



Séjours montagne

WEEK-END ESCALADE FALAISES PAYS DES ECRINS INITIATION

From 10/08/24 at 11/08/24

Ce stage s'adresse à tous ceux qui souhaitent s'initier en douceur à l'escalade en extérieur, apprendre les techniques de base de l'assurage et de la progression verticale. Appréhension du vide, maniement des cordes, placements des pieds et des mains, assurage...pendant ces deux jours, votre moniteur-guide vous aidera à perfectionner votre gestuelle et votre technique. Il vous guidera sur les falaises du pays des Écrins, réputé pour son exceptionnel choix de falaises, faciles d'accès et l'on trouve toutes les expositions. L'autre particularité de notre territoire est la diversité des types de roches : le calcaire de la vallée du Fournel, le granit d'Ailefroide, ou encore le quartzite de Rocher Baron vous offriront dalles, réglettes et fissures, tout ce qu'il faut pour varier et adapter votre pratique. Bref, tous les ingrédients seront réunis pour vous faire aimer l'escalade outdoor avec, en cerise sur le gâteau, le soleil toujours radieux des Hautes-Alpes.

- Level : Level 1: beginner
- Mountain range : Ecrins
- 2 days
- 4 - 8 personnes (reste places)
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Prices : 350,00 €

◦ We also offer this course with no accommodation nor meals, only supervision with a €140 discount. Option to choose in the "Gear and Extras prices" section.

• Dates:

From 10/08/2024 at 11/08/2024

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

Your trip day to day

DAY 1 : AILEFROIDE

The guide welcomes you at our office, close to the SNCF station, for a coffee, tea or yogi tee. We then check everyone's equipment and bags and distribute the equipment hired. For those who want to complete their equipment, our small shop has a great range of specialist mountain gear and textiles. We'll head straight to the Ailefroide crag, where the granite is more of a slab, ideal for working on your grip and finger friction... In an exceptional environment, your guide will assess your level and suggest areas to work on accordingly. Mountain atmosphere at over 1000 metres altitude.

Meal and overnight in a gîte.

DAY 2 : FURNEL VALLEY

Climbing in the Fournel valley (limestone), a major climbing area in the Hautes-Alpes region. Depending on how you felt the day before, you'll choose with your guide what topics you'd like to work on. At the end of these two days, you should master the basics of outdoor rock climbing.

End of the stay late afternoon in L'Argentière-La Bessée.

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

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Our Beginner courses are specific programmes designed to enable you to gently and gradually learn basic climbing techniques or to develop your outdoor climbing skills.

Each day we'll focus on one or two topics to give you time to assimilate your new sensations. For example: foot grip, anticipation... but also knot tying, dynamic belaying, communication in the roped party, setting up a top rope, folding ropes... all skills that will enable you to climb more safely. Abseiling and self-jamming techniques will also be covered. Every day, the instructor will give you technical tips to help you achieve your individual objectives.

min/max people

8 participants maximum. **Departure is guaranteed from 4 participants.** You will be notified at least 48 hours before departure in the event of cancellation. Where possible, an alternative solution will be offered.

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

Equipment : gear and clothing

Personal equipment

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.

Equipment rental and changes are only possible before payment of the balance of your booking (45 days before departure). We advise you to take the time, as soon as you register, to list the equipment you have or which can be lent to you. Any equipment initially rented from ROC ECRINS even not taken on the day of departure must be paid for.

Feel free to bring any gear you already have but bear in mind that legislation regarding I.P.E. (personal protective equipment, in this case helmets, harnesses and sunglasses) limits the use of equipment over time. They can be used for 5 years from the date of purchase. After this date, your equipment is no longer considered to be up to standard. For more information on E.P.I., click here > www.inrs.fr

The head

- **One pair of sunglasses** protection class 2 or 3
- **A cap**
- **A helmet**

Hands

- **A pair of leather mittens**, such as cycling or sailing gloves for abseiling and belaying.

Bodywear

- **A long sleeves undershirt**, fleece or soft shell jacket
- **A Gore-tex jacket** offering waterproof protection
- **A pair of warm or light climbing trousers** depending on the weather

Technical equipment

- A climbing harness*
- a lock biner* and a 40cm sling*

- **Quickdraws and other equipment** that you wish to use or learn how to use
- **A pair of comfortable climbing shoes***
- **Daypack** (large enough for spare clothing, your lunch & personal climbing gear, approx 20L)

And last but not least...

- **Water containers**, ideally a one-litre bottle plus smaller ones to slip into the bag.
- **Small knife**
- **Camera**
- **Small first-aid kit** adapted to your personal needs, also containing elastoplast and double-skin dressings for any blisters.

This list is not exhaustive and should be completed with all what you may specifically need.

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 refuges...)

Climbing : special warning

Rock climbing as all mountain activities have some level of risk particularly falling rocks, falling to the ground (failure to belay), etc.

To reduce the hazards that they are exposed to, climbers must wear their helmet at the foot of the cliffs, while climbing and belaying, and follow the safety instructions given by the instructor.

You must be aware of these risks and accept them when booking.

Skills and stamina level

This course is aimed at beginners or occasional climbers (bouldering or pitches) with a level of 4c to 5b as a second.

Guiding

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By state-certified mountain guides or trainees mountain guides (aspirant guides) or qualified climbing instructors 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.

*A trainee mountain guide is a guide in training who is authorised to work and supervise climbs from their third year of training. They are not beginners, as it takes several years of practice and training to build up a list of routes and have the experience and technical level required to enter the mountain guide training course.

Insurances

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

Full board in **a comfortable and quiet gîte** located near the centre of the village of l'Argentière-la-Bessée in a double/triple room or dormitory.

You'll be delighted by the home-cooked recipes.

Picnics at the foot of the crags for lunch.

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

Transport and carbon footprint

Transport provided by Roc Écrins. If none of our vehicles are available, we may ask you to organise car pooling with other participants. In this case, travel expenses would be refunded to the person using their vehicle.

CARBON FOOTPRINT OF THE STAY: 14 KG 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

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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:

9:00

the first day at our office in l'Argentière-La Bessée, 05120 Hautes Alpes.

Price

Price per person : 350,00 €

- We also offer this course with no accommodation nor meals, only supervision with a €140 discount. Option to choose in the "Gear and Extras prices" section.

The price includes:

- **Supervision** by a high mountain guide or state-qualified climbing instructor
- **Full board accommodation in a gîte** from the first evening to the lunch on the last day
- Collective and safety equipment
- Transport during the stay
- Organisation and reservations (accommodation, guide, equipment) of your stay

The price doesn't include:

- Picnic on the first day
- Personal expenses: snacks, drinks, etc
- **Individual technical equipment rental**
- liability, repatriation and cancellation **insurances**
- **Transport to and from meeting point**

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)

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- 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

To book your trip :

- complete the **pre-registration form** online
- You will receive a **booking contract** by email. It sets out the details of your booking as well as the schedule and payment terms.
- On receipt of this contract, **the deposit of 30%** must be paid within 4 days in accordance with the terms and conditions set out in the contract. Your registration can only be confirmed when the deposit has been paid.
- The balance must be paid 45 days before the departure. Please note that any balance not paid within 45 days of departure will be considered as a cancellation of your booking. Financial withholding would therefore be applied in accordance with our terms and conditions of sale.
- For a booking made less than 45 days before departure, the total amount of the booking must be paid on receipt of the booking contract in accordance with the terms and conditions set out therein.

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