

LEVEL 1 MOUNTAINEERING IMPROVEMENT TRAINEESHIP

This 'mountaineering improvement' traineeship is the main factor underlying the technical image of Montagne Expeditions

Throughout the years, we focused on the main defaults affecting beginning mountaineers. This internship will allow you to deepen your formation and acquire a sufficient autonomy level by training on the most beautiful summit of the Mont Blanc massif. A guide will accompany you during the whole week in order to guide you towards independence and to introduce you to the sumptuous decors of the Mont Blanc massif.

A more educational aspect of mountaineering will be offered to you thanks to specialized mountain schools. They will complete the lessons given in the mountains with advice and technical topics.

 Region	France
 Activity	Alpinism Summer
 Duration	5 days
 Group	4 to 4 people
 Code	ASPA1
 Price	From €1,095
 Level	4/5
 Comfort	3/5
 Language(s)	French

ITINERARY

📍 Day 1 **Traineeship program**

The guide will decide of the week's program depending on the following criteria :

- Participants' level, treks already achieved and those you dream of doing
- Altitude acclimatization notion is still present
- Difficulty & engagement increasing program
- Mountain conditions and forecasted weather

Indicative list of possible courses :

- Pointe d'Orny, aiguille de la Cabane
- Aiguille du Tour = NW, couloir de la table
- Éperon de Bayère
- Petite Aiguille Verte = Arête de la Demi Lune, NW
- Petits Charmoz = Traversée, éperon SW
- Aiguille de l'M = NW
- Aiguille du Moine = NW
- Aiguille du midi = Cosmiques ridge
- Pointes Lachenal = Crossing
- Tour Ronde = Freshfield ridge, NW
- Aiguille Croux = Ottoz way
- Dôme de Miage = NW back and forth
- Aiguille de la Persévérance = South ridge
- Le Belvédère = NW
- Aiguille des Crochues = Crossing
- Via corda, Via ferrata = Les Mottets, La Curalla, Les évettes
- Ice school : le Tour, Argentière, Mer de Glace
- Snow school : plan de l'aiguille, Grands Montets, Aiguilles rouges, Col du Midi
- Climbing school : Chézerys, Duchère, La Colombière, Contreforts du Jalouvre, les Gaillands

NW = normal way

📍 Day 2

📍 Day 3

📍 Day 4

📍 Day 5

ITINERARY CHANGE

The program can be modified by your guide due to weather conditions or participants physical conditions. For safety reasons and to ensure a uniform level corresponding to the one announced, the supervision and organisation boards have the right to interrupt your participation if your technical or physical level are lower than the one required. The interruption will not give you any right of refund or payment of compensation.

DATES & PRICES

Departures for French-speaking groups:

From	To	Price per person	Guaranteed	Booking
24/06/2024	28/06/2024	€1,195	No	
08/07/2024	12/07/2024	€1,195	No	

Trip code: ASPA1

Included

- A deposit of 30% of the trip's price will be needed during the booking, the whole price must be paid at least 30 days before departure.
- The technical organization of the stay
- Mountaineering with high-mountain guides
- Collective equipment provided
- Half-board accommodation in refuges, cottages and lodges
- Lunch picnics

Not included

- Cable cars
- Individual technical equipment
- Snacks: dried fruits, cereal bars, chocolate bars, etc ..
- All the drinks and personal expenses in refuges
- Insurance and assistance
- Application fees
- Anything that is not mentioned in the "price includes"

International flights

If you wish, we can take care of booking your international flights to the closest airport of your destination.

Terms and conditions

Subscription

Subscribe to one of our activities or travels means accepting general sales conditions. Each client must fill a subscription form, which will be accepted only after the payment of a deposit accounting for 30% of the travel's price and according to the availability. If you subscribe less than 30 days before the trip, you must pay the whole price during the subscription. You can pay by bank transfer (SWIFT/IBAN) or with your credit card directly through our website (available soon). A booking confirmation will be sent to you by e-mail very soon.

Invoice procedure

Once your booking is registered, we will send you an email containing the invoice. Full payment is required at least 30 days before your arrival. If the customer does not settle the payment of the travel price within the period agreed upon, Altaï Alpes has the right to cancel the booking free of charge.

Cancellation policy

If for any reason, you decide to withdraw from a journey, the amount already paid will be refunded subject to the following exceptions:

- More than 30 days before departure, you will be charged for the amount of 50€
- From 30 to 21 days before departure, you will be charged for the amount of the deposit (30% of the trip's price)
- From 20 to 14 days before departure, you will be charged for 50% of the trip's price
- From 13 to 7 days before departure, you will be charged for 75% of the trip's price
- Less than 7 days before departure, you will be charged for the whole trip's price

Particular case :

Whatever the cancellation or contract change date, the following fees will be added to the charges above:

- Airline fixed costs: plane tickets are bought in advance to avoid too high airline prices, however they are non refundable in case of cancellation or plan changes. In that case, the charges above apply to the price of your trip without the plane ticket's price
- Ground fixed costs: you will be charged for the fees that were paid early
- Insurance fees: Insurance fees will not be refunded if you have subscribed to a multi-risk or cancellation insurance. The specific conditions will be written on your subscription confirmation. If you have no choice but to cancel your trip before departure, you must inform Montagne Expeditions and your insurance provider with a written statement as soon as possible, you will get a receipt.

The receipt date will be taken as the cancellation date to charge cancellation fees.

If Montagne Expeditions has no choice but to cancel a group travel due to an insufficient number of participants, the decision will be taken and the clients informed at least 31 days before departure. Altaï Alpes can also cancel a departure due to exceptional events threatening participants safety (social events, strikes, weather conditions). In that case, the trip's price will be fully refunded but the participants will not get any compensation.

Changes to travel contract

If any change in travel contract is made at the customer's request, the customer shall pay any fee that might arise from this change. In any case, every request for changes shall be notified in writing. In case of external events that could not be foreseen, Altaï Alpes might change some aspects of the travel contract. We will inform you of any changes as quickly as possible.

Pricing

All group travel prices on our website have been calculated for the indicated number of participants for each trip. The price list is confirmed after the booking. If the number of participants is lower than expected, an additional payment charge might be applied. For each travel and program, we mention the price per person – valid for the minimum number of participants – and we provide you with detailed explanations about the services included or not. Any change in the exchange rates or in the price of travel services in particular regarding the cost of the fuel, might entail price revision.

Contract transfer

In case of contract transfer by the customer to an assignee, modification and cancellation conditions apply.

Insurance

We recommend you to get your personal insurance before your departure to cover the activities undertaken by Montagne Expedition. If you have not purchased any of our insurances, we ask you to email us your insurance contract information (company, contract name, contract number, phone number) and bring those information with you on your trip.

PRACTICAL INFO

Staff

This trip is supervised by a qualified High Mountain Guide whose main objective is to train you in basic technics and to enable you to complete a safe and successful trip.

Food

Meals

- Lunch picnics
- Diners : meals prepared by shelter keepers
- Take some race food according to your own tastes (cereals bars, chocolate bars, dry fruits,...).

Drinks

- Water is not for free in refuges (from 5 to 8 euros one bottle). We advise you to bring some water purification tablets (Aquatabs or Micropur) in order to drink tap water.
- Personal drinks are not included in the trip's price
- Bring cash for coffees, fruit juices, coke or beers during breaks... Shelters usually don't accept bank card payments and Euros.

Accommodation

- Every refuges of this itinerary are comfortable and warm. Dormitories are equipped with blankets for the night (plan to bring your personal bed sheet for hygiene reasons).
- Slippers are at your disposal : no need to bring trainers.
- We advise you to bring protection against noise (ear plugs).
- A few electrical plugs are available in refuges, but plan to bring an external battery to charge your camera and switch off your phone during the day.

Transportation

Access :

- By train : SNCF Saint Gervais les Bains le Fayet train station then the touristic Mont Blanc Express TER to Chamonix.
Timetable and prices on : www.voyages-sncf.com
- By road : A40 "Autoroute Blanche" to Chamonix

Dispersion :

- In the end of the afternoon in Chamonix (74)

Lodge before or after the trip :

- Le CAF du Tour starting from the end of March (<http://chaletdutour.ffcam.fr/>), half-board from 42€. Véronique prepares everything herself with organic products. It is our favorite lodge for small budget (20min drive from Chamonix).
- L'hôtel des Campanules (www.hotel-campanules.com), night from 49€. This hotel is easily accessible thanks to the train station of Les Houches. Accommodation near the city center of Chamonix
- Gîte le Chamoniard Volant (<http://www.chamoniard.com/>), night from 20€.
- L'hôtel du Prieuré*** (www.prieurechamonix.com/fr/index.php)
- L'hôtel Héliopic**** (www.heliopic-hotel-spa.com)
- Le Gustavia*** (<http://www.hotelgustavia.eu/>): in front of the central train station of Chamonix.

Budget & exchange

France is in the Eurozone. Therefore, the unit of the currency is the Euro.

Credit cards and debit cards are very useful for cash advances (but don't forget to bring your PIN number!).

Refuges often don't have EPT (Electronic Payment Terminal): it is best to bring cash.

Be aware of the fees usually applied when purchasing products or services on a credit card.

Always take more rather than less, as you don't want to spend your trip constantly feeling short on funds.

As currency exchange rates can often fluctuate, we recommend to check the following website for daily exchange rates: <https://www.xe.com/>

Tips

Clients usually pay for the guides' drinks : you might find it practical to make a group kitty at the beginning of your stay (no obligation).

Supplied equipment

- Collective equipment (ropes)
- Slippers and blankets while in refuges

Vital equipment

- High Mountain shoes with rigid soles
- Climbing shoes
- Ice axe, crampons, harness, helmet
- 1L water bottle
- 1 bed sheet
- Survival blanket
- 1 headlamp with extra batteries and bulbs
- Pocket knife
- 1 pair of gaiters
- A small toiletry bag (strict minimum)
- Sunscreen (face and lips)
- A bag protector in case of rain (non mandatory)

If you are used to practicing rock climbing, don't hesitate to bring your own technical equipment.

Material

- Bonnet
- Hat or cap
- Glacier sunglasses + ski goggles
- 1 pair of warm gloves or mitains
- 1 pair of fleece gloves
- 2 or 3 technical underwear long sleeve shirts
- 1 windstopper, breathable and waterproof jacket type Goretex
- 1 pair of comfortable mountain trousers
- 1 pair of technical breathable tights
- 2 pairs of socks : 1 thick and 1 thin

Luggage

You will carry all of your belongings and your technical equipment in a 40L alpinism backpack.

Medicine

Your guide has a pharmacy of first urgency.

Plan with your doctor your personal pharmacy:

- Personal medicine
- Pain reliever (preferably paracetamol)
- Double skin
- Elastoplast
- Local disinfectant
- Anti-inflammatory
- Antispasmodic

- Anti-diarrheal
- Anti-vomiting
- Intestinal antiseptic
- Eyewash
- Light sleeping pills
- Earplugs
- Broad spectrum antibiotic
- Vitamins C

Non-exhaustive list.

Passport

Please make sure your passport and travel documents are valid.

Visa

- Up to 90 days visit in France : citizens from most countries do not need a visa to visit France.
- Over 90 days visit in France : non-EU or non-EFTA citizens must have a visa to visit France over 90 days.

For further information, please check the following website : <https://france-visas.gouv.fr/>

Identity card

For EU citizens, you can use your identity card to travel to France.

Mandatory vaccines

There are no mandatory vaccines needed to travel to France.

Health information & recommendations

For this trip, you must be fit : you can train with other sports such as running, cycling, swimming or sportive walk. To have a reasonable chance of success, a high degree of fitness and stamina, some previous experience of altitude is highly recommended.

For more information about our trips' levels, please go to the "Level" section of our website.

Training advices to check with your general practionner : six months before departure, try to do at least 1 to 2 endurance sport sessions a week (each one must last at least one hour) and do a 6 hours trekking during the week-end with an elevation of 400m/hour during three hours. Three months before departure, try 2 to 3 endurance sport sessions a week and increase your trekking time during the week end from 7 to 8 hours.

Please inform us of any health issues : allergy, diabetes, asthma, or old strokes...

Weather

The weather in the French Alps varies up and down the mountain chain. It is a mountainous region between 800 and 4000 meters, so altitude plays a big part in the local weather.

As you climb higher into the mountains it gets 1 degree cooler every 100 meters. It is the case all year around but other factors such as temperature inversions and winds influence the climate. The sun plays a very important role too. In the winter, when the sun is lower in the sky, some lower or north facing valleys are blocked from the sun by mountains for a large part of the day and are colder.

Keep in mind that weather conditions are unpredictable. Therefore, the trip organization can me modified for your safety.

Electricity

There will be electricity in most places you will stay. If you are scared to run low on battery, we advise to bring an external battery charger.

Power plugs in France have the particularity of being male and female at the same time : they have 2 prongs and a receptacle. If

you need an adapter, please purchase it before departure.

In France the power plugs and sockets are of type E. The standard voltage is 230 V and the standard frequency is 50 Hz.

Local time

France is in the Central European Time Zone. Central European Standard Time (CET) is 1 hour ahead of Greenwich Mean Time (GMT+1).

Like most states in Europe, Summer Time (Daylight-Saving) is observed in France, where the time is shifted forward by 1 hour; 2 hours ahead of Greenwich Mean Time (GMT+2).

After the summer months, the time in France is shifted back by 1 hour to Central European Time (CET or GMT+1).

Sustainable tourism

We do our best to offer trips subscribed to the principles of responsible and sustainable tourism. Our aim is to allow visitors to discover the many facets of France by taking you off the beaten path and getting you in touch with its nature and residents, while ensuring that your visits do not have a negative effect on its natural environment and people.

- Most of our accommodations are run by locals, thus ensuring that the largest part of the revenue generated through your trip will stay within the region.
- France is known for its exquisite cuisine. The art of cooking and the joy of eating are part of everyday life. Each region has its particular foods and flavors which we would like you to explore and appreciate.
- Water is a precious and rare good. Our team and those travelling with us are thus advised to use it with consideration and avoid excessive water use where possible.
- Please try to recycle your waste whenever possible, even though recycling may not be a well-known concept in all areas.
- Be cautious and respectful when hiking. Make sure to wear suitable footwear and avoid picking flowers, moving stones or lighting fires.