



Séjours montagne

STAGE HAUTE MONTAGNE PERFECTIONNEMENT : LA TRAVERSÉE DU PELVOUX 3943M. 3 JOURS From 30/08/24 at 01/09/24

L'ascension du Pelvoux, 3943m, vous offre le privilège de flirter avec les 4000 mètres d'altitude tout en parcourant un itinéraire des plus étonnants, sans doute l'un des plus beaux des Ecrins.

Les difficultés techniques sont abordables mais il faudra savoir bien cramponner et se servir correctement d'un piolet. Une excellente condition physique et une acclimatation préalable sont nécessaires, c'est pourquoi pour mettre toutes les chances de réussite de votre côté, nous vous proposons ce stage sur 3 jours.

Le guide vous fera réviser lors de la course d'acclimatation du premier jour, les techniques de progression sur glacier et en terrain rocheux en vue de conforter vos compétences : Noeuds d'encordement, rappel, manipulation du piolet, utilisation des crampons suivant la configuration du terrain, techniques d'assurage en mouvement et placement de points d'assurage.

Pour les stages en août, si le couloir Coolidge n'est plus en conditions l'itinéraire des rochers rouges sera privilégié.

Nous vous proposons aussi cette prestation aux dates de votre choix en engagement privé pour vous seul ou bien avec un ami ou un membre de votre famille, prix sur demande.

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

Prices : 975,00 €

For 1, 3 or 4 people, price on request.

- Dates:

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

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

Your trip day to day

DAY 1: RÂTEAU OUEST OR PIC DE LA GRAVE ASCENT

The guide welcome you on our premises with a coffee or a tea. He/she checks the weight of your rucksack and equip you if you have hired equipment.
Transfer to La Grave (about 50 minutes).

We then take the cable car up to the Col des Ruillans at an altitude of 3,200 m, where the panorama on the north faces of the Meije and Râteau is exceptional. Depending on the weather and snow conditions, we'll decide which summit to go for. With crampons on, we'll then rope up on the Girose glacier if we decide to go for Râteau Ouest.

After a flat section, we'll change the roping up to negotiate a steeper slope (40°) ideal for learning the mountaineering techniques on snow and ice. We then reach the Col de la Girose fairly quickly. The view over the Oisans and Ecrins mountains is breathtaking. The peaks of the Soreiller massif are in the foreground, followed in the distance by l'Olan, les Bancs, les Rouies, les Ailefroides, la Roche Muzelle, la Tête des Fétoules and of course the Barre and Dôme des Ecrins.

From the col, we'll head for the summit of the Râteau over gentle snow slopes. Depending on the conditions, we can put down the crampons for a rocky (II) climb.

Higher up, the route continues with two pitches of easy climbing on quality granite that offers solid holds. We

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reach the summit, 3769m via a superb ridge that stretches further to the Pic du Rateau Est and the Grand Pic de la Meije.

The first part of the descent is via ledges and a short 10-metre abseil.

Return to La Grave mid-afternoon.

Ascent: + 550m; Course time: 5 hours

Meals and overnight in a gîte in the valley.

DAY 2: ASCENT TO THE PELVOUX REFUGE

Transfer from our premises to Ailefroide (about 40 minutes by car). We'll start the day with a climbing course to update your skills if necessary : rope handling, abseiling , climbing and de-escalation in mountain boots on the granite of Ailefroide. We will then climb to the Pelvoux refuge (2700m) on a good path.

Meal and overnight at the Pelvoux hut.

Ascent: + 1200 m.

Ascent time: around 4 hours.

DAY 3: PELVOUX ASCENT

After a good breakfast, we set off before 4am for the summit of Pelvoux (via the Coolidge couloir, 400 metres at 35° at its steepest). From the summit, the powerful south face of the Ecrins reveals all its relief and the view over the profile of the Ailefroides will inspire you to make other mountaineering plans. The long descent via the Violettes glacier and the Ailefroide ledges is on a surprising mixed terrain.

Altitude difference: + 1300 m /- 2000 m. Ascent time: around 4/5 hours.

Total course time: around 10 to 11 hours.

End of our trip in l'Argentière-La Bessée 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

2 participants maximum. **Departure is guaranteed from 2 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

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

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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. You can also use it as nightwear.

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- 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 GoreTex 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.

High mountain : special warning

CONTINGENCIES

Mountaineering is dependent on different factors that we can sometimes neither anticipate nor control; we may therefore have to modify the programme of our high mountain holidays before or during the stay 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

1 guide for 2 people for the Pelvoux traverse.

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.

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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

PHYSICAL CONDITION

Mountaineering is physically demanding. To make the most of your stay you must be physically prepared.

If you are a good hiker or regularly practise an endurance sport, this is the ideal preparation. If you don't, we recommend that you train in the weeks/months leading up to your trip: brisk walking (ideally on a path with a positive elevation), cycling, running, swimming (at high intensity)... any sport that helps you increase your cardio-respiratory capacity is ideal.

If you live in a mountain environment, you can prepare yourself physically by going on hikes of gradual difficulty; if you can do a 1000-metres ascent without suffering you should have the stamina you need to reach the summit.

SKILLS

The Pelvoux traverse is a long and quite exposed glacier route. Good experience of mountaineering techniques and cramponing on snow and ice slopes of up to 40° is essential.

N.B.: If you do not have the required level, the guide may ask you to leave the course for the safety of the whole 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.

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

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The first evening you'll be staying full board in a **comfortable and quiet gîte** close to the centre of the village of Vallouise, in a double/triple room.

You'll spend the second evening in the **high mountain refuge of Pelvoux**. This CAF (Club Alpin Français) refuge was built in 1983. The old refuge nearby has been renovated and decorated with period items: ropes, ice axes, boots, etc. Overnight in a dormitory (blankets provided, bring your own sheets), shared toilets and washbasins, no showers in the refuges. Hearty meals, picnics at lunchtime.

Transport and carbon footprint

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

CARBON FOOTPRINT OF THE STAY: 7,4 KGCO2

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:

8h30

The first day in our premises (5 minutes walk from the SNCF station) in l'Argentiere-les-Ecrins), 05120 Hautes

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Getting there

COMMENT VENIR DANS LES HAUTES-ALPES

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
- 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 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 : 975,00 €

For 1, 3 or 4 people, price on request.

The price includes:

- L'encadrement par un guide de haute montagne et la prise en charge de ses frais (+ un guide renfort pour les deux derniers jours pour les groupes de 3/4 participants)
- L'hébergement en gîte en vallée et en refuge de haute montagne en pension complète du soir le premier jour jusqu'au dernier jour à midi
- Le téléphérique des glaciers de la Meije
- L'organisation générale, la réservation des hébergements, du guide, du matériel et la gestion votre inscription

-* **Mountain guiding service** , including their meals, overnight accommodation (2 guides on day 3 and 4 for groups of 3 or 4 people)

- **Full board accommodation** in gite and mountain hut from the first evening to the lunch on the last day
- The cable car pass
- Organisation and bookings (accommodation, guide, gear) of the stay

The price doesn't include:

- **Picnic on the first day**

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- **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

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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