

LEVEL 2 MOUNTAINEERING IMPROVEMENT TRAINEESHIP

This traineeship is addressed to experienced participants wishing to improve their skills thanks to precious advice from Montagne Expédition guides.

An educational and technical program that will allow you to adventure yourself on the most beautiful summits of the Mont Blanc massif. Autonomy will be the key word of this improvement traineeship. The intended itineraries are much longer and technical than the level 1 of the improvement traineeship. We demand from each of the participants to take initiatives. The technical level rises, the physical training too in order to enable significant ascents.

The program will be chosen with the trainees at the beginning of the trip and will be adaptable depending the the group's level and weather conditions.

 Region	France
 Activity	Alpinism
	For experienced climbers
 Duration	5 days
 Group	4 to 4 people
 Code	ASPA2
 Price	From €995
 Level	3/5
 Comfort	3/5
 Language(s)	English

ITINERARY

📍 Days 1 to 5 **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 :

- Les Perrons = Crossing

- Praz Torrent = Parat-Seigneur way
- Aiguille d'Argentière = NW, Flèche Rousse ridge
- Aiguille du Chardonnet = Forbes ridge
- Les Courtes = Crossing
- Aiguille de Blaitière, Nabot Léon way
- Aiguille du Midi, Eperon des Cosmiques = Rébuffat way
- Mont-Blanc du Tacul = Goulotte Chéré
- Pointe Adolphe Rey = Salluard way
- Tour Ronde = Couloir Gervasutti
- Chapelle de la Glière = South ridge
- Pointe de Dran, Woody Wood Pecker way
- La Mamule, Tonneaux des Danaïdes way
- Pointe du Midi, l'Année des Treize Lunes

NW = normal way

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

International departures:

No departure for now

Trip code: ASPA2

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

Booking conditions

Booking one of our activities or trips implies acceptance of the terms and conditions. Each customer must complete a booking form. Bookings are only accepted upon payment of a deposit amounting to 35% of the total cost of the trip, subject to availability. If you register less than 35 days before departure, the full cost of the trip must be paid upon registration. You can make your payment by bank transfer (SWIFT/IBAN) or by credit card directly on the website. A confirmation of your registration will be sent to you by email as soon as possible.

For any registration made less than 6 months before the departure date, your registration will only be confirmed once availability has been confirmed with the mountain huts.

Invoice procedure

The balance must be paid at least 35 days before your arrival date. If the balance has not been received by this deadline, Montagne Expédition reserves the right to cancel the booking without compensation.

You will receive your invoice on the day of your departure.

Cancellation policy

Cancellation on your behalf:

If, for any reason whatsoever, you need to cancel your trip, the sums you have paid will be refunded subject to the following deductions:

You must notify us of your decision to cancel in writing, using a method that provides proof of receipt, and the date of receipt of this correspondence will determine the date of your cancellation.

If you cancel your trip, for any reason whatsoever, the sums you have paid will be refunded subject to the following deductions:

If your cancellation occurs:

- More than 31 days before departure: 30% of the total cost of the trip (excluding insurance).
- Between 30 and 21 days: 40% of the total cost of the trip (excluding insurance).
- Between 20 and 14 days before the departure date: 50% of the total cost of the booking (excluding insurance).
- Between 13 and 7 days before the departure date: 75% of the total cost of the booking (excluding insurance).
- Less than 7 days before the departure date: 100% of the total cost of the booking (excluding insurance).

Special cases, regardless of the date of cancellation or contract amendment: these charges are in addition to the scale above:

- Fixed land-based charges: charges incurred at an early stage for firm bookings will be invoiced to you in the event of cancellation (e.g. bookings for certain mountain huts)
- Insurance and registration fees: regardless of the insurance taken out, the insurance premium and registration fees are due and are non-refundable. If you have taken out comprehensive insurance, the amounts deducted will be reimbursed by the insurer in certain cases (notably illness, accident, death, etc.).

Comprehensive insurance comes into effect from the day you register and purchase your insurance.

Cancellation on our behalf:

Montagne Expédition may be required to cancel a trip at no cost to you:

- if the minimum number of participants required to guarantee the trip is not reached;
- due to exceptional and unavoidable circumstances relating to mountain conditions, and in particular for reasons relating to the safety of our clients;

In the latter case, Montagne Expédition will offer alternative arrangements. If no alternative solution is possible, Montagne Expédition will refund the customer for the services not provided, without the customer being entitled to any further compensation.

You will be informed of the cancellation as soon as possible and no later than:

- 30 days before the scheduled date for a self-guided or exclusive trip;
- 20 days before the departure date for trips requiring a minimum number of participants and lasting more than 6 days;
- 7 days before the start of the trip or holiday in the case of trips lasting between 2 and 6 days;
- 48 hours before the start of the trip or holiday in the case of trips lasting no more than 2 days.

In the event of total or partial cancellation of the holiday by Montagne Expédition due to circumstances jeopardising the safety of customers (such as adverse weather conditions in the mountains), Montagne Expédition will refund the customer for services not provided, without the customer being entitled to any further compensation.

For safety reasons and to ensure a consistent standard in line with that advertised, the management and organisers reserve the right to terminate your participation if your technical ability and/or physical fitness do not meet the required standards. Under no circumstances will such termination give rise to a refund or payment of compensation.

Changes to travel contract

Should the customer make any changes to a trip that result in costs for Montagne Expédition, these costs shall be borne by the customer. In all cases, any changes must be made in writing.

Montagne Expédition may amend elements of the travel contract if circumstances beyond our control arise (weather conditions or other factors) that could jeopardise the safety of participants, the accessibility of the activity areas, or are linked to an order from an administrative authority.

Where Montagne Expédition modifies the programme (meeting time, duration, location, ascent, etc.) of the trip for the reasons cited above, customers are required to accept the proposed programme modification. Montagne Expédition will reimburse the customer for any services not provided, without the customer being entitled to claim any further compensation.

Should the customer refuse the replacement services, such refusal may be treated as a cancellation initiated by the customer.

It is noted that it will not always be possible to offer equivalent services given the specific nature and unique character of certain trips.

For example, on a trip including an attempt to climb Mont Blanc, if it is impossible to climb Mont Blanc for the reasons mentioned above, we will, where possible, offer you an alternative climb in the surrounding mountain ranges (Monte Rosa, Gran Paradiso, etc.), which you are obliged to accept.

Pricing

For group trips, the prices listed on the website have been calculated and are valid for the specified number of participants for each trip.

If the number of participants falls below the minimum required to guarantee the trip goes ahead, a small-group supplement may be offered to ensure the trip proceeds. You may decline this small-group supplement and cancel free of charge if necessary.

For all holidays or programmes, we state the price per person, valid from a certain number of participants, and we detail the services included and not included in this price.

Contract transfer

In accordance with Article R.211-7 of the Tourism Code, you may transfer your contract to a transferee who meets the same conditions as you for undertaking the trip, provided that the contract has not yet taken effect. You must inform Montagne Expédition of your decision by any means that provides proof of receipt, no later than seven days before the start of the trip. In the event of a contract transfer, the transferor and/or the transferee are required to pay in advance the costs incurred by the transfer, which will be communicated to you by your advisor. The transferor and the transferee are jointly and severally liable for payment of the balance of the price as well as any fees, charges or other additional costs that may be incurred by this transfer.

Insurance

We recommend that you take out insurance before your departure to cover the activities undertaken with Montagne Expédition. Details of the insurance options available can be found on this page: <https://montagne-expedition.com/fr/assurance>

If you do not take out one of our insurance policies, we ask that you kindly email us the details of your insurance policy (name of the company, policy name, policy number, telephone number) and carry this information with you during your stay.

Altaï France (licence no. IM013110005) has taken out professional liability insurance with HISCOX under policy number PROV857693, whose registered office is at Hiscox France, 49 Avenue de l'Opéra, 75002 Paris.

If Altaï France or one of its retailers becomes insolvent, the amounts paid will be refunded.

If Altaï France or one of its retailers becomes insolvent after the start of the package, or if the transport included in the package is affected, the repatriation of travellers is guaranteed.

Altaï France has taken out insolvency protection with: GROUPAMA ASSURANCE

PRACTICAL INFO

Staff

Your trip will be supervised by a high-mountain guide who will teach you technical elements needed for the good progress of your stay. He may need to modify the program in order to ensure safety regarding weather conditions and participants physical conditions.

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.

If you have any questions concerning a trip to France or if you're wondering what vaccines you might need for your trip, take an appointment with your local clinic and travel doctor. You can call Passport Health at 1-888-499-7277.

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.

Training advices to check with your general practitioner : 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 be 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.