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# DISCOVERING MOUNTAINEERING IN ORNY

*This 5 days traineeship in the heart of the Mont Blanc massif, around the Orny Hut, will provide you mountaineering basics and high mountain climbing techniques.*

It is a true formation to access autonomy on an easy level. You will leave for the mountain every day to learn with rock, snow and ice schools, that will help you reach the top. From Chamonix, we join Champex, in Switzerland, for a long cable car ride. Then, a path will lead us to the Orny hut at 2811m, on the Swiss side of the Mont Blanc massif. This will be our base camp for the week : we'll learn basic techniques to evolve whilst roped and insure yours and your partners' security in all types of terrain encountered in high mountain.

Planned : crampons on ice and snow, progress whilst roped on a glacier, rock-climbing, abseiling techniques, rescue manoeuvres, course preparation, cartography, orientation...

📍 Region	Switzerland
📌 Activity	Alpinism autonomy course Summer
🕒 Duration	5 days
👥 Group	4 to 5 people
📄 Code	APRO
💰 Price	From €1,280
🧑 Level	1/5
🛏 Comfort	2/5
🗣 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 :

Tête Blanche crossing (3429m) by the NE ridge, mixed & glacial terrain ;

Aiguilles du Tour crossing(3544m) ;

Portalet normal way (3344m) ;

Snow & mixed terrain, Tour des Aiguilles Dorées,

Glacial terrain ; Gendarme d'Orny (2900m),

Rock-climbing ; Aiguille d'Orny (3150m),

Rock-climbing ; Aiguille de la Cabane (2999m)

*Accommodation : Orny Hut (2811m)*

### Day 2

### Day 3

### Day 4

### Day 5

## ITINERARY CHANGE

Please note that although the itinerary presented here is the one we intend to follow, there is a high chance that changes may be necessary. Many factors can affect climbing in high mountains. Mountain adventures depend on weather conditions, individual member's abilities vary, as does their ability to assimilate the skills needed. The guide's main aim will be to ensure your safety and the success of the trip. Please use this outline itinerary as a guide to the types of roads / activities that you will attempt. For security reasons and to ensure a consistent level corresponding to the one announced, the organization board gets the right to discontinue your participation if your technical and / or physical conditions do not match those required. In no case the interruption shall give right to a refund or compensation payments.

## DATES & PRICES

### Departures for French-speaking groups:

From	To	Price per person	Guaranteed	Booking
16/06/2025	20/06/2025	€1,280	Yes	
30/06/2025	04/07/2025	€1,280	Yes	
14/07/2025	18/07/2025	€1,280	Yes	
28/07/2025	01/08/2025	€1,280	Yes	
11/08/2025	15/08/2025	€1,280	Yes	
18/08/2025	22/08/2025	€1,280	Yes	
01/09/2025	05/09/2025	€1,280	Yes	

Trip code: APRO

### Included

The 30% deposit has to be paid when registering. The remaining balance will be paid 30 days before departure.

- The technical organisation of the trip
- A high mountain guide's supervision
- Full-board accommodation
- Cable cars included in the program
- Collective equipment necessary for your safety

### Not included

- Individual transportation assured by your personal vehicle
- Individual technical equipment
- Drinks & personal expenses
- Registration fees
- Snacks (cereal bars, dried fruits, chocolate bars, etc.) according to your own convenience
- Insurance & assistance: cancellation, research and rescue by helicopter in high mountain (in France, Italy and Switzerland) hospitalization and repatriation
- Everything that isn't mentioned in the "included" section

### International flights

We can book your international flight to Geneva. Feel free to ask our team !

### 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 some Swiss francs 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

A 50 to 60L backpack with an abdominal belt and comfortable shoulder straps.

### Budget & exchange

Switzerland uses the Swiss Franc (CHF). It is better to change money before departure, however euros are widely accepted in Switzerland.

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

ATMs are available in most of the towns you will cross during your stay, but there are no guarantees that your credit card will actually work in Switzerland. Also, 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, carabiners, ...)
- Slippers while in huts

### Material

## TECHNICAL EQUIPMENT

- Mountaineering boots that you can fit crampons onto (with rigid soles)
- A comfortable mountaineering backpack (40/50L)
- Ice axe, crampons, harness with locking carabiner, helmet
- One or two collapsible walking poles (depending on what you are used to)
- A thermos water bottle (1.5L)
- A pair of gaiters
- A sheet-type for sleeping bag (there are blankets in the shelters)
- A small toiletry bag and a small towel fast drying (from specialized stores)
- A sunscreen (face and lips)
- A headlamp (LED type)
- A pocketknife
- Toilet paper (biodegradable if possible)
- Two plastic bags (100 liters) to protect the backpack from rain

## INDIVIDUAL EQUIPMENT

- Cap or Hat for the sun
- Snow Goggles (category 4)
- 1 pair of very warm mountain gloves
- 1 pair of gloves in fleece or wool
- 1 extra safety pair of gloves (optional)
- Breathable technical underwear
- Breathable Technical Sub-pull (carline, light fleece ...)
- Fleece jacket
- 1 windbreaker jacket and waterproof Gore-Tex
- 1 breathable technical sticky
- 1 cozy mountain pants
- 1 wind pants and waterproof Gore-Tex
- 2 pairs of socks, a thin pair and thick pair of socks
- A pair of gaiters
- A sheet (there are blankets refuge)
- 1 waterproof pouch for your money, your documents like identity card or passport, yours insurance contracts / assistance and emergency phone numbers

## Medicine

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Your guide has a first emergency kit, but it is best to bring your own medications.

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

For further information, please check the following website : <https://www.swiss-visa.ch/>

## Mandatory vaccines

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There are no mandatory vaccines needed to travel to Switzerland.

## 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 Swiss climate is moderately continental in the plateau, Alpine in the mountains, and more temperate in the Canton of Ticino. In the mountains, the climate varies with altitude and slope exposure, but in winter, they are located above the blanket of fog and low clouds that often covers the plateau, so they are also sunnier in this season. The cold wind, which in Switzerland and in central France is called Bise, blows from the north-east and is more frequent in winter and spring.

Late winter and early spring (February-March) are recommended for a ski holiday, since the days are longer than in December and January.

For further information on the wether during your trip, please check the following website : <https://www.meteoswiss.admin.ch/>

## Electricity

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The electrical current in Switzerland is 230V, 50Hz. Swiss sockets are recessed, three-holed, hexagonally shaped and incompatible with many plugs from abroad. They usually, however, take the standard European two-pronged plug.

Most refuges have electric plugs, but some haven't. If you scared of running low on battery, bring an external battery with you.

## Local time

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Switzerland is in the Central European Time Zone (CET). Central European Standard Time is 1 hour ahead of Greenwich Mean Time (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 the Alps 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.