



*Séjours montagne*

## Trad climbing: LES ARÊTES DES CINÉASTES

From 06/07/24 at 07/07/24

Two days of high altitude climbing with the Glacier Blanc hut as our base camp.

The Arêtes des cinéastes and pointe Cézanne are among the most beautiful ridge routes in the Ecrins massif. The quality of the granite is perfect and the setting exceptional.

Although access is relatively easy, the climbing routes are aerial, with a succession of slabs, cracks, dihedrals, abseils... and are not equipped. You'll need to put on belays, slings or cams - in short, you'll be entering the world of adventure climbing.

A diverse and aerial climbing experience, incredible scenery and breathtaking views over the Barre des Ecrins, the Pelvoux, the Pic Sans Nom and the Ailefroïdes are just some of the highlights of this trip, which will take you to another dimension of climbing.

Dates on request. Private booking is also available, price on request

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

Prices : 550,00 €

• Dates:

From 06/07/2024 at 07/07/2024

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

### Your trip day to day

#### DAY 1 : CLIMB TO THE POINTE CEZANNE OR A MULTI PITCH ROUTE IN AILEFROIDE

The guide welcomes you and checks your equipment. Short drive to Pré de madame Carle (1874 m) in the heart of the Ecrins National Park; departure point of our walk to the Glacier Blanc refuge (2542m, 670m ascent, approx. 2.30 hours' walk). Picnic on the refuge terrace.

In the afternoon, after dropping off your belongings at the hut, we'll climb a south-facing trad route in the foothills of Pointe Cézanne. We'll take the time to review some technical skills. During the climb, you'll be able to locate your next two routes.

Routes of up to 5 pitches, 4+ maximum, not equipped.

The second option, depending on timing and weather conditions (if it's cold and windy at altitude that day), is to climb the beautiful Ailefroïde multi pitch route before heading up to the refuge.

Ascent 425 m. Time from refuge to refuge: 6h30

Meal and overnight stay at the Glacier Blanc refuge.

#### DAY 2: ARÊTES DES CINÉASTES ( 3025 M ) ROUTE

From the refuge, a 1-hour approach walk before starting the climb. The Arête des Cinéastes route begins with a

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climb to the top of the ridge. It's a razor's edge in the middle of the sky, crenellated with 8 teeth, with the north faces of the Pelvoux, Pic sans Nom and Ailefroides as a backdrop. The route is a succession of spikes that are climbed and sometimes abseiled down, spaced out by aerial ridges. The descent is made after the fourth spike of interest.

10 pitches / 250 metres / 1 pitch of 6a, otherwise a 4+ overall / not equipped.

**End of the 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 check that climbers have the required skills to guarantee maximum safety and fluidity for the party during the climbs.

If necessary, we'll go over the different types of roping and belaying with a special focus on the quality of the belay according to the specificity of the terrain. 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.

## min/max people

2 participants maximum. **Departure is guaranteed from 2 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

### Équipement personnel

Possibilité de location du matériel suivi d'un \*, vous trouverez un tableau récapitulatif des tarifs de location dans l'onglet "Tarif des options".

**NB : La location du matériel et les modifications ne sont possibles qu'avant le versement du solde de votre réservation (45 jours avant le départ). Nous vous conseillons de bien prendre le temps, dès votre inscription, de lister le matériel dont vous disposez, qui peut vous être prêté, que vous souhaitez acheter ou vous faire offrir... Tout matériel initialement loué à ROC ÉCRINS et finalement non pris le jour du départ ou non utilisé ne sera pas remboursé.**

Important, si vous êtes équipés de votre matériel personnel : la législation à l'égard des E.P.I. (équipements de protection individuelle, il s'agit ici du casque, du baudrier, et des lunettes de soleil) limite l'utilisation du matériel dans le temps. Ils peuvent être utilisés pendant 5 ans à partir de la date d'achat. Au delà de cette date, votre équipement est considéré comme n'étant plus aux normes. Vous pouvez trouver toutes les infos concernant les E.P.I. ici > [www.inrs.fr](http://www.inrs.fr)

### 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](http://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

Ce séjour s'adresse à des grimpeurs expérimentés (à l'aise dans du IV en montagne) en grandes voies, en très bonne condition physique.

Une expérience de l'escalade en terrain rocheux montagne ainsi qu'en cramponnage sont nécessaires.

## Guiding

**By state-certified mountain guides or trainees mountain guides (aspirant 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.

\*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

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luggage and interruption of holiday, represents 5.6% of the price of the holiday.

## Accommodation

Nicolas will welcome you at the **Glacier blanc refuge** which is situated on the left bank of the glacier of the same name and faces the large, beautiful and wild north faces of the Pelvoux, the Pic Sans Nom and the Ailefroides. Overnight accommodation in dormitories (blankets provided, bring your own sheets), shared toilets and washbasins, no showers. 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
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...>

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## Meeting point

Meeting time:

8h30

the first day at our office in **L'Argentière-la-Bessée**, 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](http://www.sncf.connect.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 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 : 550,00 €**

**The price includes:**

- **Supervision** by a high mountain guide
- **Full board accommodation in a refuge** from the first evening to the lunch on the last day
- collective and safety equipment
- 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** and during the stay

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 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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