

# 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	ASPA
💰 Price	From €1,390
🧑 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
24/06/2025	28/06/2025	€1,390	Yes	
17/07/2025	21/07/2025	€1,390	Yes	
12/08/2025	16/08/2025	€1,390	No	
02/09/2025	06/09/2025	€1,390	No	

Trip code: ASPA

### 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 a trip with Montagne Expedition implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

#### Invoice procedure

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. Montagne Expedition reserves the right to cancel your booking, free of charge, if this deadline is not respected.

#### Cancellation policy

If for any reason you have to cancel your trip, Montagne Expedition requires written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained

- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

**Please note that fees apply according to the date Altai Canarias receive your cancellation or modification request in writing**

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

### **Changes to travel contract**

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Montagne Expedition may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

### **Pricing**

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Montagne Expedition reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

### **Contract transfer**

If you are unable to travel for any reason with Montagne Expedition, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

### **Insurance**

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We strongly recommend that you take out personal travel insurance for your trip with Montagne Expedition as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

## 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](http://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](http://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](http://www.prieurechamonix.com/fr/index.php))
- L'hôtel Héliopic\*\*\*\* ( [www.heliopic-hotel-spa.com](http://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**

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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**

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

## **Vital equipment**

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- 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**

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- 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**

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

## **Medicine**

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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**

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Please make sure your passport and travel documents are valid.

## **Visa**

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- 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**

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

## **Mandatory vaccines**

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There are no mandatory vaccines needed to travel to France.

## **Health information & recommendations**

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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**

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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**

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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*

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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*

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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.