



Séjours montagne

STAGE D'ALPINISME : ASCENSION DU DÔME DES ECRINS 4015m

From 30/08/24 at 01/09/24

Atteindre son premier sommet à plus de 4000 mètres d'altitude est un rêve pour de nombreux alpinistes. Si le Dôme des Ecrins a longtemps été une course relativement accessible et le sommet idéal pour un baptême à 4000, elle est désormais réservée à des alpinistes confirmés.

Les difficultés techniques sont abordables néanmoins une excellente condition physique, une bonne expérience de la haute montagne ainsi qu'une acclimatation préalable sont nécessaires.

Pour mettre toutes les chances de réussite de votre côté nous vous proposons ce stage sur 3 jours avec une école de glace, une course d'acclimatation et pour finir, l'ascension du Dôme des Ecrins.

NB : l'Ascension du Dôme de neige des Ecrins est un projet d'envergure, avant de vous lancer, merci de bien prendre le temps de consulter l'ensemble de notre fiche technique et tout particulièrement les onglets : "Avertissements Haute Montagne" et "Condition Physique et Expérience".

Nous vous proposons aussi cette prestation en engagement privé le jour de votre choix, entre amis ou pour votre famille, prix sur demande.

- Level : Level 2: intermediate
- Mountain range : Ecrins
- 3 days
- 3 personnes (reste places)
-

Prices : 695,00 €

• Dates:

From 30/08/2024 at 01/09/2024

[Check out the dates for other trips](#)

Your trip day to day

DAY 1 : ASCENT TO THE GLACIER BLANC REFUGE - MOUNTAINEERING TECHNIQUES ON GLACIER

The guide welcomes you to our premises with a cup of coffee or a tea. He/she checks your equipment and fit you out if you've hired any. Transfer by car to the Pré de Mme Carle, 1870m (about 45 minutes). Departure for the Glacier Blanc hut, 2542m, a 3 hours' walk on a good path. After a break for refreshments on the refuge's terrace, we'll set foot on the Glacier Blanc plateau for the "ice school", revision of basic glacier climbing techniques: roping up, belaying, ice axe handling, use of crampons depending on the terrain, etc. All around you, the extraordinary panorama of the Ecrins massif : the Pelvoux, the north faces of the Ailefroides and the Pic sans nom.

Meal and overnight stay at the Glacier Blanc refuge.

Ascent: + 670m

ROC ÉCRINS - 6 rue du Chlorate - Zone Les Sablonnières - 05 120 L'ARGENTIÈRE-LA BESSÉE - .

Tél : 04 84 13 14 08 <https://www.roc-ecrins.com> roc.ecrins@gmail.com

ROC ÉCRINS ORGANISATION - Eurl au capital de 8 000€ - Garantie financière : Groupama Assurance-Crédit-contrat n°4000718199/0 -

Immatriculation ATOUT FRANCE : IM005230003 - R.C.P : HISCOX contrat n°HA RCP0399794 - Code APE 7912Z - RCS de GAP SIRET :

979 424 918 00014 - N°TVA intracommunautaire : FR42 979 424 918

DAY 2 : GLACIER BLANC PEAK ASCENT- ECRINS REFUGE

Glacier Blanc peak (3527m) or Glacier d'Arsine (3364m) ascent. Departure at 5 a.m. to reach the summit 3 to 4 hours later. These two summits are located on the mountain range bordering the left bank of the Glacier Blanc. The ascent is not very technical, but gives you the opportunity to put into practice what you learnt the day before. From the summit, you can enjoy a breathtaking scenery : Barre des Ecrins, Pelvoux, Meije, Cermes, Vanoise and even Mont Blanc. We follow the left bank of the glacier blanc to reach the Ecrins hut (3170 m), where we'll spend the night.

Meal and overnight stay at the Ecrins hut.

Altitude difference: +800m to 1000m / -300m.

DAY 3: DÔME DES ECRINS, 4015M ASCENT AND BACK TO THE VALLEY

After breakfast, we set off in the dark at around 3 or 4 a.m. by headlamp. The route begins with a gentle slope up the left bank of the Glacier Blanc. Then, on the outskirts of the Col des Ecrins, we'll tackle the first steep slope of the north face. Following a route that avoids the biggest crevasses while staying as far as possible of the seracs, we climb to almost 3800m below the northern slopes of the summit of the Barre des Ecrins. At that point, you may feel the effects of the altitude. A long traverse to the west takes us to the foot of the Brèche Lory. Depending on the conditions, you may have to use your front crampon and ice axe techniques to climb it. A final slope leads to the summit of the Dôme des Ecrins. Silence and contemplation of the Ecrins massif. The view of the western ridge of the Barre des Ecrins is incredible. The Ailefroides and La Meije are close by. To the south, Mont Ventoux is clearly visible. To the north, in the foreground, the Cermes massif, the Vanoise, then the Mont Blanc massif and finally the Matterhorn and Mont Rose offer an exceptional panorama. Descent followed by a hot meal at the Glacier Blanc refuge or further down the valley.

Altitude difference : + 845 m / - 2145 m.

Time : 4 to 5h to the summit and 5 to 6h for the descent.

End of our trip in the valley in late afternoon.

NB : The programme is intended as a guide only. It could be modified at any time by the mountain guide for safety reasons, weather conditions or regarding the physical and technical level of the participants.

min/max people

3 participants max. **Departure is guaranteed from 3 participants.** You will be notified at least 7 days before departure in the event of cancellation. Where possible, an alternative solution will be offered.

For groups of 2 or more than 3 people, price on request.

NB : For cancellation conditions for privatised trips (made up groups) please refer to our [conditions of sale](#).

Equipment : gear and clothing

Personal equipment

Hiking in high mountain requires being able to cope with all weather and environmental conditions which can

change very quickly. Appropriate equipment guarantees safety and represents an essential part of the success and comfort of your climb/stay.}

You will not necessarily use all the items on this list which but you must nevertheless have them in your bag.

All of this equipment is technical and generally quite expensive. **Please note that we offer some of this equipment for rental, they are indicated by a * in the list below, you will find rental prices in the "Gear rental and extras prices" section. Please note, the mountaineering kit that we offer for rental only includes individual technical equipment (mountaineering boots, crampons, ice axe, harness, helmet); clothing (gore tex jacket, soft shell fleece, goretex pants) are not part of it.**

Equipment hire and changes to your booking are only possible before payment of the balance of your booking (45 days before departure). **We advise you to take the time, upon registration, to list the equipment you already have. No equipment initially rented from ROC ECRINS and not taken or used on the day of departure will be refunded.**

Important, if you have your own personal equipment: the legislation regarding P.P.I. (personal protective equipment, this is the helmet, harness, and sunglasses) limits the use of the equipment over time. They can be used for 5 years from the date of purchase. Beyond this date, your equipment is considered to no longer be up to standard. You can find all the information regarding P.P.E. here > www.inrs.fr

Headwear

At high altitudes, snow reflects UV rays and the sun's rays are not as well filtered by the atmosphere; even a cloudy sky allows 90% of UV rays to pass through, so it is essential to protect yourself against the dangers of the sun.

- A pair of class 4 protection sunglasses is highly recommended for everyone and very strongly recommended for sensitive eyes. They'll come in handy on a ski holiday too.
- Sun cream high protection (index 50 recommended) for face and lips; remember to take the smallest size possible (no large tubes)
- a cap for the approach walk (prefer a soft model with no large seams that can be worn under the helmet)
- a ski mask (**indispensable** in case of gusts of wind or snowfall)
- a beanie hat that can be worn under the helmet (without pompoms)
- a helmet* approved for mountaineering (5 years max since date of purchase)
- a neck gaiters or Buff (avoid scarves)
- a headlamp with loaded batteries!!!

Bodywear

When making a prolonged effort at altitude, the principle is to be able to layer different garments according to the intensity of the effort and the weather conditions (temperature, wind, snowfall, rain), in order to stay as dry as possible.

NB: ski clothes are not suitable because they are often too warm, too heavy and not very breathable.

Upper body

- First layer: a long-sleeve base layer in a breathable, quick-drying material such as merino, wood fibre..., cotton to be avoided (to protect you from UV rays and for safety in the event of a fall).
Second layer: a lightweight fleece or soft shell jacket*. Ideally, it should be windproof and breathable. Put it on as soon as the temperature cools, usually when you arrive on the glacier.
- Third layer: a warm, compressible down jacket (synthetic or down, -10°C protection). It will keep you warm during a long stop on the route, at the summit while you take photos, on the refuge terrace, and sometimes even while walking in very cold weather.
Fourth layer: a gore tex* windproof jacket to protect against rain and snow. This is the waterproof jacket that keeps you dry in bad weather. It must be lightweight and breathable.
- a mountaineering harness* (5 years max from date of purchase)

Lower body

- a thin pair of tights in fleece or cotton, ideally $\frac{3}{4}$ so as not to make the socks too thick. You'll need them in case of very cold weather, and you can put them on at the hut at the start of the ascent if necessary.

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You can also use it as nightwear.

- Mountaineering trousers: mountaineering trousers are water-repellent, windproof, breathable and hard-wearing. You can also take hiking or trekking trousers that aren't too light (as long as you have a Gore Tex overtrouser to put over them). **NB: mountaineering trousers are not available for hire**
- an overtrouser* in GoreTex or equivalent material: these are very light trousers that you put over your trousers in case of rain, wind or snow. They have zips along the legs, so you can put them on quickly at any time without having to remove your shoes.

The hands

- a pair of thin gloves in fleece, softshell or leather for the climbs to the refuge.
- one pair of thicker gloves like ski gloves
- a pair of VERY WARM Mittens (if your ski gloves aren't warm enough), which you'll put over the thin gloves when you get to the top and for the descent.

Footwear

- Mountaineering boots* (crampon-compatible): these boots are different from hiking boots. They are rigid, which will enable you to crampon on ice while providing good support for the ankle and crampons. They must also be waterproof and offer excellent protection against the cold.
 - Hiking or mountaineering socks : these should be warm and well-fitting and high enough to rise above boot level to avoid overheating. One pair is enough for a 48-hour mountain run. You can also take a pair of very light mini-socks to put on in the refuge in the evening while your pair of technical socks dry.
 - a pair of crampons* **with anti-boot** in good condition and sharp, suitable for your boots,
 - a mountaineering ice axe* light and long, suited to your height, it should almost reach the ground when in your hand with your arm extended alongside your body.
 - gaiters* which will keep your feet dry in fresh snow; they also prevent crampon points catching on the bottom of your trousers.
- NB: all refuges provide slippers, so you don't need to take extra shoes.

Guide's tip for 48-hour tours: as most of the time the refuge is reached on footpaths, you can plan to go up and down in trail trainers (soles with crampons) to protect your feet from the heat that can be caused by the rigidity of mountaineering boots (you'll need to have your mountaineering boots in your bag). You can leave your trainers at the refuge before setting off on the climb and pick them up on your return.

This adds weight, but it can be very useful for those with sensitive feet - the choice is yours...

And last but not least

- Telescopic walking poles* with snow washers (8 cm minimum diameter). Not compulsory but highly recommended; they will help you on the way up and take the strain off your knees on the way down.
- water : make sure you have enough water for around 2 litres, ideally a one-litre plastic bottle plus smaller ones (around 25 cl) to keep warm and close to your body in your jacket. Water bags are not suitable for use at high altitude because they freeze! You can use them, but only when going up to the refuge.
- energy food (cereal bars, dried fruit...depending on your habits),
- small thermos 500ML max (not compulsory, a hot drink can be comforting but it adds weight...)
- camera: prefer a small size that you can slip into your pocket, no need to bring a large camera that risks being damaged. Besides, with the cold the battery would be empty very quickly.
- small first aid kit adapted to your personal needs, also containing elastoplast and double-skin dressings for any blisters. If you are taking medication, take only the number of tablets you need. Pack a few paracetamol tablets as it's not uncommon to suffer from headaches when at altitude.
- micro Toilet Bag: just the bare essentials (toothbrush, mini tube of toothpaste...) and, very important, earplugs for a good night's sleep in the refuge.
- a bed liner (meat bag): compulsory for nights in refuges. All the refuges are providing pillows and duvets but these are obviously not washed after each passage.
- a bin bag to isolate your wet stuff in case of rain or a waterproof overbag.
- documents always useful to have with you in a small waterproof bag: ID proof, references of your assistance insurance if you haven't taken out the policy we offer.
- A small amount of cash for personal expenses (drinks, etc.) in the refuges (most of the refuges don't accept payment by credit card).

And remember, all of the above must fit into:

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- A mountain rucksack* of around 35 litres (40 litres max) with ice axe holder and chest strap. The filled rucksack should not exceed 10 kg, including technical equipment (crampons, harness, helmet). Remember that weight is the mountaineer's enemy. Once you've packed your rucksack, there should still be room for a picnic!

You should also bring a second bag (such as a soft travel bag) to store the items you don't need for the nights at the refuge and to leave in your car.

VENTE DE MATÉRIEL NEUF ET D'OCCASION

ROC ECRINS proposes for sale equipment adapted to your activity and your stay DIRECTLY on our premises in L'Argentière-La Bessée where we will welcome you on the first day . Don't hesitate to ask us for advice or ask your guide on site.

BRANDS ON SALE :

- **BEAL** (Climbing and mountaineering harnesses, slings, descenders, carabiners, quickdraws, belay gloves, ice pins, climbing bags, headlamps, mountaineering helmets and climbing helmets, single ropes and abseiling ...)
- **CAMP** (Climbing and mountaineering axes, liquid chalk and chalk)
- **SALEWA** (Mountaineering shoes)
- **CASSIN** (Mountaineering crampons)
- **ALTITUDE EYEWEAR** (Sunglasses category 3 & 4)
- **YYVERTICAL** (Climbing safety glasses)
- **NATURAL PEAK** (Technical T-shirts in wood fibre, long and short sleeves and leggings)
- **ICEBREAKER** (Merino wool technical T-shirts, long and short sleeves and leggings)
- **DYNAFIT** (Ski touring boots, used and new ski touring skis)
- **LES BATONS D'ALAIN** (Hiking poles and ski touring)
- **LABORATOIRE BIARRITZ** (ecological sun cream, body, face & lips)
- **COMPEED** (Double skin plaster to prevent blisters ...)
- **BOULES QUIESS** (Ear plugs for a good night's sleep in a refuge...)

High mountain : special warning

CONTINGENCIES

The ascent of the Dôme des Ecrins is a high mountain route requiring mountaineering skills. The route can be vertiginous and exposed to natural hazards: falling seracs, rockfalls, crevasses, avalanches. Above 4000 m, weather conditions can be extreme. Wind, snow and cold can make the climb impossible.

We try to anticipate as much as possible, but in all cases, our priority will always be safety. We may therefore have to modify the programme of our high mountain holidays for various reasons:

- if the weather and/or snow conditions make it impossible to carry out the planned programme and/or
- if there is a delay in the opening or early closure of a ski lift or refuge

In these cases, we will offer you an alternative programme, sometimes on the day of departure, which you may not refuse.

SUPERVISION STANDARDS

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Conditions in high mountain change throughout the summer and these changes can sometimes alter the supervision standards for each ascent. The supervision standards define the number of people that the mountain guide can supervise for each route and that standard can be modified during the season. These changes may affect the price of the trip or the programme. Your registration for one of our trips or ascents means that you understand and accept this possibility.

HAZARDS

Mountaineering practice exposes to random but real hazards, especially avalanches, rock falls, falls into crevasses and very low temperatures....To limit these risks, it is essential to follow the safety instructions given by the guide. You must be aware of these risks and accept them when you book a trip with us.

Health condition

No medical certificate required to take part in our trips, but it may be useful to check with your doctor that you have no contraindications (particularly in the case of chronic illness) to physical activity in the high mountains.

If you are undergoing any particular treatment, please let us know so that we can take appropriate measures if necessary.

Altitude can cause acute mountain sickness **when you are not sufficiently acclimatised**, also known as AMS. In most cases, it is accompanied by headaches, nausea and a general feeling of discomfort, but in the most serious cases it can lead to pulmonary or cerebral oedema, requiring an immediate descent.

That's why it's always a good idea, before any ascent or high altitude stay wherever possible, to do some hiking in the mountains or medium mountains, especially for those who live at sea level.

Skills and stamina level

As a result of changes to the glacier in recent years due to climate changing, ascents of the Dôme de neige des Ecrins are now reserved for experienced mountaineers. That means to have:

- **an excellent physical condition:** be able to walk at 300m vertical drop per hour at altitude as you will need to be fast, able to rush yourself and walk at a rapid pace up to the summit to spend as little time as possible under the ice seracs.
- **acquired and proven technical skills :** mastery of the equipment, roping up, front-point cramponing, use of the traction ice axe in order to be efficient and active in the rope party.
- **experience of several mountaineering ascents:** have made at least one ascent in a glaciated area, in order to be able to understand the objective dangers of the route, especially falling seracs, and to be fully aware of the implications of the decision to attempt the ascent.

N.B.: if your guide judges that you are not sufficiently ready for the ascent, he or she may ask you to leave the group for your safety and the safety of the group.

Guiding

By state-certified mountain guides or trainees mountain guides from the Roc Écrins team. They will have a VHF radio connected to the emergency services, a satellite phone or a mobile phone. They will also have a collective first-aid kit.

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To take part in one of our stays, you must be properly insured for the chosen activity (rescue and repatriation costs) in the event of an incident or accident occurring during the stay. (We strongly recommend that this also includes cancellation cover). It is your responsibility to check the cover provided by your personal insurance policy. If you do not have such an insurance, you can take out the EUROP ASSISTANCE contract when you sign up. The amount of the "ASSISTANCE" insurance covering repatriation, rescue and search costs represents 2.4% of the price of the stay. MULTIRISK" insurance covering assistance, cancellation, loss of luggage and interruption of holiday, represents 5.6% of the price of the holiday.

Accommodation

On the first evening, you will be welcomed by Nicolas at the **Glacier Blanc refuge**. This CAF (Club Alpin Français) refuge was built between 1942 and 1948 and replaces the old Tuckett hut below. It overlooks the glacier blanc and faces the large and beautiful north faces of the Pelvoux, the pic Sans Nom and the Ailefroides.

The following evening we'll have rest in the warmth of the Ecrins refuge (3170m). This CAF refuge was built between 1968 and 1969 on the same site as the 1903 Caron refuge. In the glacier Blanc cirque, between the Émile Pic and Roche Faurio passes, you'll have a front row seat to admire the sunset over the Barre des Ecrins (4102 metres), the highest point in the massif.

Overnight accommodation in dormitories (blankets provided, bring your own sheets), shared toilets and washbasins, no showers in the refuges. Hearty meals, picnics at lunchtime.

This accommodation is subject to availability at the time of booking.

Transport and carbon footprint

Transport from the meeting point to the starting point of the climbs by car pooling among participants (or by Roc Ecrins if one of our vehicles is available).

CARBON FOOTPRINT OF THE STAY: 10KG CO2

That's the CO2 produced by our travels during your stay!

To join us :

Why not car pool or take the train ?

For information:

- Paris - L'Argentière-La Bessée (710km) **by overnight train !**

1. **By train** : 2,53 kgCo2
2. **By car** : 137 kg CO2
3. **By electric car** : 14,1 kgCO2

- Lyon - L'Argentière-La Bessée (250 km)

1. **By train** : 1,22 kgCo2
2. **By car** : 48,4 kg CO2
3. **By electric car** : 4,96 kgCO2

- Marseille - L'Argentière-La Bessée (259km)

1. **By train** : 0,88 kgCO₂
2. **By car** : 50,1 kgCO₂
3. **By electric car** : 5,13 kg CO₂

Carpooling ? We can put you in touch with other participants. Contact us by email or telephone.

<https://www.blablacar.fr/>

Offset your carbon emissions !

For every tree planted, 150 kg of CO₂ are stored !

<https://www.reforestaction.com/plan...>

Meeting point

Meeting time:

8:30

the first day on our premises in **l'Argentière-La Bessée** (05120, Hautes Alpes).

Getting there

COMING TO THE HAUTES-ALPES AREA

The Pays des Ecrins region has excellent transport links.

If you're coming by train,

The SNCF provides direct daily services from Paris, Marseille and Grenoble to L'Argentière-la-Bessée station. PLEASE NOTE: the Pays des Ecrins station is called "L'Argentière les Ecrins". You must specify the full name of the station when booking, otherwise you may receive a ticket for "l'Argentière" station in Savoie.

- TGV connection, Paris-Turin. Get off at Oulx then take the shuttle (www.linkbus-alps.com) to Briançon and l'Argentière.
- TGV connection, Paris-Valence or Paris-Grenoble with bus connections (www.vfd.fr -04 76 60 47 08)
- Night trains from Paris and the east of France. Information www.sncf.fr
- from Nice, Marseille or Gap, regular bus services (www.autocars-scal.fr - 04 92 51 06 05)

If you are coming by car,

- From the north, take the A48 motorway to Grenoble, then the Col du Lautaret (RN91). Drive through Briançon towards Gap. You enter the Pays des Écrins from Saint-Martin de Queyrières.
- From Italy, take the A43 Maurienne motorway through the Fréjus tunnel, then the Col de Montgenèvre. Drive through Briançon towards Gap.
- From the south, take the A51 motorway to La Saulce, then head for Briançon (RN 94). You enter the Pays des Écrins at La Roche de Rame.

Price

Price per person : 695,00 €

The price includes:

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- **Mountain guiding service** , including their meals, overnight accommodation
- **Full board accommodation in mountain hut from the first evening to the lunch on day 3+1 bottle of mineral water in the Ecrins refuge (1,5personL/**
- Organisation and bookings (accommodation, guide, gear) of your stay

The price doesn't include:

- Picnic on the first day
- Personal expenses: snacks, drinks, etc
- **Individual technical equipment rental (mountaineering boots, crampons, ice axe, harness, helmet)**
- **liability, repatriation and cancellation insurances**
- Transport to and from meeting point and during the stay

Any other expenses not mentioned under the above section “the price includes”.

Our little extras

- We welcome you to our premises for a cup of coffee or tea and equip you on site
- Free parking is available at the meeting point
- You can take a shower at the end of your stay
- You have free access to a relaxation area with Wifi, toilets, microwave, etc. while you wait for your train (5 minutes' walk from the station)
- You can leave a bag with your personal belongings on the ROC ÉCRINS premises during your stay
- You will receive a 10% discount on our entire sales area (ROC ÉCRINS customers only)

How to book

Pour vous inscrire :

- remplissez le **formulaire de pré-inscription** en ligne
- Suite à la validation de votre inscription de notre part (places disponibles et validation par notre guide référent), vous recevrez par email **un contrat de réservation**. Il présente le détail de votre réservation ainsi que le calendrier et les modalités de règlement.
- A réception de ce contrat, vous disposez de 4 jours pour effectuer **le règlement de l'acompte d'un montant de 30%** suivant les modalités qui y figurent.
- **L'inscription définitive n'est prise en compte qu'à réception du paiement de l'acompte.**
- **Le solde est à régler 45 jours avant la date de départ**
- Dans le cas d'une inscription à moins de 45 jours du départ, le montant total de la réservation devra être réglé à réception du contrat de réservation suivant les modalités qui y figurent.

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