

ROC ÉCRINS

Séjours montagne

STAGE ESCALADE GRANDES VOIES PAYS DES ECRINS INITIATION

From 26/09/24 at 29/09/24

Vous êtes grimpeur et souhaitez donner une nouvelle dimension à votre pratique ? Venez découvrir l'escalade en grandes voies.

Sur des itinéraires de plus grande ampleur, environ 100 mètres à 300 mètres de hauteur, vous vous familiariserez avec les techniques spécifiques à l'ascension de plusieurs longueurs : assurance, progression, relais, rappel...

Pendant ces quatre jours, votre moniteur-guide vous aidera à perfectionner, progressivement, votre gestuelle et votre technique vers plus d'autonomie. Il vous guidera sur les parois du pays des Écrins, réputé pour son exceptionnel choix de falaises, faciles d'accès et présentant une grande variété de roches : le calcaire de la vallée du Fournel, le granit d'Ailefroide, ou encore le quartzite de Rocher Baron vous offriront des terrains de jeu variés, tout ce qu'il faut pour diversifier et adapter votre pratique.

Nous proposons également ce séjour sans hébergement ni pension complète, tarif sur demande.

- Level : Level 1: beginner
- Mountain range : Ecrins
- 4 days
- 3 - 4 personnes (reste places)
-

Prices : 890,00 €

We also offer this course with no accommodation nor meals, only supervision. Option to choose in the "Gear rental and extras prices" section.

- Dates:

From 26/09/2024 at 29/09/2024

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

Your trip day to day

DAY 1: FIRST MULTI-PITCH ROUTE IN THE FOURNEL VALLEY

The guide welcomes you at our office, very close to the SNCF station, for a coffee, tea or yogi tea. We check your equipment and everyone's bags, then fit you out with any equipment you may have hired. You'll then set off for a climbing session on the limestone cliffs of the Fournel valley, just a few kilometres away. Glacial erosion due to the creeping of ancient glaciers has left us with smooth rock made up of "magic" slabs for the first few pitches. The higher you go, the more the micro-relief becomes accentuated: water drops, cracks, crimps. The belays are generally comfortable. After a few warm-up pitches, the guide will explain everything you need to know and then we'll set off on a multi-pitch climbing itinerary.

Meals and overnight in a gîte.

DAY 2 : CLIMB IN FREISSINIÈRES VALLEY

Freissinières valley offers a variety of more or less athletic routes on highly sculpted limestone, with water drops, dihedrals and diabolical slabs. 150m routes with abseiling or on foot.

Meals and overnight in a gîte.

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 :

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DAY 3 : MULTI-PITCH ROUTE ON THE PONTEIL CLIFF

A great day at the Ponteil cliff. The limestone is very colourful and rather athletic. The cliff is made up of successive roofs, making it possible to climb even when it's raining. Your feet won't have to work as hard as they did the day before. On the other hand, you'll have to use your arms or subtle placements to save your fitness along the itinerary. From the first belay, the view over the Durance valley is breathtaking. A choice of varied 150m routes. Abseil down.

Meal and overnight in a gîte.

DAY 4: MULTI-PITCH ROUTES AT AILEFROIDE

Ailefroide is the realm of granite slab climbing... an ideal environment to perfect your grip techniques. The Fournel slabs the day before will have already given you a few keys to taming the Ailefroide slabs... Your arms will be at rest, your feet on the front line... You'll emerge feeling all the more confident. As you rise above the foliage of the trees, the entire larch forest comes into view, making up the characteristic mountain scenery. The white glacier and the high peaks loom all around. We'll be in the cool of this vast high-altitude plain perched at 1,500 metres.

End of our stay late afternoon in l'Argentière-La Bessée.

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.

Teaching

The guide will teach you the specific techniques required to successfully and efficiently complete multi-pitch climbs and to ensure maximum safety and fluidity for the party climbing. We'll focus on the different types of roping depending on the configuration of the routes, the number of climbers, on belay techniques on the move and belaying from a belay station. A special focus on the quality of the belay that must be adapted according to the equipment available. Abseiling and self jamming techniques will also be covered. The guide will give you tips on how to organise the equipment on your harness. We'll agree on how to communicate within the roped party to give clear instructions. For safety reasons and to optimise your learning, we'll be using walkie-talkies. And of course, you'll be in charge of folding the ropes...

min/max people

4 participants maximum. **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.

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

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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 35L)
- a small backpack (8-10L) to take the minimum you need on the route

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)

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- **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 good nights in refuges...)

High mountain : special warning

Multi-pitch climbing is a more exposed sport than cliff climbing. In addition to the risk of falling or falling rocks, in the event of bad weather or injury, the retreat can be tricky. That's why you need to be at the right level for the course. Rigour and attention to detail are essential.

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

Prior regular climbing experience, at least twice a month indoors or outdoors is required for this course. You must have a level 5c/6a as a second or lead climber, and be able to rope up and belay dynamically.

Guiding

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

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Accommodation

Full board in a quiet, comfortable gîte close to the centre of the village of L'Argentière La-Bessée in a double/triple room or dormitory. Hearty meals, picnic lunch.

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

Transport and carbon footprint

TRANSPORT

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: 16 KG

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 at ROC ECRINS office in L'Argentière-La Bessée, 05120, Hautes Alpes, France.

Getting there

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 to Briançon and l'Argentière.
- TGV connection, Paris-Valence or Paris-Grenoble with bus connections
- Night trains from Paris and the East of France. Information www.sncf.connect.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 at 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 : 890,00 €

We also offer this course with no accommodation nor meals, only supervision. Option to choose in the "Gear rental and extras prices" section.

The price includes:

- **Supervision** by a high mountain guide or state-qualified climbing instructor
- **Full board accommodation in a gîte** in shared bedroom 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".

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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

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 payed 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 payed.
- 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 of 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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