

ROC ÉCRINS

Séjours montagne

CLIFF CLIMBING AND YOGA LEVEL 1

This course, which combines climbing and yoga, is aimed at anyone who wants to experience a new way of achieving balance, stability and perfect movement. Yoga can be practised dynamically, with the aim of awakening the body and warming it up, or restoratively, to release tension built up during the day and help regenerate muscles. Through the practice of asanas (postures) and pranayama (breathing technique), yoga also helps to stop mental fluctuations, so it's a perfect complement to climbing. This quest for harmony will take place in the magnificent setting of the Pays des Ecrins, where the limestone cliffs of the Fournel valley, the granite of Ailefroide and the Rif d'Oriol cliffs offer a wide range of routes on which to perfect your technique or learn to climb for the first time. This course is designed for those who have never climbed before or who have done some basic climbing either in the gym or outdoors. We also offer this course without accommodation nor full board, prices on request.

- Level : Level 1: beginner
- Mountain range : Ecrins
- 4 days
- 5 - 8 personnes (departure is confirmed from 5 people)
- Prices : from 620,00 €
 - Booking are made on the basis of 5 participants, 710€/person. If there are 7 or more participants on the day of departure, we will apply a reduced rate (620€/person) and refund the difference (90€)at the end of the holiday.
 - We also offer this course with no accommodation nor meals, only supervision. Option to choose in the "Gear rental and Extras prices" section.
- Dates: [Check 8 dates available](#)

Your trip day to day

DAY 1 : FURNEL VALLEY

We welcome you to the ROC ÉCRINS premises and take the time to check your equipment. First climbing session on the limestone cliffs of the Fournel valley, just a few kilometres away. Picnic on the crag. End of the climbing session at around 3:30 p.m. to meet again at 4 p.m. in the yoga practice room*. 1h30 session, energising and relaxing.

* The teaching of yoga is based on the practice of **asanas** (yoga postures) and **pranayama** (yogic breathing). **This precise and rigorous method is characterised by:**

- attention to the alignment of the different parts of the body in space
- the organisation of postures into sequences
- the use of supports (straps, bricks, blankets, chairs, ropes, etc.).

These basic principles help to develop better physical and mental balance and bring all the benefits that yoga promises. The teaching is progressive and adapted to each person's physical abilities. The use of supports makes it easier to learn the postures.

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

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DAY 2 : ROCHER BARON

Yoga practice in the morning, 9am-10am, followed by a climbing session on the fabulous quartzite of Rocher Baron or Casse de Presle, two nearby sites from the same quartz vein. All kinds of cracks and crimps are on offer. Outdoor yoga at the foot of the cliff.

Meals and overnight in a gîte.

DAY 3 : RIF D'ORIOU

Morning yoga session from 9am to 10am, then off to the Rif d'Oriol cliff. Here you'll find a singularly striated limestone. This small canyon features two shady cliffs with a refreshing stream running through the middle.

Meals and overnight in a gîte

DAY 4 : AILEFROIDE

The day begins with a yoga session to prepare the muscles and mind. We'll then head to the famous Ailefroide spot for a bouldering session. Outdoor yoga session from 3pm to 4pm.

End of the stay late afternoon l'Argentière-la-béssée.

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

Yoga complements climbing in many ways. The yoga techniques you will learn are specifically adapted to climbing

To get the most of this teaching, you'll practice alternatively the two activities in order to assimilate the benefits.

During climbing sessions, the instructor will give you daily technical tips to help you achieve the objectives set individually at the start of your stay, and will teach you any techniques you may be missing. The variety of rock you'll find in the area will help you to progress technically.

min/max people

8 participants maximum. **Departure is guaranteed from 5 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](#).

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.
- Thin gloves

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
- Shorts

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)
- A yoga mat (can be provided if you don't have your own)

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,

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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.

Guiding

By state-certified mountain guides or qualified climbing instructor from the Roc Écrins team and a qualified Ashtanga Vinyasa Yoga teacher.

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 with a room adapted to the practice of yoga**, near the centre of the village of l'Argentière-La Bessée in a double/triple/quadruple room, subject to availability. Bed linen provided, please bring your own towels.

For dinner, home cooking and traditional recipes using fresh local produce and organic produce wherever possible.

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

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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: 18 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.reforestacion.com/plan...>

Meeting point

Meeting time:

9:00

the first day at ROC ECRINS office in **L'Argentière La-Bessée**, 05120, Hautes Alpes.

Getting there

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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

tous les tarifs

nbe participants	Price per person
5	710,00 €
6	710,00 €
7	620,00 €
8	620,00 €

- Booking are made on the basis of 5 participants, 710€/person. If there are 7 or more participants on the day of departure, we will apply a reduced rate (620€/person) and refund the difference (90€)at the end of the holiday.
- 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 and yoga teacher
- **Full board accommodation in a gite** from the first evening to the lunch on the last day
- collective and safety equipment
- Transport during the stay
- Yoga map if needed
- 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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