SNOWSHOEING IN THE ECRINS

In the heart of the National Park!

On the border between the Northern Alps and the Southern Alps, stands a famous massif: the Ecrins. Classified national park more than 30 years ago, this protected area conceals valleys, each more unusual than the next. The most prestigious of these is the Valouise valley, the gateway to the Glacier Blanc, the largest of the Southern Alps. It is at the edge of this one that we invite you to settle down for a week of snowshoeing discovery. Departing from a comfortable gîte, you will set off with snowshoes to attack hamlets and isolated peaks. In the evening, in the heart of this magnificent mountain village, you will enjoy the well-being of your warm inn.

6 Days

Guided / with a guide

With or without luggage transportation

Accommodation : Comfort (room)

Level : **

From : 720€

You will like

- An emblematic village of the Ecrins as a base camp
- SPA included once a week
- A night in one of the few refuges located in the heart of the National Park

The route

Day 1

WELCOME AND INSTALLATION
Your guide will meet you at Montdauphin station and take you to your hotel in Freissinières.
Settle in for 5 nights, followed by a presentation of the tour by your guide.

Day 2

AT THE FOOT OF THE PELVOUX
On this first day, we head for the terminus of the Vallon d'Ailefroide, on the route to the Glacier Blanc. Between frozen waterfalls and scattered hamlets, we pass through a valley where silence reigns, encouraging us to approach wildlife numbed by the cold. From the hamlet of Ailefroide, take the same route back to the village of Les Claux.
4.5 hours walk / Elevation: + 550m; - 550m

Day 3

LA POUSTERLE, PLATEAU D'ORÉAC
Short transfer to the top of the resort of Puy Saint Vincent to keep the ascent to a minimum. Along a forest path, we'll reach the magnificent Col de la Pousterle and then the Plateau d'Oréac. The first panorama opens up before us! Option to climb to the Tête d'Oréac or Les Têtes (2044 m), where we can enjoy one of the finest panoramas of the week.... The Durance, Queyras and Ecrins in front of us.
5 hours walk / Elevation: +/- 550m

Day 4

TRANCOULETTE COL
From the hamlet of Le Puy, suspended over the Durance, we'll set off today for one of the wildest passes of our trip: the Col Trancoulette.
From Puy Chalvin to the hamlet of Les Combes, this will be a slightly more physical day, allowing us to appreciate another side of this massif.
We'll cross the Partias nature reserve, a suspended valley with magnificent views of the surrounding peaks.
5.5 hours walk / Elevation: +/- 650m

Day 5

THE TRAMOUILLON VALLEY
In a wild valley, we climb up a torrent covered in snow. We enter a mysterious forest haunted by the songs of boreal owls and where martens chase squirrels.
5 hours walk / Elevation: +/- 500m

Day 6

THE COL D'ANON
We climb up to the Freissinières slopes, dotted with hamlets whose chimneys are still smoking. The arrival at the col is always a moving experience, such is the voluptuousness and serenity of the place. In fact, the golden eagle loves to fly over it. In good shape? Let's continue on to the Mamelon de la Séa!
5 hours walk / Elevation: +350m; - 800m

The tour ends around 4pm at Montdauphin-Guillestre station.

The programme has been prepared on the basis of the latest information available at the time of writing; unforeseen circumstances are always possible and situations beyond our control may alter the programme.

The trip

LEVEL **

Elevation : between 400m to 600m.
Walking time : in average 5 to 6 hours per day. Forest tracks and trails.

This trip is organised in collaboration with our local partners, who are as committed as we are to providing you with an authentic experience.

GUIDING

Group between 4 and 14 people supervised by a qualified montain leader.

ACCOMMODATION

Accommodation in a 3-star hotel in Freissinières, in room for 4 people.
The hotel is equipped with a sauna, one access per person is included in the stay. More sauna time is available on site (extra charge). The rooms are all equipped with private bathroom, WC and washbasin. Double rooms and single rooms available subject to availability.
Please note: Accommodation in these remote valleys is sometimes very limited. We may be obliged, against our will, to change the accommodation, without prior notice, if the accommodation is no longer available.

INTERNAL TRANSFERS

The few trips to get to the start of the hikes will be made with the personal vehicles of each participant.
For people arriving by train, we offer a transfer option for maximum 8 participants on the group (1 minibus with 9 seats driven by the accompanying person) at 50 € per person.

MEALS

Breakfasts and dinners are served in the accommodation.
For lunch, your guide prepares a picnic usually consisting of various salads and regional products.
We do our best to take into account special diets (gluten-free, vegetarian etc). However, we encourage you to bring some complementary products for your own picnics.

Practical information

ACCESS TO DEPARTURE POINT

Meeting at the station of Montdauphine-Guillestre

BY TRAIN
If you are arriving by train, you will need to take the 'mobility pack' (€50 to be booked when you register) and your guide will pick you up at Montdauphin-Guillestre station at 7pm (due to delays on the line). (The mobility pack also allows you to travel to the start of the hikes during your stay).
The 'mobility pack' must be booked when you register.

BY CAR
If you are arriving by car, you will be met at the hotel in Freissinières.
Equipment (snow tyres or chains are compulsory in winter).
Please note: the Izoard, Agnel and Galibier passes are closed in winter. Some sites or GPS systems plan to take you over them, but access is completely impossible. Similarly, do not take the options via the Fréjus and Oulx tunnels, which are much longer and very expensive. For information on the state of the col road, call 04 92 24 44 44 (answering machine).
End of the stay on Friday around 16h at the station of Montdauphine-Guillestre.

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability. The repatriation insurance EUROP ASSISTANCE that we offer is dedicated to French speaking people living in Europe. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

If you chose to take out repatriation insurance with EUROP ASSISTANCE whom we propose, Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You are responsible for compliance with the reporting procedures of any incident.

Before making any decision, contact EUROP ASSISTANCE.

CONTACT US

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

Dates & prices

Optional extras:

- Mobility pack from Montdauphin station (inc internal transfers): **€50** per person,
- Accommodation in room for 2 people for 5 nights: **€55** per person (subject to availability).
- Accommodation in a single room for 5 nights: **€195** per person (subject to availability).

From 29/12/24 To 03/01/25	Open departure	**830 €**
From 05/01/25 To 10/01/25	Open departure	**750 €**
From 12/01/25 To 17/01/25	Open departure	**720 €**
From 19/01/25 To 24/01/25	Open departure	**720 €**
From 26/01/25 To 31/01/25	Guaranteed departure	**720 €**
From 02/02/25 To 07/02/25	Guaranteed departure	**720 €**
From 09/02/25 To 14/02/25	Guaranteed departure	**750 €**
From 16/02/25 To 21/02/25	Guaranteed departure	**750 €**
From 23/02/25 To 28/02/25	Guaranteed departure	**750 €**
From 02/03/25 To 07/03/25	Guaranteed departure	**750 €**
From 09/03/25 To 14/03/25	Guaranteed departure	**720 €**
From 16/03/25 To 21/03/25	Open departure	**720 €**
From 23/03/25 To 28/03/25	Open departure	**720 €**

THE PRICE

Includes :

- Organisation and registration fees;
- Supervision by a qualified mountain leader;
- Loan of snowshoes;
- Poles and safety equipment;
- Full-board accommodation, excluding drinks;
- Access to the sauna once a week;
- Access from Montdauphin station with the mobility pack;
- Registration and organisation fees;
- Tourist tax.

Does not include:

- Return journey from your home to the meeting point and back;
- Cancellation assistance insurance (4.2% of the price of the trip);
- Personal expenses: drinks, visits, etc...

The price is all inclusive from departure to end point.

Equipment and luggage

EQUIPMENT LIST

Material for snowshoeing (snowshoes and poles) is provided. However, if you have your own and would like to use them you are free to do so. Avalanche safety equipment including (transceiver, shovel and probe) is also provided.

Clothing

- Warm woollen socks. Avoid tennis socks (cotton), which take a long time to dry and carry a high risk of blisters; prefer Coolmax or wool socks.
- Gaiters ;
- Waterproof hiking boots;
- Shoes for relaxing in the evening (tennis shoes) and after skiing;
- Waterproof mountain or ski trousers or overalls;
- Carline-type thermal tights;
- Warm, breathable T-shirt or underwear. Avoid cotton, which takes a long time to dry, prefer synthetic materials such as nylon (polypropene);
- Warm jumper or fleece;
- Gore-tex jacket;
- Warm hat and balaclava in silk or fleece;
- Pair of silk or fleece mittens and gloves (to be used under the mittens);
- Spare pair of mittens or gloves:
- Indoor clothing;
- Swimming costume.

Other Equipment

- Effective sun protection (filtering sunglasses and protective cream) must be carried in the rucksack;
- Earplugs to protect against snoring;
- Light toiletries;
- Toilet paper (for hikes) and tissues;
- Bath towel;
- A large plastic bag to protect the inside of your bag in case of rain;
- Insulated water bottle (minimum 1.5 litres);
- Torch;
- Opinel-type folding knife, a 300ml waterproof plastic can such as Tuperware, spoon;
- Camera;
- Personal first-aid kit: A personal first-aid kit to treat muscular fatigue, digestive problems caused by cold and altitude, blisters, your usual medicines, elastic adhesive tape (elasthoplast: 5 cm x 2.5 m), sets of adhesive dressings, compresses, etc.

LUGGAGE TRANSPORT

You must pack all of your belongings in 2 bags: 1 backpack and 1 travel bag.
1 - The backpack:
Hiking backpack of about 35 liters, it will be useful for transporting your personal belongings during the day (warm clothes, water bottle, picnic, sun protection, identity papers, camera, binoculars , etc.)
2 - The large flexible travel bag:
It should contain the rest of your belongings.

Details

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