

MOUNTAINEERING INITIATION

First steps in alpinism in Mont Blanc massif

Reference · 115

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DURATION 2 days	TRAVEL STYLE Accompanied / guided	LUGGAGE Without luggage transfer
ACCOMMODATION Classic (dormitory)	LEVEL 4/4 ★★★★★	FROM 425 €

Do you like hiking and would like to go a little higher, a little further, in the heart of glaciers and peaks?
 We offer you a short stay, 2 days to discover the high mountains and to introduce you to the techniques of mountaineering.
 All in the heart of the Mont Blanc massif, with a night in high mountain refuge, far from the valley.

You will love

- A short stay, 2 days, the time of a weekend, to immerse in high mountains
- An exceptional setting and a unique view of the largest northern faces of the Alps
- Use of ski lifts for easy access to glaciers

Day-by-day itinerary

DAY 1

GLACIER DU TOUR

Ascent to altitude and first steps on glaciers.

Meeting point in the little village of Le Tour. Equipment check and presentation of the tour. From the small ski area (at the top of the Charamillon cable car, 1854 metres above sea level), it's easy to reach the impressive glacial moraine. At an altitude of 2702m, discover the comfortable Albert 1er refuge (renovated in 2014). Picnic near the glacier and a short ice climbing lesson to round off the first day. Overnight at the Albert 1er refuge (2702 m).

6h/7h walk/ Altitude difference: +950m

DAY 2

BLACK TOWER PASS

Glacial hike from the refuge.

Breakfast at the hut, then an early start for the Tête Blanche (3429 m), climbing the whole of the Glacier du Tour. This glacier has few cracks and is gently sloping. Arriving at the col, we discover the vast glacial plateaux on the Swiss side. Picnic on the glacier (or at the Albert 1er refuge), close to the refuge before returning to the village.

7h walk/ altitude difference: -2000m/ +750m

This is an example of a mountaineering program MOUNTAINEERING INITIATION. The weather, snow and mountain conditions, as well as the level of the participants could obligate the guide to modify the program or to take different routes.



Dates and prices

Groups of 2 to 5 people:

- **Departure for 2 participants: 715€ /person**
- **Departure for 3 participants: 560€ /person**
- **Departure for 4 participants: 475€ /person**
- **Departure for 5 participants: 425€ /person**

ON DEMAND FOR YOUR SMALL GROUP > PLEASE CONTACT US!

THE PRICE

Includes:

- The organization costs;
- Half board and overnight stay at the shelter;
- The picnic on day 2;
- Supervision by a mountain guide;
- Rental of technical equipment (ice axe, crampons, shoulder harness);

Does not include:

- Personal expenses (drinks, etc.), visits;
- The picnic on day 1;
- **The ski lifts (price of around €20/p);**
- The return journey from your home to the meeting point and dispersion;
- Airport taxes and other exclusions clearly and duly described on the corresponding data sheet.



The journey

LEVEL ****

Physical level:

The weekly practice of an endurance sport is a good thing. Walking with altitude difference or better, cross-country skiing or hiking, running, swimming. If this is not the case, resuming the sport 2 months before departure (brisk walking then jogging 3 times a week) is essential and will allow you to make the most of your stay.

Technical level:

Learn the basic techniques of mountaineering, in snow and ice and rock. The proposed outings are easy races. Before all our discovery trips, such as glacial hikes, or mountaineering training trips, we must above all be a good hiker, including off-trail, and be broken to walk 6 to 8 hours a day. A sports background is recommendable and the taste of effort is essential to make the most of the days. It is necessary to present oneself rested and fit to any high mountain circuit.

GUIDANCE

State-certified mountain guide. Groups of 5 people maximum.

The guide may at any time modify the itinerary or interrupt the stay of a participant who does not have the level required for his own safety and that of the other participants. In this case, the participant concerned will not be entitled to any refund.

In the event of very bad weather, and to ensure the safety of participants, the course may be cancelled. In this case, we will consider requests for reimbursement on the basis of the number of days spent on the course.

ACCOMMODATION

In dormitory, in refuge.

MEALS

Breakfast and dinner are served in the accommodation.

For lunch, picnics and food races planned by your mountain guide and ordered at the refuge.

CARTOGRAPHY

IGN Chamonix 36300T Card



Practical information

ACCESS TO DEPARTURE POINT

Meet at 8:30am at village du Tour (74400).

BY CAR

Parking nearby.

BY TRAIN

Night train direct Paris/St Gervais or TGV in the day. Correspondence for Chamonix, please check on SNCF at www.voyages-sncf.com.

END OF STAY

End point in the afternoon, in the village du Tour.

ACCOMMODATION BEFORE AND AFTER THE STAY

Chamonix [Tourist Office](#): +33 4 50 53 00 24

TO CONTACT US

If you are late, contact the agency: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Equipment and luggage

EQUIPMENT ADVISES

Clothes

- Breathable T-shirts
- Fleece or softshell jacket
- Goretex jacket
- 1 soft jacket or equivalent
- 1 simple and lightweight Gore-tex mountain overpantaloon is recommended
- 1 pair of gaiters
- 1 pair of high mountain gloves + 1 pair of lightweight fleece or wool gloves.
- Hat or cap + headband + cap
- Hiking socks (double layer, curly...)
- 1 mountain trousers (sturdy and comfortable)
- High mountain shoes, cramponable and warm

Miscellaneous equipment

- Comfortable backpack from 30 to 40 liters
- Light toilet kit
- Glacier goggles (with side shells) IP 3 or 4
- 1 ski mask (in case of bad weather or strong wind)
- Water bottle (capacity depending on your consumption). Beware of water pockets, water can freeze!
- 1 thermos, recommended (capacity according to your consumption)
- 1 multi-purpose knife (optional)
- Small personal pharmacy (vitamin C, aspirin, dressings etc.) + high-index sunscreen
- Frontal + batteries or battery and spare bulbs
- A sack cloth (shelters provide blankets or duvets)
- Valid ID card or passport
- 1 or 2 telescopic sticks

Technical equipment provided:

- 1 ice axe (adapted to its size)
- 1 pair of pre-set spikes + mandatory "antibott" system (to prevent snow from sticking)
- 1 shoulder harness
- 1 safety carabiner
- 1 lightweight mountaineering helmet

EQUIPMENT RENTAL

Rental of shoes and backpack possible, count +/- 15€ day depending on the models. Prices given as a guide. To be booked and paid directly on site before departure. All details for the rental of equipment will be given to you after registration in your



notice.



Postal booking form

Complete this form and return it with your deposit.

Last name _____

First name _____

Birth date _____

Address _____

Phone _____

Mobile phone _____

Email _____

Requested trip **MOUNTAINEERING INITIATION** _____

Number of days **2** _____

Insurance _____

Trip price **425 €** _____

Estimated deposit (30%) **127,50 €** _____

Signed in _____

Date _____

Signature

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond
+33 (0)4 50 79 09 16 · info@altitude-montblanc.com