



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  
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## **DÔMES DE MIAGE BY DURIER IN 2 DAYS 3,673 M**

The most beautiful snow ridge of the Tré-la-Tête massif,  
a legendary climb in one of the most remote areas of the Mont Blanc  
mountain range!  
Our guides' backyard!



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## PROGRAM

**The previous day** Appointment at 6.30 pm at the guides' office where you will meet your guide.

### **Day 1 Durier refuge 3,358m**

From the parking in la Gruvaz (1,150m) we take a 4x4 taxi to chalets de Miage (1,559m).

We continue to the Col de Miage through the alpine meadows: a rocky slope and a moraine up to the Plan Glacier hut (2,730m). Then we cross the glacier. Climb to the Col de Miage where the Durier refuge is located (3358 m).

About 8 hours of walking. Difference in altitude: + 2200m

### **Day 2 Dômes de Miage**

We start from the Durier refuge (3,358m) and follow the ridge of the Col de Miage until we reach a rock-climbing passage, with a difficulty of II + max. Then we reach the 5th Dôme (3,672m) via a snowy ridge. To reach the 4th Dôme, which forms the eastern peak, the highest point of the Dômes de Miage (3,673 m), we follow a mainly rocky ridge on the eastern slope with some ascents and short descents. Then a descent takes you via a snowy slope, over a wide ridge to the Col des Dômes (3,564m).

From the Col des Dômes we follow the classic crossing of the Dômes de Miage which leads to Aiguille de la Bérangère. We then descend to the Conscrits refuge (2,600m) with some nice slides on the buttocks to facilitate the descent, depending on the conditions ...

From the Conscrits we then reach the Tré-la-Tête refuge (1,920 m), via the suspension bridge or the Tré-La-Tête glacier, depending on the conditions. From the Tré-la-Tête refuge, there is the last descent to the village of Les Contamines.

About 10/12 hours of walking. + 700m -2200m.

**The guides may have to adapt the program to the weather conditions, mountain conditions and the level of the participants.**

## 2023 DATES

Group sessions: Every Saturday from June to mid-September depending on the conditions

Private sessions: Every day from June to mid-September depending on the conditions

## PARTICIPANTS AND SUPERVISION

Max. 2people per guide.

Guaranteed departure in group sessions from 2 subscriptions.

You'll be supervised by a mountain guide.



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## **TECHNICAL AND PHYSICAL REQUIREMENTS**

Mountaineering experience is required for this climb. It requires good physical preparation; it is intended for sporty people. On the second day, you will have to walk for about 6 hours, so you should prepare by practicing "cardio" during workouts. Endurance sports such as cycling, running or long walks are an ideal preparation.

Also remember that you will be hiking for 2 days with an 8-kilo backpack, which significantly increases the effort required, so if you do go out, exercise with that extra weight.

You will evolve on an unmarked mountain route, you must be aware of the dangers associated with this activity (glacier crevasses, serac falls, rock falls, avalanches, very low temperatures).

We are at your disposal to answer your questions.

## **2023 RATES**

### **Price of the group option:**

€780 / person (guaranteed departure from 2 subscriptions)

### **Price of the private option:**

1 participant: €1360

2 participants: €780 per person

3 participants: €960 per person

4 participants: €780 per person

### **The price includes**

- Supervision by a mountain guide
- Half-board at Durier
- 2 lunches
- 4x4 taxi to chalets de Miage
- Tea for the ascent and water in the huts

### **The price does not include**

- Drinks, cereal bars, and other personal expenses
- Transportation to the starting point (it is customary for the clients to transport their guide)
- Your personal insurance
- Your hiking equipment
- Everything that isn't mentioned in « the price includes »



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## **REGISTRATION AND PAYMENT**

Using the dated and signed registration form accompanied by a 30% deposit and the amount of the optional insurance. The balance must be paid 60 days before the departure date.

## **INSURANCES**

Being covered by repatriation insurance is mandatory to participate in our activities: it must cover you in the high mountains for helicopter search and rescue.

If you do not have repatriation insurance, we can offer it at a cost of €10 (€5/day). We also offer optional cancellation insurance at a rate of €24 (€12/day). This insurance does not take consider the sporting nature of our activities). The insurance brochures can be downloaded from our website.

## **RENDEZVOUS**

Meeting with the guides the day before departure at the [office in Saint-Gervais](#), at the tourist office in the centre of the village at 6.30 pm.

If you are unable to attend, please let us know, the briefing can also be done by phone.



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## **EQUIPMENT LIST**

### **Technical equipment**

- Helmet
- 35/40-litre rucksack
- Two telescopic walking poles with washers
- Harness with locking carabiner
- Ice axe
- Gaiters
- Mountain boots with stiff soles to put crampons
- Semi-automatic crampons equipped with anti-boots

You can rent the technical equipment at:

For Saint Gervais <https://blanc-sport-saintgervais.com/>  
[www.unlimited-saintgervais.com](http://www.unlimited-saintgervais.com),

For les Contamines [www.intersport-lescontamines.com/](http://www.intersport-lescontamines.com/)

### **Clothing:**

Upper body:

- Hat and headscarf or buff®
- Thermal underwear, long and short sleeves
- Thick fleece jacket or down jacket
- Thinner fleece jacket or down jacket
- Gore-Tex® jacket or similar (an insulated ski jacket is not suitable)

Lower body:

- Thermal underwear tights
- Gore-Tex® trousers or similar
- Warm socks

### **Essential equipment:**

- Glacier sunglasses (cat. 4)
- Slippers for in the refuge
- Ski goggles (in case of strong winds or snow)
- Cap
- Headlight and batteries
- 2 pairs of gloves: a thin pair and a warm pair like mittens
- Sleeping bag liner
- Sunscreen for body, face, and lips
- Thermos flask (0.5 L minimum) and energy bars or dried fruit
- Small personal first-aid kit (aspirin, compeed®, earplugs)
- Small toiletry bag (small toothpaste, toothbrush, wipes)
- Identity papers

**Do not hesitate to contact us if you would like advice on your physical preparation, the choice of your equipment or the organization of your stay.**