



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



GRAND PARADIS (4061M) IN 3 DAYS

A very beautiful summit in Italy at the heart of Grand Paradis national park.

You will enjoy many exceptional panoramas and the warm welcome of the people of Vallée d'Aoste.



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OUTLINE

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

DAY 1 Departure from Saint Gervais to go to Pont small village in Italy (1,960 m) at the heart of Grand Paradis national park. You will climb to Vittorio Emmanuel II refuge (2,732 m) between larches and high mountain pastures. You may meet ibexes. Difference in height of + 770 m.

DAY 2 You will leave Victor Emmanuel refuge to climb Grand Paradis (4,061 m). A return trip. A beautiful crossing until Grand Paradis glacier where you will cross Lavaciau and Becca di Moncorve glacier (3,875 m). You will leave your skis and put on your crampons to climb the ridge that leads to the summit. You will enjoy an exceptional view before going down to the refuge. Difference in height of + 1,350 m - 1,350 m

DAY 3 From the refuge you will put on your skins to cross under Ciarforon, then you will go down to the feet of Grand Etret (2,700 m). You will be able to climb Grand Etret (3,203 m), depending on the conditions, to then go down Sevia small valley until Pont where you will savour "Pont's pasta" ! Difference in height of + 471 m – 1,243 m

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

2020 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.

PHYSICAL AND TECHNICAL LEVEL

For good skiers in good physical shape. Passes and summits with technical difficulties. 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).



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2020 RATES

Price of the group option:

480€ / person (guaranteed departure from 4 subscriptions)

Price of the private option:

2 participants : 810€ / person

3 participants : 590€ / person

The price includes:

- Supervision by a mountain guide
- Half-board in the huts
- picnicks or lunches
- 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 »

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).



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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
- Passport, insurance card, health insurance card, cash money
- 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
- Wax (OXO) and glue (Colle Tex) to re-glue your skins
- Harness with locking carabiner and 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.