





SKI TOURING FACING MONT-BLANC

3 days in the heart of the Contamines Montjoie reserve



Bordering the Mont-Blanc massif, far from the hustle and bustle of Chamonix, lies the Contamines Montjoie nature reserve. Highest reserve in France, it offers a vast, unspoiled wilderness, especially in winter. The new 'refuge des Prés' will be the base camp, allowing you to take advantage of the first tracks! This ski trip will also be an opportunity to learn more about safety and equipment, and to leave with the desire to go on exploring new destinations!


 3 Days

 Guided / with a guide

 Without baggage transportation

 Accommodation : Refuge

 Level : ****

 From : 535€

You will like

- Guidance from a professional French mountain guide
- A massif perfect for ski touring, with great itineraries
- Restful nights in comfortable mountain huts
- Scenic views of the Mont-Blanc massif

The route

Day 1

Each day, the outings are adapted to the weather and snow conditions and to the level of the group. The aim is to make sure you progress safely and get the best snow for maximum enjoyment.

Meet on Friday at 12 noon in front of the SNCF station in Saint-Gervais-Les-Bains or directly at the Notre Dame de la Gorge car park in Les Contamines-Montjoie at 12.30 pm. Make sure you have already eaten.

ASCENT TO THE REFUGE

Meet the guide at 12:30 in uniform for a presentation of the programme, itinerary and equipment briefing. Climb to the refuge via the Roman road and then the hamlet of Les Prés.

3 hour hike / Elevation: + 750 m

Day 2

COLS DE LA FENÊTRE AND DE LA CICLE

From the refuge, a day facing Mont Blanc. Leave for the Col de la Cicle and return, or do a loop with a short detour into the Beaufortain via the Col de la Fenêtre. Return to the refuge for the night.

5 to 6 hour hike / Elevation: +/- 600 à 1100 m

Day 3

LACS JOVETS OR COL DU BONHOMME

Departure towards the back of the reserve. The group will head for the Lacs Jovets or the Col du Bonhomme. Between the south and north faces, the guide will be there to help you choose the best skiing option. Afternoon descent to Les Contamines.

6 to 7 hour hike / Elevation: +600 à 1100 m / -1300m

End point Friday around 4:00pm.

The programme has been drawn up on the basis of the latest information available at the time of writing; imponderables are always possible and situations beyond our control may alter its course.

The trip

LEVEL ****

Elevation: around +/- 800 to 1200m per day.

Level 4: This holiday is aimed at people with previous ski touring experience, level 2 (little or no technical difficulty, maximum 35° gradient).

You need to be in good physical condition to take part.

GUIDING

Group of 2 to 6 people led by a qualified professional (high mountain guide or skiing instructor).

ACCOMMODATION

2 nights in a mountain hut.

MEALS

Breakfast and diner are provided at the gite. Picnics of days 2 and 3 are included, ordered at the refuge.

MAPS

IGN Top 25 - 3531ET Saint-Gervais-les-Bains

Practical information

ACCESS TO DEPARTURE POINT

Meet at noon in front of Saint-Gervais-Les-Bains train station or at the Notre-Dame-de-la-Gorge car park in Les Contamines-Montjoie at 12.30pm.

BY TRAIN

Departure from **Gare de Lyon (Paris)** (at 6h11) or **Gare de la Part-Dieu (Lyon)** in the morning, arrival at Saint Gervais-Le Fayet (at 11h16).

Timetables must be checked at a train station or on <https://www.oui.sncf/>.

BY CAR

Take the A40 motorway to Saint-Gervais, then follow signs for Saint Gervais/Les Contamines. Pass the village of Les Contamines and the 2 cable cars. Hikers' car park is well signposted just before the end of the road.

CAR-SHARING

Get in touch with people to share a lift! www.blablacar.fr www.laroueverte.com www.roulezmalin.com

End point in the afternoon at the Gorge car park.

ACCOMMODATION BEFORE AND AFTER

Hôtel la Gélinotte : +33 (0)4 50 47 01 61 <https://www.hotel-lagelinotte.net/>

Hôtel le Christiania : +33 (0)4 50 47 02 72 <https://www.lechristiania-hotel.com/>

TO CONTACT US

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

Dates & prices

3-day ski trip / 2 nights in a refuge.

Group of 2 people: **1010€/person**

Group of 3 people: **785€/person**

Group of 4 people: **660€/person**

Group of 5 people: **585€/person**

Group of 6 people: **535€/person**

THE PRICE

The price includes:

- Supervision by a mountain guide;
- Safety equipment (avalanche transceiver, shovel and probe);
- Full board accommodation in refuge and snacks during the day;
- Transfers as described in the technical facts;
- Tourist tax;
- Registration and booking fees.

The price does not include:

- Cancellation/ travel insurance;
- Personal expenses (drinks, visits, etc...);
- Picnic lunch on the first day;
- **Equipment hire (skis, skins, boots, poles, knives);**
- Any ski lifts (in the event of a change to the programme due to the weather);
- Return journey from your home to the meeting point and dispersal.

The price is all inclusive from departure to end point.

Equipment and luggage

EQUIPMENT LIST

Avalanche safety equipment including (transceiver, shovel and probe) is provided. However, if you have your own and would like to use them you are free to do so. Ski touring equipment can be hired in Les Contamines.

Clothing

- Waterproof ski or ski touring trousers
- Wind stopper or Goretex jacket
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Insulating down jacket
- 2 pairs of ski gloves and a warm hat
- Walking socks (1 pair per day)

Other Equipment

- Ski touring boots, touring skis with touring bindings, skins, poles and ski crampons (equipment can be rented in les Contamines)
- Rucksack minimum 35 litre capacity
- Sunglasses and ski mask
- Sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Identity card or passport

BACKPACK

Bring a comfortable backpack of 35 to 40 litres for your avalanche safety equipment (transceiver, shovel and probe), personal belongings for the day (warm clothes, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

Leave on your own for 2 or 3 days or more

In the 'weight is the enemy' section, here are some tips on how to save a few hundred grams. For example, for your toiletries: a simple plastic bag with a zip or a small plastic box to avoid accidental crushing.

- Hotel-size soap is generally enough for a week.
- A tube of toothpaste 3/4 full will do the trick
- Shaving foam: a small sample can
- A small microfibre towel
- A small bottle of shampoo
- A travel toothbrush

Pharmacy: in addition to your personal medicines, bring :

- Elastoplast or hook-and-loop tape
- "second skin" tape to protect against blisters, such as Compeed
- A small pair of scissors, thread and needle
- A small tube of sun cream and lip balm

Now all you have to do is apply this recipe to your entire bag!

HOW TO REGISTER

- By internet: <http://www.altitude-montblanc.com>
- By telephone: +33 (0)4 50 79 09 16
- By post: Please provide your details
 - Surname, First Name, Date of birth
 - Address
 - Email
 - Telephone
 - Mobile

If you wish to register by post, please complete the form below and return it to:

Altitude Mont-Blanc
180, route du lac
74110 MONTRIOND
FRANCE

Please specify whether you wish to take out an optional cancellation insurance (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% in association with your account details at Altitude Mont-Blanc ('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.
The balance must be paid one month before departure without a reminder from us.
For self-guided tours, we will then send your tour pack (inc. maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.



Registration by mail form

Last name:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:

Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE