



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



## CHAMONIX-ZERMATT SKI TOUR in 6 days

The most prestigious ski raid connecting the 2 ski and mountaineering capitals!

A 6-day high mountain trip through remote mountain areas, following in the footsteps of the pioneers.



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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** **Argentière refuge**

As the Grands Montets cable car is still closed, we go up with the Plan Joran cable car, then to Bochart and then cross the Lognan glacier to climb to the Rachasses pass, where we take the usual route. The guide will be checking the technical abilities of the participants during the climb. Overnight stay in the Argentière mountain hut (2771m).

Difference in altitude: + 250m / - 700m.

### **Day 2** **Trient refuge**

Departure in the morning from the refuge: we pass either Col du Chardonnet (3323 m) and window of Saleina (3300 m), or Col du Passon (3028 m) and the upper Col du Tour (3296 m) to reach the Trient Hut (3170 m) by crossing the glacier of the same name. Overnight stay in the Trient hut. Difference in altitude: + 1020m / - 300 m.

### **Day 3** **Cabane de Prafleuri**

Descent on the right bank of the Trient glacier to the Col des Ecandies (2796 m) and then a magnificent descent into the Val d'Arpette to Champex (1470 m). Bus transfer Champex - Le Châble and cable car to Mont Gelé (3023m). From Col de Momin (3000 m), we cross under the Rosablanc to the Prafleuri hut (2662 m). Overnight stay in the Prafleuri hut.

Height difference: + 500 m / - 2100 m

### **Day 4** **Cabane des Dix**

We climb to Col des Roux (2804m) and then descend via a long crossing to Lac des Dix (2386m). Climb through the Pas du Chat to reach Cabane des Dix (2925m). Overnight stay in Cabane des Dix. Height difference: + 680 m / - 410 m

### **Day 5** **Cabane des Vignettes**

Beautiful glaciers today: ascent of Pigne d'Arolla (3796m) via the glacier of Tsena Refien, the highest point of the tour. Descent to the Cabane des Vignettes (3158 meters).

Overnight in Cabane des Vignettes.

Height difference: + 950 m / - 400 m

### **Day 6** **Zermatt**

From Vignettes hut you will get to Col de l'Evêque (3,392 m) to slightly go down to Col du Mont Brulé (3,578 m). Descent to Zermatt (1,608 m) via Col de Valpelline (3,568 m) and Stockji glacier. You will come back to Chamonix by taxi. Difference in height of + 566 m/ - 2,116 m.

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



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## 2024 DATES

Group sessions :

- Sunday March 10<sup>th</sup>
- Sunday March 24<sup>th</sup>
- Sunday March 31<sup>st</sup>
- Sunday April 21<sup>st</sup>

Private sessions: other departures are possible on demand, depending on the conditions and the availability in the huts.

## SUPERVISION AND PARTICIPANTS

5 people maxi per guide.

Guaranteed departure from 5 people.

You will be supervised by a mountain guide.

The number of participants per guide can be revised downwards depending on the conditions.

## TECHNICAL AND PHYSICAL REQUIREMENTS

For good skiers in good shape. We are going to be crossing passes and summits, some of them slightly more difficult from a technical point of view. It's recommended having some experience in skitouring and it's necessary to be able to ski on every type of snow.

Do not hesitate to contact us if you have any questions.

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 session**

€1740 / person

### **Price of the private sessions**

1 participant: € 4980

2 participants: €2980 per person

3 participants: €2350 per person

4 participants: €1950 per person

5 participants: €1780 per person

6 participants: €2350 per person

### **The price includes**

- Supervision by a mountain guide
- Half-board in the huts
- Lunches or picnicks
- Transportation and ski lifts during the raid
- Taxi from Zermatt back to Argentière



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### The price does not include

- Drinks, cereal bars, and other personal expenses
- Transportation to the starting point
- Your personal insurance
- Your 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 €30. We also offer optional cancellation insurance at a rate of €72 (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.



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## EQUIPMENT LIST

### Technical equipment

- 45-litre rucksack with ski-carrying feature
- Two telescopic walking poles with washers
- Harness with locking carabiner
- Tourski's with skins (in good shape) with crampons (knives)
- Tourski boots
- Tourski skins for your ski's (rounded cut at about 5cm from the tail)
- Crampons
- Avalanche beacon, probe and shovel

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
- 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)
- Plastic bags to protect your equipment
- 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
- Insulated drinking bottle (1 L minimum) and energy bars or dried fruit
- Small personal first-aid kit (aspirin, compeed®, earplugs, toilet paper)
- Small toiletry bag (small toothpaste, toothbrush, wipes)
- Identity papers and insurance card, swiss francs for in the huts

**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.**