



Compagnie des guides
SAINT-GERVAIS
LES CONTAMINES
— Organisation —

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GLACIER HIKE 3,600 M

From Pointe Helbronner (3,462 m) in Italy.

Glacier hike with little difference of height at the heart of Mont-Blanc massif on the high glaciers of Mer de Glace. Perfect for a first mountaineering experience.

PROGRAM

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

Day 1 Departure from St-Gervais in the morning to get to Entrèves village (1,224 m) in Italy (near 50 minutes by car). From there you will take Pointe Helbronner cable-car (3,462 m) and then you will go for a walk into Combe Maudite. You will go to the foot of Tour Ronde. This glacial hiking at the heart of the high-altitude mountains is perfectly suitable for a first experience. Snow climb. You will come back with the cable-cars in the afternoon.

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

2024 DATES

Group sessions: Every Friday from June to October depending on the conditions.

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

PARTICIPANTS AND SUPERVISION

Max. 6 people per guide. Guaranteed departure in group sessions from 3 subscriptions. You'll be supervised by a mountain guide.

PHYSICAL AND TECHNICAL LEVEL

The climb requires a good training and is addressed to sports people. You'll have to prepare.

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).

2024 RATES

Price of the group option:

240€ / person (departure from 3 subscriptions)

Price of the private option :

580€ for 1 person

2 participants: 340€ / person

3 participants: 250€ / person

4 participants: 210€ / person

5 participants: 190€ / person

6 participants: 165€ / person

7 participants : 225€ / person

The price includes:

- Supervision by a mountain guide
- Skyway cable car
- Mont-Blanc tunnel fee
- snowshoes and walking poles
- harness, helmet and avalanche beacon.

The price does not include:

- Drinks, cereal bars and other personal expenses
- Your personal insurance
- Transportation from Saint Gervais to Entrèves in Italy
- 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 €5 (€5/day). We also offer optional cancellation insurance at a rate of €12 (€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
- ☐ 30/35-litre rucksack
- ☐ telescopic walking pole with washer
- ☐ Harness with locking carabiner
- ☐ Ice axe
- ☐ 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 or scarf
- ☐ Modern fibre underwear
- ☐ Thinner fleece jacket or down jacket
- ☐ Gore-Tex jacket
- ☐ Modern fibre leggings
- ☐ Waterproof pants
- ☐ Warm socks

Essential equipment:

- ☐ Glacier sunglasses
- ☐ Cap
- ☐ A pair of light gloves
- ☐ A pair of warm gloves (mittens for example)
- ☐ Sunscreen and labial screen ultra protection
- ☐ Energy bars and water or hot drink in a thermos flask
- ☐ Small pharmacy (aspirin, blister bandages)

Do not hesitate to contact us if you need some advice for your physical training, the selection of your equipment or the organization of your trip.