



*Séjours montagne*

# glacier trekking: les Ailefroïdes tour

From 12/08/24 at 15/08/24

The Ailefroïdes are a chain of three peaks culminating at 3954m. This 4-day glacier hike is the best way to admire them and is a real voyage of discovery in the high mountains. This dense and varied programme will enable you to learn the basic techniques of mountaineering on superb routes amidst the Sélé and Pilatte glaciers and the famous Glacier Noir at the foot of the greatest north faces of the French Alps and to enjoy breathtaking views of the prestigious peaks of the Oisans massif: the Bans, the Ailefroïdes, the Meije and the north faces of the Glacier Noir cirque. In the evening, a warm welcome and delicious meals in refuges in the heart of the Ecrins National Park.

- Level : Level 1: Beginner
- Mountain range : Ecrins
- 4 days
- 3 - 5 personnes (reste places)
- 

Prices : from 695,00 €

Inscription sur la base de 3 participants soit 820€/personne. Si vous êtes 4 participants le jour du départ du séjour, nous appliquerons un tarif dégressif ( 695€/personne) et vous rembourserons la différence soit 125€.

• Dates:

From 12/08/2024 at 15/08/2024

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

## Your trip day to day

### DAY 1 : ASCENT TO THE SÉLÉ REFUGE - MOUNTAINEERING BASIC SKILLS

The guide welcomes you on our premises with a coffee, a tea or a yogi tea. He/she checks the weight of your rucksack and equip you if you have hired equipment. Transfer to Ailefroïde then climb to the Sélé refuge (2500 m) through a wonderful valley full of chamois and waterfalls. On the refuge terrace, a drink and a rope in hand... introduction to belay techniques on glacier: knots, roping, hauling...

Meal and overnight at the Sélé refuge.

Ascent: + 1000 m.

Ascent time: around 4 h 30.

### DAY 2: COL DU SÉLÉ (SÉLÉ PASS) ASCENT

This day will take you on a superb itinerary amidst two glaciers, the Sélé and the Pilatte. Incredible sunrise over the Ailefroïdes, Pelvoux and Pic sans Nom. From the Col du Sélé, there's a breathtaking view of the north face of the Bans. Crossing the col can be a bit tricky depending on snow conditions.

Overnight at the Pilatte refuge Since summer 2021 the Pilatte refuge has unfortunately been closed. We will therefore spend the night at the **refuge du Carrelet** a little further down the valley. A bucolic atmosphere and a tasty meal prepared by Mathilde and her team.

Altitude difference: + 850 m / - 1400 m.

Total time: approx. 10 hours

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Tél : 04 84 13 14 08 <https://www.roc-ecrins.com> [roc.ecrins@gmail.com](mailto:roc.ecrins@gmail.com)

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## DAY 3: TO THE TEMPLE ECRINS REFUGE AND COL DES AVALANCHES ASCENT

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After a hearty breakfast, we'll set off early morning on the path leading to the Temple Ecrins refuge at 2481m. On our way to the refuge, we may spot chamois grazing in the forest. We will reach the refuge late morning where we drop off our useless belongings. Departure then for an original route up to the Col des Avalanches at 3499m. Stunning views and atmosphere at the foot of Fifre and the south face of the Ecrins. This ascent is optional, those who'd rather rest can stay at the refuge for a lazy afternoon.

Meal and overnight at the Temple Écrins refuge.

Altitude difference: + 1355 m / - 980 m.

Course time: approx. 2 hours in the morning + 3 hours in the afternoon.

## DAY 4: COL DE LA TEMPLE ASCENT

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Early in the morning, we set off for the Col de la Temple (3,322 m). The path rises slowly, winding through meadows and then slanting across rocky bars. As the sun rises a very wild atmosphere emerges from this remote valley. We put on our crampons to climb the final slopes to the pass. The view over the large north faces of the Glacier Noir cirque, with the Ailefroides 3954m, the Pic Sans Nom 3729m and of course the Pelvoux 3943m is just breathtaking.. After some rocky sections we reach the snowy slopes of the glacier then a splendid descent over the glacier noir take us back to the Pré de Madame Carle (Mme Carle's meadow), 1,874m.

End of our trip in the valley in late afternoon.

Difference in altitude: +850m / - 1450 m.

Ascent time: 3 hours. Descent time: approx. 4 hours.

Separation in the valley at the end of the day.

**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

During this itinerary, the guide will teach you the mountaineering basic techniques : roping up, handling an ice axe, using crampons depending on the terrain... and anything else you wish to learn.

### min/max people

5 participants max. **Departure is guaranteed from 4 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

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## 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](http://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.
- 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.

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- 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:

- 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.

**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**

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 STANDARTS**

**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

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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

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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

## CONDITION PHYSIQUE

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### Mountaineering is physically demanding.

With average daily vertical drops of +1000m and long stages (up to 10h on day 2), you need to be in very good physical condition to get the most out of your stay.

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 train with 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.

## EXPÉRIENCE

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The aim of this trip is to introduce you to the world of the high mountains. Previous experience of glacier trekking may be a plus but is not essential. The most important thing is to be comfortable walking on varied terrain and to be in very good physical condition.

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.

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## 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

You will be welcomed by the wardens of the high mountain refuges, Sophie **Sélé** Mathilde and Armand at **refuge du Carrelet**, Marie at **Temple Ecrins**. All these CAF (Club Alpin Français) refuges were built in 1983, 1924 and 1945. Overnight accommodation in dormitories (blankets provided, bring your own sheet), shared toilets and washbasins, showers in Temple Ecrins refuge. 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 course by car pooling among participants (or by Roc Ecrins if one of our vehicles is available).

### CARBON FOOTPRINT OF THE STAY: 10 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:

8:30

the first day in our offices in l' **L'Argentière La-Bessée** (05120, Hautes Alpes)

## 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 ( [www.linkbus-alps.com](http://www.linkbus-alps.com) ) to Briançon and L'Argentière.
- TGV connection, Paris-Valence or Paris-Grenoble with bus connections ([www.vfd.fr](http://www.vfd.fr) -04 76 60 47 08)
- Night trains from Paris and the east of France. Information [www.sncf.fr](http://www.sncf.fr)
- from Nice, Marseille or Gap, regular bus services ([www.autocars-scal.fr](http://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

### tous les tarifs

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nbe participants	Price per person
3	820,00 €
4	695,00 €

Inscription sur la base de 3 participants soit 820€/personne. Si vous êtes 4 participants le jour du départ du séjour, nous appliquerons un tarif dégressif ( 695€/personne) et vous rembourserons la différence soit 125€.

#### The price includes:

- **Mountain guiding service** , including their meals, overnight accommodation
- **Full board accommodation in mountain hut from the first evening to the lunch on day 4**
- The collective equipment
- Organisation and reservations (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 have 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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Tél : 04 84 13 14 08 <https://www.roc-ecrins.com> [roc.ecrins@gmail.com](mailto: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