

Trusted Guide - Vanoise 2025

# VANOISE

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Aug 30 - 7 Sept

PETER  
BLOKLAND

**X-PLORE**   
WILDERNESS LEARNING  
WE ARE NATURE





The Vanoise has been a regular part of the tours we organise, now for several years. This has its reasons, of course. Not only is it a beautiful area, it also offers us various possibilities to adapt the programme to the conditions. But if you really want to know, for us it is the beautiful conversations and the wisdom participants take home that make the biggest impact.

The Vanoise seems to be a breeding ground for special conversations, which is why we return every year. And in 2025 we won't go just once. We'll go both in July and in September. We will do two different routes from Pralognan to la Vanoise.

If you want to spend 10 days; walking, reflecting, enjoying nature, combining physical challenges with great conversations, the Vanoise Trip is a wonderful opportunity.

Join us, in the Vanoise mountains in September 2025.

Peter Blokland,  
Trusted Guide



# S L O W D O W N

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This trip gives all the ingredients to slow down, speed up, connect, feel and stay objective and go home with a lot of wisdom. We spend 7 days hiking in an environment where we are undisturbed and live in our own bubble, except for the huts we mostly share with other hikers. Yet that is the feeling many return home with and regularly ask the question; *'How do I explain, at home or at work, what I have experienced here, in one week?'*

*'How do I explain, at home or at work, what I have experienced here?'*



# E X P L O R E

Created in 1963, the Vanoise Natural Park is the first French national park. Located in the Savoy, between the high valleys of Maurenne and Tarentaise it envelopes high mountains, with 107 peaks culminating at more than 3000 meters, on which many glaciers remain. The park shares a common limit of 14 kilometers with Parco Nazionale, Gran Paradiso.

The two twinned parks constitute one of the largest protected areas in Western Europe, with 1,250 km<sup>2</sup>! Its heart of 530 km<sup>2</sup> offers more than 400 marked trails, where you can meet an extraordinarily rich fauna: ibex, stoats, chamois, marmots, golden eagles, bearded vultures, black grouse... The flora is just as exceptional: there are more than 1,700 species, or a third of the flora of France!



# E X P L O R E

We will explore on feet the forest-covered hills and ascend mountain peaks. You can expect to walk between 5 and 7 hours a day. During the day walks you will experience a degree of height gain & descent in addition carrying an 10 kilo backpack. During the program we will jump into spontaneous wilderness adventures and embrace new challenges including navigation, living off the land techniques, tracking and others.

Hill walking is recommendable but not mandatory. Our start and finish is from a comfortable hotel which allows us to dynamically flow into this new plane of possibility before- and fresh-up after the trekking. The rest of the nights we will be sleeping in gites/huts.



# C O N N E C T

And there is definitely time to relax, both physically and mentally and we do this trip as a team. We help the weakest link, look at the bigger picture, get the best out of each other and will have to help or support each other when encountering difficult obstacles.

For this trek, you need no experience other than good health and fitness. Of course, you can prepare by doing a lot of walking, cycling, strength and/or fitness training and testing your materials well beforehand. The most important things that should feel really good are your shoes and your backpack. If these don't feel good, you can suffer for 7 days and it has a lot of impact on you, the group and the trip. But also in this we will help you with advice.



# V A N O I S E

## TRIP September 2025

### Refuges & altitude

Day 1 - Acclimatisation walk Pralognan la Vanoise

Day 2 - Pralognan la Vanoise 1.420m - Grand Bec 2.403m

Day 3 - Grand Bec 2.403m – Laisonnay 1.550m

Day 4 - Laisonnay 1.550m - Col du Palet 2.565m

Day 5 - Col du Palet 2.565m – Leisse 2.487m

Day 6 - Leisse 2.487m - Plan du Lac 2.400m

Day 7 - Plan du Lac 2.400m - Pralognan la Vanoise 1.420m

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# PRACTICAL

Preparation, logistics and equipment are an important part of the quality of your experience. Caretaking is at the core of our being. We will be guiding you through the whole pre-travel necessities.

A couple of key points:

- Traveling to Pralognan la Vanoise organized individual or as group
- Hotel, cabins and food will be organised by us
- During the adventure we sleep in cabins in dormitories
- Personal equipment is your task. We will support this proces and facilitate all necessary information
- Travel insurance is obligatory
- This Trusted Guide tour has a min of 6 and max of 8 participants.
- Price per person € 2.400,- (excluding transport to location)



# N E W G U I D E S



The Trusted Guide team is expanding with Malu Hilverink and Matthijs van den Berg, who are joining us to gain experience as guides. I know Malu from sustainable leadership programmes, and Matthijs has accompanied me in the Pyrenees before. Now we are working together and spreading our wings even further.



# C O N T A C T

If you want to talk about joining us in the Vanoise for a trip that will grant you precious memories for a long time. Get in touch!



Peter Blokland  
Trusted Guide

+31 6 55 12 85 01  
[info@peterblokland.nl](mailto:info@peterblokland.nl)

'I met David during an intensive Arctic Guide training course in Sarek and the Baltic Sea in 2015. We are now almost 10 years on and work together on a regular basis. We give each other space, complement each other where necessary and make each other stronger.'





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