



Compagnie des guides
SAINT-GERVAIS
LES CONTAMINES
— Organisation —

43 RUE DU MONT-BLANC
74170 SAINT-GERVAIS
04 50 47 76 55

WWW.GUIDES-MONT-BLANC.COM
CONTACT@GUIDES-MONT-BLANC.COM



CHAMONIX-ZERMATT SKI TOUR in 6 days

Probably the most prestigious ski tour that joins the 2 mountaineering capitals !

With that real high-altitude mountain trip you will cross for 6 days wild landscapes following in the pioneers' footsteps.



Compagnie des guides
SAINT-GERVAIS
LES CONTAMINES
— Organisation —

43 RUE DU MONT-BLANC
74170 SAINT-GERVAIS
04 50 47 76 55

WWW.GUIDES-MONT-BLANC.COM
CONTACT@GUIDES-MONT-BLANC.COM

OUTLINE

The previous day Appointment at 6.30 pm at the guides' office.

- Day 1** Check of the material and the equipment, departure from Argentière village in the early afternoon with Grands Montets cable-cars (3,300 m), descent onto Argentière glacier, check of the technical skills of the participants and then ascent to Argentière refuge (2,771 m). Night spent at the refuge. Difference in height of + 250 m / - 700 m
- Day 2** Departure from the refuge in the morning, way via Col du Chardonnet (3,323m) and Saleina window (3,300 m), or via Col du Passon (3,028 m) and Tour upper pass (3,296 m) to get to Trient hut (3,170 m) by crossing the glacier of the same name. Difference in height of + 1,020 m / - 300 m.
- Day 3** Descent via the right bank of Trient glacier up to Col des Ecardies (2,796 m), then a wonderful slide into Val d'Arpette until Champex (1,470 m). Transport from Champex to Le Châble by bus and ascent to Mont Gelé (3,023 m) with the ski-lifts. Crossing under Rosablanche to Prafleuri hut (2,662 m) from Col de Momin (3,000 m). Difference in height of + 500 m / - 2,100 m.
- Day 4** You will climb to Col des Roux (2,804 m), then descent onto Lac des Dix (2,386 m) by a big crossing. Ascent via Pas du Chat to reach Dix hut (2,925 m). Difference in height of + 680 m / - 410 m
- Day 5** Wonderful glacial stages : Ascent of Pigne d'Arolla (3,796 m) via Tsena Refien glacier, the highest spot of the trek and then descent to Vignettes hut (3,158 m). Difference in height of + 950 m/ - 400 m.
- Day 6** From Vignettes hut you will get to Col de l'Evêque (3,392 m) to slightly go down to Col du Mont Brulé (3,578 m). Descent to Zermatt (1,608 m) via Col de Valpelline (3,568 m) and Stockji glacier. You will come back to Chamonix by taxi. Difference in height of + 566 m/ - 2,116 m.

The guides could be led to change the programme depending on the weather conditions, the mountains and the level of the participants.

2019 DATES

Every Sunday from March 17 to end of April depending on the conditions. Other days are possible on demand.

SUPERVISION AND PARTICIPANTS

5 people maxi per guide. Guaranteed departure from 5 people. You will be supervised by a mountain guide. The number of participants per guide can be revised downwards depending on the conditions.



Compagnie des guides
SAINT-GERVAIS
LES CONTAMINES
— Organisation —

43 RUE DU MONT-BLANC
74170 SAINT-GERVAIS
04 50 47 76 55

WWW.GUIDES-MONT-BLANC.COM
CONTACT@GUIDES-MONT-BLANC.COM

TECHNICAL AND PHYSICAL LEVEL

For good skiers in good shape. We are going to be crossing passes and summits, some of them slightly more difficult from a technical point of view. It's recommended having some experience in skitouring and it's necessary to be able to ski on every type of snow.

Do not hesitate to contact us if you have any questions.

You will progress on an unmarked high-altitude mountain route, you will then have to know the dangers linked to that activity (cracks, seracfalls, rockfalls, avalanches, very low temperatures).

2019 RATES

Tarif de la formule en collective :

1295€ / person

Tarifs des formules en privé :

2 participants: 2210€ per person

3 participants: 1695€ per person

4 participants : 1445€ per person

The price includes

- Supervision by a mountain guide
- Half-board in the huts
- Lunches or picnicks
- Transportation and lifts during the raid
- Taxi from Zermatt back to Argentière

The price does not include

- Drinks, cereal bars and other personal expenses
 - Transportation to the starting point
 - Your personal insurance
 - Your equipment
 - Everything that isn't mentioned in « the price includes »
-



Compagnie des guides
SAINT-GERVAIS
LES CONTAMINES
— Organisation —

43 RUE DU MONT-BLANC
74170 SAINT-GERVAIS
04 50 47 76 55

WWW.GUIDES-MONT-BLANC.COM
CONTACT@GUIDES-MONT-BLANC.COM

REGISTRATION AND PAYMENT

Thanks to the registration form dated and signed and with the 30% deposit, plus the optional insurance coverage amounts. The balance will be paid 30 days before the departure date. Having repatriation help service coverage is compulsory to attend our trips. If you do not have one, we can offer you one.

APPOINTMENTS

The appointment takes place the day before the departure at 6.30 pm at the guides' office. You can book a hotel room on the spot through us.

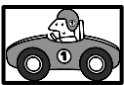
In Saint-Gervais :

The guides' office is in the tourist information centre of Saint Gervais in the centre of the village.

In Contamines :

The guides' office is in the city centre, next to the tourist information centre, in ESF premises.

To get to Saint Gervais or to Contamines :



Motorway A 40, exit 21. From the exit 21 : 6 km to Saint-Gervais, 18 km to Contamines.



Saint-Gervais/ Le Fayet train station. 4 km from Saint-Gervais city centre, 13 km from Contamines city centre. Transports by taxi or bus are possible (to be booked upfront).



Airports of Geneva (1h), Annecy-Methey (1h), Lyon Saint-Exupéry (2h). Shuttles and cabs are possible from the airports (upfront booking compulsory for the shuttles).



Compagnie des guides
SAINT-GERVAIS
LES CONTAMINES
— Organisation —

43 RUE DU MONT-BLANC
74170 SAINT-GERVAIS
04 50 47 76 55

WWW.GUIDES-MONT-BLANC.COM
CONTACT@GUIDES-MONT-BLANC.COM

LIST OF THE EQUIPMENT

- Hat (+ Buff) and scarf or cap for the sun
- Glacier sunglasses and ski mask
- Warm technical shirt
- Fleece vest and waterproof trousers (Gore-Tex)
- Warm and waterproof skiing gloves + extra cover mittens on top of them
- Backpack with ski-carrying feature (\pm 45 litres)
- Light headlight
- Sleeping bag liner (blankets are available in the hut)
- Plastic bags to protect your belongings
- Insulated drinking bottle
- Small personal first-aid kit (aspirin, second skins, bandages, sunscreen, lip protection, earbuds, personal medication, toilet paper)
- Tour ski's with skins (in good shape) with crampons (knives)
- Tour ski boots. It's important to protect friction areas with Compeed and bandages from the first day on.
- Tour ski skins for your ski's (rounded cut at about 5cm from the tail)
- Two telescopic poles with washers
- Harness with locking carabiner
- Crampons
- Avalanche beacon, probes and shovel
- Insurance card, passport and Swiss Francs

You can rent the technical equipment at : www.twinner-saint-gervais.fr and www.unlimited-saintgervais.com for Saint Gervais, www.intersport-lescontamines.com/ for Contamines.