



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



FIZ TOUR

In 3 days

Family trek in a limestone massif!

Come and discover all the sculptures of the karstic reliefs and spend the night in typical refuges in wild small valleys!



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OUTLINE

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

Day 1 Difference in height of + 950 m/Difference in height of – 500 m – 5-hour walking. You will leave from the chalet of Passy nature reserve in the early morning to Plaine Joux. At the junction of Aiguilles Rouges massif (a massif of metamorphic rocks) and Fiz massif (a limestone massif), the route which alternates ways with paths is lined with lakes. You will discover **a wild small valley at Col d'Anterne, where the streams will lead you to the refuge!**

Day 2 Difference in height of + 950 m/Difference in height of – 700 m – 6-hour walking. After slight warming-up exercises via Col d'Anterne, you will climb Sales small valley from waterfalls to waterfalls. The path becomes more mineral and steeper to reach Col de la Portette, then you will go down to Platé chalets where you will spend the night in front of Mont-Blanc.

Day 3 Difference in height of + 350 m/Difference in height of – 1,100 m – 4/6-hour walking. You will come back to Plaine Joux by going down Platé cliff or by making a detour via the wild route of Col de Barmerousse and Varan chalets. The view on Mont-Blanc massif and on the low Vallée de l'Arve is magnificent!

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

2020 DATES

Departures planned on July 17 and August 14.
Other dates possible on demand or for private groups.

GROUP AND GUIDANCE

Guidance is done by a qualified, local French hiking guide (State diploma)
Groups from 6 to 10 people
Already established a group ? Contact us !

TECHNICAL AND PHYSICAL LEVEL

For hikers in good physical shape without any medical counterindication for hiking with a backpack. This hike can be a first multiple-day hiking experience. Between 4 and 6 hours of walking per day, rocky and maybe even snowy surfaces are to be expected.

Backpack with your luggage for the day and your picnic. Don't hesitate to contact us if you are not sure about the required physical capacities.



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OUR ASSETS

- ✓ Discover the so special reliefs of a karstic massif
- ✓ Nights in typical and family friendly huts
- ✓ **Guaranteed departure from 6 participants**

2020 RATES

Price of the group session

295 € / person

Price of the private sessions (groups of 12 people max. per guide)

Contact us

The price includes

- guiding
- half-board in refuges or lodges
- picnicks
- Water during your meals in the huts

Le prix ne comprend pas

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

Our assets : Meet with your guide and your group the day before departure for the briefing. Picnic with local products. Group limited to 10 people to maximize exchange. Away from the "crowds".

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.



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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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LIST OF THE EQUIPMENT

Clothing :

- Hiking boots (low hiking shoes are strongly discouraged since you'll be walking on fairly rough terrain and off track)
- Hiking socks (minimum 1 pair a day)
- 1 pair of hiking shorts or trousers (clever : a pair of modular trousers)
- tee-shirts (recommended : avoid cotton – choose synthetic material for its breathable qualities)
- 1 polar fleece
- 1 hooded wind- and waterproof jacket (breathable, Gore-Tex or equivalent)
- Hat or cap for the sun / sunglasses (min. type 3) / sunscreen / lipscreen
- Beanie or headband and Fleece gloves

Accessories:

- A comfortable backpack with a hip band and a good back-supporting system (max. 30/35L)
- A 1.5L water bottle or camelbag (keep it as light as possible, but resistant)
- Knife and spoon and a cup for drinking
- snacks : dried fruits or cereal bars
- Sleeping bag liner or ultralight sleeping bag (blankets available in the refuges)
- Toilet bag: soap, lightweight towel, toilet paper, tissues, wipes, toothbrush and toothpaste...
- Plastic bags for garbage or to protect your things
- Headlight (1 for 2 people) with a new battery
- 2 hiking poles (telescopic)

Personal first aid kit

- Earbuds (ideally not the foam kind)
- blister bandages (like compeed) / other bandages / disinfecting cloths
- Pain/fever medication / digestion problems / anti-inflammatory
- PERSONAL MEDICATIONS and ALLERGY LIST or CONTRAINDICATIONS

Other :

- Valid passport or national identity card
- Money for drinks and extras
- A copy of your personal insurance covering hiking activities (name of the insurance company, polis number, procedure and emergency phone number) if you didn't opt for our insurance.

Optional :

- slippers for in the hut (sneakers are to be avoided since it's for inside use only)
- photo or video material (in a waterproof bag) with batteries and memory card
- a big trash bag to waterproof the inside of your backpack

Your backpack shouldn't be heavier than 8 kgs. Keep in mind to leave some space for your daily pick nicks.