

## STAGE ASCENSION DU MONT BLANC EN PETIT GROUPE 2024

From 13/07/24 at 17/07/24

Parvenir au sommet du Mont Blanc, sommet mythique de l'Europe, est une sensation unique et indescriptible. Un mélange d'intense satisfaction, de joie, de soulagement... L'itinéraire de la voie normale de l'ascension du Mont Blanc est coté PD (Peu Difficile), mais ne vous méprenez pas, il vous faudra être capable de puiser dans vos réserves et d'aller au bout de vous-mêmes pour atteindre ce sommet si convoité ! Les guides de haute montagne vous le diront : « c'est, dur !!! Même pour nous qui passons notre été à crapahuter en montagne, cette ascension représente à chaque fois une épreuve physique soutenue et très intense ».

Si vous êtes prêt(e) à relever le défi, nous vous proposons ce stage de 5 jours, une formule qui a fait ses preuves avec :

- 2 jours d'acclimatation pendant lesquels nous réviserons les techniques de progression et de sécurité en neige et glace et ferons l'ascension d'un sommet qui vous confrontera aux mêmes difficultés techniques que lors de l'ascension du Mont Blanc

- 3 jours consacrés au Mont Blanc, ce qui nous laisse 2 possibilités pour effectuer l'ascension du sommet

Nous limitons ce stage à 4 participants afin de vous permettre d'effectuer l'ascension de l'Aiguille du Tour lors des 2 jours d'acclimatation et de bénéficier d'un encadrement plus personnalisé de la part du guide.

**NB : L'ascension du Mont Blanc est un projet d'envergure qui, pour être tenté, requiert un certain nombre de compétences. Avant de vous lancer, merci de bien prendre le temps de consulter l'ensemble de notre fiche technique et tout particulièrement les onglets : "Condition Physique et Expérience", "Conditions spécifiques de ce stage Mont Blanc", "Avertissements Haute Montagne" et "Matériel à prévoir".**

- Level : Level 2: intermediate
- Mountain range : Mont Blanc
- 5 days
- 4 personnes (reste places)
- 

Prices : 2385,00 €

• Dates:

From 13/07/2024 at 17/07/2024

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

### Your trip day to day

#### DAY 1 : LES HOUCHES - REFUGE ALBERT 1ER - ICE AND SNOW TECHNIQUES

Meet up with the guide. We check your bags together and collect any hired equipment. You must be wearing mountaineering outfit when you arrive with your rucksack ready. Transfer to the village of Le Tour (approx. 20 minutes), then departure for the Albert 1er refuge via the Charamillon-Balme telecabin and chairlift. We'll walk for around 2 hours and a half to reach the refuge, located on the right bank of the Tour glacier at an altitude of 2702 metres.

In the afternoon, we'll take to the glacier with crampons on to review the basics of moving on snow and ice. Also : ice axes use and roping techniques, essential to know for safely tackling the rest of the programme.

Dinner and overnight at the Albert 1er refuge.

Altitude difference : + 500m

**NB: before the 15th of June and after the 13th of September (approximate dates), the Charamillon-Balme telecabin and chairlift are closed. That means additional 700m to climb the first day . Please note that these dates are approximate, as the official dates are only notified by the Compagnie du Mont Blanc at the start of the season.**

## **DAY 2 : REFUGE ALBERT 1ER - AIGUILLE DU TOUR SUMMIT - LES HOUCHES**

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After a hearty breakfast, **departure in the night** for the summit of the Aiguille du Tour, 3529 m. Roped up, we go through the Tour glacier to reach the upper col. Then, after skirting the immense Trient plateau, we'll make our way to the summit on a rocky slope, ideal for get familiar with the aerial side of mountaineering. This fabulous route in the heart of the Mont Blanc range will give you the chance to perfect your snow and rock climbing techniques. You'll find this type of terrain again on the ascent to the Goûter hut. We then head to the refuge for a hot meal. A leisurely descent to the valley in the middle of the afternoon by chairlift and gondola.

Dinner and overnight at the hotel in the valley.

Return journey time refuge-summit : around 5 to 6 heures.

**NB : In the evening, the guide will inform you of the weather forecast, which will determine whether or not you will be able to climb Mont Blanc.**

## **DAY 3 : ASCENT TO THE TÊTE-ROUSSE REFUGE**

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You'll meet the back-up guide who will be leading a two-person roped team. After carefully packing your bag with the help of your guide, we take the Les Houches cable car mid-morning. We will then board the Mont-Blanc tramway, which will take us up to the eagle's nest (Nid d'Aigle) at 2372m. The ascent of Mont Blanc then begins.... On a good path among ibex and marmots, we'll climb gently towards the Tête Rousse refuge. We'll have a picnic on our way to the refuge. From the hut, you can follow the route to the Goûter hut. We'll then put together the roped parties for the next day's ascent.

Dinner and overnight stay at the Tête Rousse refuge at 3167m.

Altitude difference : + 800m. Ascent time : 3 hours approx.

**NB : before the 15th of June and after the 13th of September (approximate dates), the Mont Blanc tramway is closed. The ascent is still possible but this add 580m to the positive elevation to reach the Tête Rousse refuge, i.e. a total of 1367m on the third day.**

Dénivelé : + 800 m . Temps : environ 3 heures.

## **DAY 4 : MONT-BLANC ASCENT OR ASCENT TO THE GOUTER REFUGE**

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For this day, we have two options:

- The first one is to **leave the refuge at night** in order to climb Mont-Blanc in the daytime. This requires two conditions : **your physical condition** allows it and **weather conditions** remain stable during the day. This option allows us to go through the Goûter couloir at a time when the night-time refreezing limits

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the risk of rock falls. We'd also avoid meeting other roped parties on the Goûter ridge. And finally, we'd be climbing during the daytime, that way the milder temperatures make the ascent more enjoyable and limit the risk of frostbite.

- The second option is to make the ascent over 2 days and take our time to first, slowly climb the 500 metres to the Goûter hut. The main benefit of this option is to keep your in good shape. With less fatigue, your chance of success may be better the next day. Beyond the Tête Rousse hut, roped up, helmeted and with crampons on, we quickly pass through the Goûter couloir. We'll then climb the Goûter ridge, which may be in snow and rock, up to the refuge, 3817m, where we spend the night.

## DAY 5 : MONT-BLANC ASCENT AND BACK TO THE VALLEY

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- If option 1: back to the valley in the morning
- Option 2: the day starts at 3am in the middle of the night! Slowly but surely you'll climb the Dôme du Goûter, then the Col du Dôme to the Vallot hut-bivouac at 4362m. After a break sheltered from the wind and cold, we'll head off towards the Bosses ridge to reach the 4810-metre summit of Mont-Blanc. From the summit, the Alpine arc unfurls its fantastic jagged spine. A cautious descent to the Goûter hut, where we'll refuel before heading back down to the valley. Hot meal at the Tête Rousse refuge or in a restaurant in Les Houches.

**End of our trip at Les Houches after returning the equipment hired.**

**Most of the time, the return to the valley takes place between 1pm and 5pm.**

Altitude différence: - 1450m. (Option 1) ; + 1000m. / -2570m. (Option 2)

NB: We are offering an original ROC ÉCRINS "Summitter Mont Blanc" t-shirt for sale.

## PROGRAMME

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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. If the ascent is not possible for weather or safety reasons, the guide would propose an alternative summit in a mountain massif where the conditions are better (Gran Paradiso Paradis 4061m or Monte Rosa 4272m, for example).

**Please notice that by booking this trip, you are agreeing to take part in a 5-day mountaineering programme, with the aim of attempting an ascent of Mont Blanc, BUT you are also agreeing to accept any changes to the programme (made necessary by current conditions) during or before the course**

### min/max people

Given the preparatory route proposed (ascent of the Aiguille du Tour), which reflects the difficulties you will find on the normal route to Mont Blanc, we limit our groups to 4 participants, as these are the supervision standards for the Aiguille du Tour ascent. A back-up guide will then join you for the 3-day ascent of Mont Blanc ; there will be 2 roped parties of 2 climbers and one guide.

**This trip is subject to a minimum booking of 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 [Terms and Conditions](#).

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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 may seem impressive 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 "Option 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. Any equipment initially rented from ROC ECRINS even not taken or used on the day of departure will not be refunded.**

Important, if you are equipped with your 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, wool 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 gore tex 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 sack sheet (meat bag): compulsory for nights in refuges. All the refuges are providing pillows and

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- 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:

- 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) in which you can leave any items you don't need for the nights in the refuge and which you can leave in your car.

## High mountain : special warning

### The 3 conditions for a successful ascent: Weather + Good shape + Experience}

Mont-Blanc ascent is a high-mountain route requiring mountaineering skills. The route can be vertiginous and exposed to natural hazards: rock falls, crevasses, avalanches.

Above 4,000 metres, the weather conditions can be extreme: wind, snow and cold can make the climb impossible because too dangerous. Our priority is always safety. **The mountain guide who accompanies you has a thorough knowledge of Mont-Blanc and is best one to assess the feasibility of the ascent.** Therefore, as a last resort, he or she will decide whether or not to continue with the ascent. If it is impossible to attempt the ascent of Mont-Blanc according to the weather forecast two days before, we will organise an alternative program in other alpine massifs.

### Stamina and skills

If at the end of the first two days, if the guide considers that your physical and/or mental condition does not allow you to climb Mont Blanc without compromising your safety and that of the group, he will inform you. You will then have to leave the group. If another participant is in the same situation as you, you then would be able to set off as rope-mates for another summit. **In no case this interruption could give right to refund.**

Mountaineering is subject to various 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 program, sometimes on the day of departure, which you may not refuse.

### Programme and supervision standards

- In the event of a change to the programme **decided by the guide** and this only **on the second day of the stay**, a **partial** refund (corresponding to the ski lifts not used and the difference in the price of the overnight stays in the refuges) will be granted **only if** the replacement ascent takes place in the Gran Paradiso massif.
- If ski lifts are closed the first two days of your stay, we will offer you a refund for the cost of the unused ski lifts. We may also, in order to make up for the extra height difference, change the programme and take you where ski lift are available and replace the night in the refuge with a night in the valley.

**Also, mountain conditions change over the summer and 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 can be modified during the season.

These changes may affect the price of the stay or the programme. Your registration for one of our trips or

ascents means that you understand and accept these possibility.

### For your information

You should know that every year on our Mont Blanc ascent courses, approximately :

- 70% of participants succeed in their ascent! stars in their eyes!
- 20% of the ascents are made impossible because of the weather conditions. For example, very bad weather forecast from the second day ; in this case we head to another massif such as Grand Paradis massif where conditions are better. Sometimes, however, conditions change once the ascent has begun and we are forced to turn back, sometimes even a few hundred metres from the summit, mainly because of the wind.
- 10% of participants have to give up due to lack of training, and sometimes because they are too impressed by the environnement of high mountain and the weather conditions to go on.

## Health condition

We do not ask for a medical certificate 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 high mountain stay and wherever possible, to do some hiking in the mountains or medium mountains, especially for those who live at sea level.

## Skills and stamina level

**Before registering for this stay, you should check:**

- **your physical condition and technical skills: to take part in this trip, you must be familiar with technical mountaineering equipment and master roped walking, crampon climbing and be able to move with ease over any terrain (snow/ice/rock) at a steady pace.**
- **your endurance and how speed you can walk in the mountains: to take part in this trip, you must be able to walk at 400 metres/hour in the mid-range mountains and to produce a long and intense effort at altitude (up to 14 hours on the day of the ascent). More specifically, you must be able to put up with 2400 metres of ascent (1200m positive and negative) at altitude (between 2000 and 3500m) over 48 hours with ease, i.e. with your feet as sure on the way down as on the way up.**

You want to conquer the roof of Europe, but beware: this climb is physically very demanding. You will have to cope with a long effort at altitude on the way up, without forgetting the descent which can be traumatic for ill-prepared muscles and joints.

**The ascent of Mont Blanc cannot be attempted without previous experience of mountaineering.** It's a long-term project, which needs to be approached step by step, to ensure your safety and success, because being "sporty" is not enough!

### How to prepare and train

You need to adapt your preparation and training according to your physical condition and your experience in the

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mountains.

To enhance your physical condition, the best is to practise an endurance sport regularly and intensively. Endurance sports are activities that require sustained effort, for example: running 3 times a week, with sessions lasting at least 1 and a half to 2 hours (i.e. at least 10 to 15 kilometres). Mountain biking and trail running with elevation can be endurance activities, as long as the sessions last long enough, (keep in mind that they are not enough on their own as a preparation).

The best type of training is **mountain walking**: hikes of gradual difficulty, with progressive elevation gain (don't forget to also progressively increase the weight of your pack!).

As for technical skills, Climbing and ice climbing can give you a better understanding of the technical aspects of mountaineering.

If you've never done any mountaineering or mountain walking before, you'll need to plan your preparation in several stages.

We offer a number of programmes that will allow you to test yourself and/or acquire the necessary skills gradually:

**To "test your physical fitness and endurance "** we propose a specific course at the Sainte Victoire mountain in Provence from January onwards: > [[TEST D'HABILETÉ DU WEEK-END \(Condition Physique et Endurance\) POUR PRÉPARER L'ESCALADE DU MONT BLANC](#)]

**To learn cramponing techniques (ice school) and take part in your first mountaineering course, including an overnight stay in a refuge :**

> [[2 JOURS D'INITIATION ET D'APPRENTISSAGE DE L'ALPINISME POUR PRÉPARER L'ASCENSION DU MONT BLANC](#) ou bien :

> lien vers [STAGE D'INITIATION A L'ALPINISME : ASCENSION DE LA ROCHE FAURIO 3730M EN 3 JOURS](#)

**To test your ability to complete a major ascent (a summit above 3500m) at an adequate pace and to cope with 2 days of effort at high altitude :**

> lien vers [ASCENSION ROCHE FAURIO, 3730m EN 2 JOURS](#)

#### **Minimum age to take part in this programme**

For all the reasons detailed above, we do not accept the participation of minors on these ascents unless they are registered with a parent (who is also taking part in the stay). In this case, they must be at least 17 years old.

We will do all our best to take you to the roof of the Alps but be aware that the aim of the stay is not to prepare you physically. You must arrive physically and technically trained.

During the 2 days of preparation, the ascents will allow you to acclimatise to the altitude while keeping you physically fit.

During the snow and ice school, you will review the basic techniques for progressing on a glacier: roping up, ice axe handling, use of crampons ...

## **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 telephone or a mobile phone. They will also have a collective first-aid kit. During the Mont Blanc ascent, an additional guide will make up the second roped team (1 guide for every 2 participants).

## **Insurances**

**Participants must have mountain sports insurance with repatriation cover. We strongly recommend that this also includes cancellation cover.** . It is your responsibility to check the cover provided by your

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personal insurance policy. If you do not already have such 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

First night at the **refuge Albert 1er**. Overnight accommodation in a dormitory (blankets provided, bring your own sheets), shared toilets and washbasins, no showers but water for a quick wash. Hearty meals.

At the end of the second day, we will rest in the valley in a "**hôtel aux Houches**". A pleasant, comfortable place where you'll receive a warm, friendly welcome. Accommodation in spacious rooms for 2 to 4 people, with en-suite facilities including bed linen and towels. Varied, balanced evening meals and breakfasts. Free parking in front of the hotel.

We will spend our third night comfortably settled in the **refuge de Tête Rousse**. Refurbished 8 years ago, the refuge offers from the dining room a magnificent panorama of the Arve valley and the north face of Bionnassay. No water available at the refuge. Bottled water included in the price. Overnight in a 6-8 person dormitory.

The **refuge du Goûter**, the highest refuge in France will welcome you for your last evening at an altitude of 3815m. The new refuge is a High Environmental Quality (HEQ) building. Well insulated, soundproofed and spacious, you'll feel right at home here. The view over the Arve valley and the Bionnassay ridge is fantastic. The sunset is incredible. There is no water available at the refuge. Bottled water included in the price of the stay (1.5l/person + 1 drink).

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

## Transport and carbon footprint

### TRANSPORT

### CARBON FOOTPRINT OF THE STAY: 100 KG CO2

That's the KgCO2 produced during your stay when you travel to the activities!

By comparison :

- Paris - Les Houches
  - **by car**: 170 kg CO2
  - **by train**: 1.4 KgCo2
- Lyon - Les Houches
  - **by car** : 64 kg CO2
  - **by train** : 3.3 kg Co2
- Marseille - Les Houches
  - **by car** : 130 kgCO2
  - **by train** : 1.1 kgCo2

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](mailto:roc.ecrins@gmail.com)

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## Meeting point

Meeting time:

8h30

the first day aux Houches (74310)

## Getting there

### COMMENT VENIR AUX HOUCHES

Si vous venez en train,

- Liaison TGV Paris-Bellegarde et TGV Marseille-Lyon, TER en correspondance jusqu'à Les Houches
- la ligne SNCF dessert tous les villages de St Gervais-les-bains-le Fayet à Martigny (Suisse) en passant par Servoz, Les Houches, Chamonix, Argentière et Vallorcine.

Si vous venez en voiture,

- Depuis l'Italie, Autoroute A5 jusqu'à AOSTE, Suivre direction Courmayeur. entrer en France par le tunnel du Mont Blanc jusqu'à Les Houches
- En venant du Sud, Autoroute A7 jusqu'à Valence, prendre la A49 jusqu'à Voreppe, suivre direction Chambéry et Genève pour rejoindre l'Autoroute Blanche jusqu'à Les Houches.
- Depuis le Nord, Autoroute A6 puis A40 jusqu'à Macon, Autoroute Blanche puis N205 direction Les Houches.

## Price

**Price per person : 2385,00 €**

**The price includes:**

- **Mountain guiding service** , including their meals, overnight accommodation and lift passes. One guide for the first two days, 2 guides the last three days.
- **Full board accommodation from the first evening to midday on the last day.**
- **Mineral water at the Tête Rousse and Gouter refuges** (1.5l per person + 1.5l for 3 during the meal) **as well as a drink at the refuge du Gouter.**
- **lift access**
- booking fees

**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)** offered as an extra when you sign up.
- liability, repatriation and cancellation insurance.
- Transport to and from meeting point
- Transport during the stay

## How to book

To register :

- 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..
- 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.