



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



AIGUILLE DU TOUR IN 2 DAYS

One of the easiest mountaineering climbs in the Mont-Blanc massif. Discover the high mountains, progress off the classic trails and enjoy a diversity of majestic landscapes.

Suitable for a first experience at the heart of the Mont-Blanc mountain range. The more prepared you will be, the more you will enjoy the experience.



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PROGRAM

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

Day 1 **Climb to Albert 1er refuge**

Departure from le Tour (village near Chamonix) in the morning, ascent to Albert 1er refuge (2,702 m) with the ski-lifts (total duration 1h30). Lunch in the hut and introduction to crampon techniques in the afternoon. Overnight stay at Albert 1er refuge.

Day 2 **Aiguille du Tour (3,540m)**

Ascent of the summit of Aiguille du Tour. Hiking on the glaciers and the rocky summit. You will discover a magnificent panorama on the slope of Trient and Saleinaz.

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

2024 DATES

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

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

PARTICIPANTS AND SUPERVISION

Max. 4 people per guide.

Group departure guaranteed from 3 people.

You'll be supervised by a mountain guide.

TECHNICAL AND PHYSICAL REQUIREMENTS

This climb 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.



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2024 RATES

Price of the group option:

€560 / person (guaranteed departure from 3 subscriptions)

Price of the private option:

1 participant: €1280 / person

2 participants: €760 / person

3 participants: €580 / person

4 participants: €490 / person

5 participants: €650 / person

6 participants: €580 / person

The price includes

- Supervision by a mountain guide
- Half-board at Albert 1er
- Warm lunches
- Cable car transfers

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 »

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 into account 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 \(43 rue du Mont Blanc, 74170 Saint Gervais\)](#), 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

The technical equipment is available for rent at the following partner stores:

For Saint Gervais : <https://blanc-sport-saintgervais.com/> www.unlimited-saintgervais.com,

For les Contamines : www.intersport-lescontamines.com/

Clothing:

- ☐ 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)
- ☐ 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
- ☐ A thin sleeping bag
- ☐ 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, insurance papers, health insurance card

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.