



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 INTRODUCTION : TÊTE BLANCHE IN 2 DAYS (3487M)

You will discover two mythical glacial basins:
Argentière and glacier du Tour.



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 day before

Rendez-vous avec le guide à 18h30 au bureau des guides.

Day 1

Departure from the village of Argentière by the Grands Montets cable car (3295m). We start with a beautiful ski descent from the Rognons glacier to reach Argentière glacier, in a magical setting at the foot of the prestigious north face of the Aiguille Verte. On the Argentière glacier, we go up by putting our skins under our skis, towards the Passon pass (3028m), with the skis on the backpack we climb a small, rather steep corridor, very often provided with steps and therefore quite easy. From the pass, we reach the Tour basin to reach Albert 1er refuge (3702m) where we will spend the night. The beautiful, easy descent at the foot of the Chardonnet which will give you some ideas for summer mountaineering.

Day 2

Departure in the morning with skis and skins. Beautiful easy climb on the magnificent Tour glacier with a moderate slope allowing to hike as well as admire the landscape ... From Tête Blanche, a splendid view on the Trient glacier with a view on the summits Switzerland: Matterhorn, Dent Blanche ... The beginning of the famous Chamonix-Zermatt hike. Then, great descent on the village of Tour by the left bank of the glacier of the same name: one of the most beautiful of the Mont Blanc massif: 1700 m of altitude difference.

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 mid-March to May depending on the snow conditions.

PARTICIPANTS AND SUPERVISION

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

TECHNICAL AND PHYSICAL LEVEL

For good skiers in good physical shape. It's necessary to be able to ski all types of snow. Do not hesitate to contact us if you have any questions about the required level.

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

Price of the group option:

375€ / person

Price of the private option:

2 participants : 560€ / person

3 participants : 435€ / person



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

The price includes:

- Supervision by a mountain guide
- half-board in the huts
- picnicks
- lift pass for the first day

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»

Our assets: We take the bare minimum of picnicks in the backpacks, we order them in the huts. Water during the meals is included. We prefer small groups.

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.

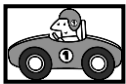
In Saint-Gervais :

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

LISTE DU MATERIEL

- 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 (± 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
- Passport, insurance papers

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.