



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



SKI TOURING IN VAL MAIRA

5 days

The Val Maira is a magnificent Piemontese valley completely unspoiled by ski lifts and ideal for ski touring. The hospitality and fantastic gastronomy, the superb setting of valleys and larch forests bordered by steep reliefs make this corner of Italy a popular destination for hikers of all levels.

4 nights at the " Marmotte ***" hotel in Acceglio, very welcoming with its excellent menus and the dryer room for your hiking equipment.



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OUTLINE

There is a huge choice of passes and peaks to do in the Maira Valley, here is an example for an intermediate group, and the program will of course be adapted to the group and conditions. The positive elevations are given as indicative because variable depending whether the mountain roads are open or not.

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

- Day 1** Road to Val Maira, climb towards Monte Cappel (2363m) from Lausetto, hiking and research exercise with the DVA. D + 700m
- Day 2** Bric Boscasso (2589m), start at Pratorotondo in a forest of larches and beautiful pastures, magnificent belvedere with a slightly steeper variant up for good skiers. D + 900m
- Day 3** Monte Bellino (2937m), beautiful peak above Chiappera with a superb view of the Viso, Argentera, Queyras ... Slopes with various orientations that are very nice to ski. Visit and snack the small village of Chiappera with its beautiful streets. D + 1100m
- Day 4** Bric Cassin (2637m) starting from Vivière, calm start in the forest at first, then, pretty combes and a beautiful top ridge, again a very nice summit with many variants. Meal at the refuge Vivière downhill. D + 900m
- Day 5** Monte Esteletta (2318m) from Viviere, a final summit for your stay, to enjoy the panorama before skiing the beautiful slopes in spring snow and take the road back. D + 700m

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

2019 DATES

From March to May depending on the snow conditions.

PARTICIPANTS AND SUPERVISION

Max. 6 people per guide. Guaranteed departure in group sessions from 4 subscriptions. You'll be supervised by a mountain guide.

TECHNICAL AND PHYSICAL LEVEL

You can find hiking for all levels in the Val Maira, but a minimum level of skiing is required (knowing how to ski all types of snow and in the forest) and a good physical condition (hiking from 800 to 1000m of elevation gain). Do not hesitate to contact us if you have any doubts about your level.



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2019 RATES

Price of the group option:

895€ / personne

Price of the private option:

2 participants: 1340€ / person

3 participants: 1050€ / person

5 participants : 785€ / person

6 participants : 715€ / person

The price includes:

- Supervision by a mountain guide
- Half-board in a ***-hotel
- Picknicks
- Mont-Blanc tunnel fee

The price does not include:

- drinks, cereal bars and other personal expenses
- your personal insurance
- transportation to the starting point
- your equipment
- everything that isn't mentioned in « the price includes »

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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EQUIPMENT LIST

- 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.twiner-saint-gervais.fr and www.unlimited-saintgervais.com for Saint Gervais, www.intersport-lescontamines.com/ for Contamines.

Do not hesitate to contact us if you need advice for your physical preparation, the choice of your equipment or the organization of your stay.