



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



ASCENT OF GRAND PARADIS IN 2 DAYS 4,061 M

At the heart of the Italian nature reserve and 1h30 away from Saint Gervais, Grand Paradis is an attainable summit for a first mountaineering experience.

As a legendary Italian summit, that not very technical snow climb will enable you to discover the most beautiful landscapes of the Alps. The more prepared you will be, the more you will enjoy that unforgettable experience.



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OUTLINE

The previous day Appointment at 6.30 pm at the guides' office where you will meet your guide. If you cannot be there the guide will give you all the information by phone.

Day 1 Departure from Saint-Gervais village in the morning, meal at Bergerie de Pont in Valsavarenche (1,960 m), then a two-and-a-half-hour walking to reach Vittorio Emmanuele refuge (2,732 m), night spent at the refuge.

Day 2 Ascent of the summit of Gran Paradiso (4,061 m), near 5 hours from the refuge. Snow change on the glaciers and the rocky summits. Meal at the refuge and descent into the valley. Between 7 and 9 hours in total.

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

2020 DATES

Group sessions: Every Tuesday from 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. 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 be walking for 6 hours on the second day, so you'll have to prepare and practice cardio during your endurance trainings. (biking, running, ...)

Don't forget that you'll be walking with a 8 kilograms backpack, this increases the amount of effort needed to walk, be sure to be training with this extra weight.

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).

2020 RATES

Price of the group option:

440€ / person (guaranteed departure from 3 subscriptions)

Price of the private option:

1 participant: 1015€

2 participants: 560€ / person

4 participants: 380€ / person

5 participants: 470€ / person



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The price includes

- Supervision by a mountain guide
- Half-board at refuge Victor Emmanuel
- 2 lunches in the hut
- Mont-Blanc tunnel fee

The price does not include

- Drinks, cereal bars and other personal expenses
- Transportation to the starting point
- Your personal insurance
- Your hiking equipment
- Everything that isn't mentioned in « the price includes »

Our assets: We carry the minimum of picnics on our backs, we have them prepared by the refuges. Mineral water is included in the huts. We prefer small groups.

REGISTRATION AND PAYMENT

Thanks to the registration form dated and signed and with the 30% deposit, plus the optional insurance coverage amounts. The balance will be paid 30 days before the departure date. Having repatriation help service coverage is compulsory to attend our trips. If you do not have one, we can offer you one.

APPOINTMENTS

The appointment takes place the day before the departure at 6.30 pm at the guides' office. You can book a hotel room on the spot through us.

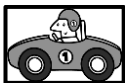
In Saint-Gervais :

The guides' office is in the tourist information centre of Saint Gervais in the centre of the village.

In Contamines :

The guides' office is in the city centre, next to the tourist information centre, in ESF premises.

To get to Saint Gervais or to Contamines :



Motorway A 40, exit 21. From the exit 21 : 6 km to Saint-Gervais, 18 km to Contamines.



Saint-Gervais/ Le Fayet train station. 4 km from Saint-Gervais city centre, 13 km from Contamines city centre. Transports by taxi or bus are possible (to be booked upfront).



Airports of Geneva (1h), Annecy-Methey (1h), Lyon Saint-Exupéry (2h). Shuttles and cabs are possible from the airports (upfront booking compulsory for the shuttles).



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LIST OF THE EQUIPMENT

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
- Sleeping bag liner (blankets are available in the hut)

You can rent the technical equipment at : www.twiner-saint-gervais.fr and www.unlimited-saintgervais.com for Saint Gervais, www.intersport-lescontamines.com/ for Contamines. For the entire technical pack (helmet, ice axe, harness, boots and crampons) please count on about 25 € per day.

Clothing:

Upper body :

- Hat and headscarf or balaclava
- Modern fibre underwear, long and short sleeves
- Thick fleece jacket or down jacket for the bottom of the bag
- Thinner fleece jacket or down jacket
- Gore-Tex jacket (the ski anorak is not adapted)

Lower body :

- Modern fibre tights
- Gore-Tex trousers
- Warm socks

Essential equipment :

- Glacier glasses
- Cap
- 2 pairs of gloves : a thin pair and a warm pair like mittens
- Sun cream and labial screen ultra protection
- Thermos flask of tea (0.5 L minimum) and energy bars
- Small personal first-aid kit (aspirin, second skins)

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.