



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



DOMES DE MIAGE SKI TOUR

in 2 days

A splendid summit and descent in an often unknown wild setting, with unusual viewpoints on the south-western slope of Mont-Blanc.



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OUTLINE

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

Day 1 Departure from Contamines village (1,210 m) and ascent to Tré la Tête refuge (1,970 m). You will then get to Conscrits refuge (2,610 m) via Tré la Tête glacier. Difference in height of + 1,400 m.

Day 2 Ascent of Dômes de Miage (3,670 m). That glacial climb is both a splendid climbing walk and a skiing descent. View on Aiguille de Tré-la-Tête, Mont-Blanc and Aiguille de Bionnassay. Then descent to Contamines. Difference in height of + 1,068 m - 2,460 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

From mid-March to May depending on the conditions.

PARTICIPANTS AND SUPERVISION

Max. 2 people per guide. Guaranteed departure in group sessions from 2 subscriptions. You'll be supervised by a mountain guide.

PHYSICAL AND TECHNICAL LEVEL

For good skiers in good physical shape. Passes and summits with technical difficulties. You need to have some experience in skitouring. Do not hesitate to contact us if you have any questions about the required level.

Don't forget that you'll be walking with a 8 kilograms backpack, this increases the amount of effort needed to walk, be sure to be training with this extra weight.

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).

2018 RATES

Price of the group option:

545€ / personne

Price of the private option:

1 participant : 965€ / person

3 participants : 685€ / person

The price includes:

Supervision by a mountain guide, half-board in the Conscrits refuge (dorm), picnicks, water during the meal.

The price does not include: Drinks, cereal bars and other personal expenses, your personal insurance, transportation to the starting point, everything that isn't mentioned in « the price includes »



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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.

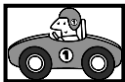
In Saint-Gervais :

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).



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LISTE DU MATERIEL

A PREVOIR

- Hat or balaclava + polar fleece headscarf or cap for the sun
- Glacier glasses and ski goggles
- Modern fibre underwear top and bottom (leggings)
- Fleece jacket and waterproof jacket + waterproof trousers (Gore-Tex –like)
- 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)
- Ski touring skis (in good shape) with crampons (knives)
- Tourski boots. It's important to protect friction areas with Compeed and bandages from the first day on.
- Tourski 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

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.