude descent: 520m; 3h30 walking time)

- 9h30 - Access to the start of the walk at 3000m by taking Le Perce Neige funicular
- Arrival at the Leisse refuge (2587 m) in the middle of the afternoon

Day 2: Second day in the heart of the long glacial valleys of Leisse and Rocheure (altitude ascent: 300m; altitude descent: 450m; 6h30 walking time)

- Descent to Entre-Deux-Eaux, the historic Vanoise mountain pasture
- Climb to the Femma refuge (2352 m) by the wide valley of La Rocheure (this stage has little difference in altitude but is long in distance; the snow conditions can increase this feeling of distance)

Day 3: On your third day you will cross a high pass at an altitude of more than 2900m (altitude ascent: 600m; altitude descent: 400m; 6h30m walking time)

- By the Col de la Rocheure, the route is renamed in Tarentaise
- Descent to the refuge du Fond des Fours (2537 m)

Day 4: Return to Val d'Isère

- Return to Val d'Isère via a direct descent in to the Manchet valley (altitude descent: 600; 2h30 walking time)
- Or, by circuiting the tip of Lorès Sud (altitude ascent: 400m; altitude descent: 1100m; 6h30 walking time)

