



Compagnie des guides  
SAINT-GERVAIS  
LES CONTAMINES  
— Organisation —

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# DÔME DES GLACIERS IN 2 DAYS

An ideal introductory climb, far from the ski lifts in a secluded atmosphere.

Between Beaufortain, Tarentaise and the Mont Blanc massif, on the French-Italian border.



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## PROGRAM

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

**Day 1** Departure from Saint Gervais, to reach the hamlet of Chapieux (1,550m) (about 1.5 hours drive) at the start of the Vallée des Glaciers, at 1960m. Ascent to the Robert Blanc mountain hut (2,750m). Height difference: + 790m - About 2h30 walking

**Day 2** Early morning departure for the ascent of the Dôme des Glaciers (3592 m): snow trail. Height difference: + 842 / - 1632m - About 6 to 8 hours of walking.

**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 Friday from mid-June to mid-September depending on the conditions.

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

## SUPERVISION AND PARTICIPANTS

Max. 4 people per guide.

Group departure guaranteed from 3 people.

You'll be supervised by a mountain guide.

## PHYSICAL AND TECHNICAL 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.

## 2024 RATES

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

€480 / person (guaranteed departure from 3 subscriptions)

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

- 1 participant: €1200 / person
- 2 participants: €680 / person
- 3 participants: €490 / person
- 4 participants: €410 / person
- 5 participants: €570 / person
- 6 participants: €490 / person

### **The price includes**

- Supervision by a mountain guide
- Half-board at Robert Blanc
- 1 lunch and 1 picnic
- Water in the hut

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

- Drinks, cereal bars and other personal expenses
- Transportation to Chapieux and back (it is customary for clients to transport the 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 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 \(43 rue du Mont Blanc, 74170 Saint-Gervais\)](#), 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.

## 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](http://www.unlimited-saintgervais.com),

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

### Clothing:

- ☐ Hat and headscarf or buff®
- ☐ Thermal underwear, long and short sleeves (no cotton)
- ☐ 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)
- ☐ Light hiking shoes (optional)
- ☐ Ski goggles (in case of strong winds or snow)
- ☐ Cap
- ☐ Headlight with new batteries
- ☐ 2 pairs of gloves: a thin pair and a warm pair like mittens
- ☐ Sleeping bag liner (blankets or duvets available in the huts, and the liner can be rented in the hut)
- ☐ Sunscreen for body, face and lips
- ☐ Thermos flask (0.5 L minimum)
- ☐ Energy bars or dried fruits
- ☐ Small personal first-aid kit (aspirin, compeed®, elastoplast®, earplugs)
- ☐ Small toiletry bag (small toothpaste, toothbrush, wipes)
- ☐ Identity papers, insurance papers, health insurance
- ☐ Cash for extra expenses in the hut (drinks, sleeping bag liner, snacks)

**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.**