

DISCOVER MOUNTAINEERING IN THE ECRINS

This three-day course in the heart of the Ecrins massif, around the Glacier Blanc, will teach you the basics of mountaineering and high-altitude climbing.

It is a comprehensive training course designed to enable you to climb independently at the PD (slightly difficult) level. These three days in the high mountains will allow you to learn various basic techniques that will enable you to complete your first mountaineering route in this national park dotted with glaciers.

Departure from the heart of the Ecrins for an approach walk to the refuge. You will learn the basic techniques for climbing in a rope team and ensuring your safety and that of your fellow participants, in all types of terrain encountered in the high mountains. The program includes: cramponing on snow and ice, rope climbing on glaciers, rock climbing, abseiling techniques, rescue maneuvers, route preparation, map reading, and orientation.

 Region	France
 Activity	Alpine summits Alpinism Discovering mountaineering
 Duration	3 days
 Group	4 to 5 people
 Code	AECR
 Price	From €670
 Language(s)	French / English

ITINERARY

Day 1 Discover mountaineering equipment and techniques on the glacier



Meet at L'Argentière-La-Bessée train station in the morning, then drive your own vehicle to the starting point of the adventure, which will begin with a hike to the Glacier Blanc refuge. The afternoon will allow you to familiarize yourself with mountaineering and glacier walking techniques. How to attach crampons, rope up, what is an ice screw used for? An ice axe? You will learn all this and more throughout the afternoon with fun exercises to discover the basics of mountaineering.

Dinner and overnight stay in a dormitory at the mountain refuge at 2,542m.

Distance: 5 km | Elevation gain: approx. 650 m | Maximum altitude: 2,542 m | Accommodation: Refuge du Glacier Blanc

Day 2 Glacier Blanc and first summit



Departure before dawn to one of the peaks overlooking the refuge and the Glacier Blanc: the Pic du Glacier d'Arsine (3,364 m).

You will climb in a rope team and put into practice the mountaineering techniques you learned the day before.

Descending from the summit, you will reach the Refuge des Écrins (3,170 m).

Meal, overnight stay, and breakfast at the Refuge des Écrins.

Distance: 6 km | Elevation gain: approx. 950 m | Elevation loss: approx. 350 m | Maximum altitude: 3,364 m | Accommodation: Refuge des Ecrins

Day 3 Summit of Roche Faurio (3,730 m)



Another early start on this final day, as we set off at dawn to climb Roche Faurio, 3,730 meters. We enjoy the majestic views from the Ecrins viewpoint before beginning our descent, leaving behind the timeless world of the high mountains and returning to the valley.

Distance: 14 km | Elevation gain: approx. 550 m | Elevation loss: approx. 1,810 m | Maximum altitude: 3,730 m | Accommodation: Refuge des Ecrins

PROGRAM CHANGES

Important: This program may be modified at the guide's discretion if mountain conditions, weather, or participants' physical condition require it, and for safety reasons. For safety reasons and to ensure a consistent level of ability as advertised, the management and organizers 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 this termination give rise to a refund or compensation.

DATES & PRICES

Departures for French-speaking groups:

From	To	Price per person	Guaranteed	Booking
05/06/2026	07/06/2026	€690	Yes	
12/06/2026	14/06/2026	€670	Yes	
15/06/2026	17/06/2026	€690	No	
19/06/2026	21/06/2026	€690	Yes	
26/06/2026	28/06/2026	€790	Yes	
03/07/2026	05/07/2026	€690	Yes	
10/07/2026	12/07/2026	€690	Yes	
17/07/2026	19/07/2026	€690	Yes	
24/07/2026	26/07/2026	€690	Yes	
31/07/2026	02/08/2026	€690	No	
07/08/2026	09/08/2026	€690	No	
14/08/2026	16/08/2026	€690	No	
21/08/2026	23/08/2026	€690	No	
28/08/2026	30/08/2026	€690	No	
04/09/2026	06/09/2026	€690	No	

International departures:

No departure for now

Trip code: AECR

Included

- Technical organization of the trip
- Supervision by a high-mountain guide.
- Full board accommodation from lunch on day 1 to afternoon on day 3.
- All necessary safety equipment.

Not included

- Individual technical equipment.
- Drinks in shelters and personal expenses.
- Individual food supplies.
- Travel to the starting point of the hike.

Notes

- Drinks in shelters and personal expenses.
- Water in shelters (allow €7 to €10 per bottle).
- Rental of boots, harness, helmet, crampons, and ice axe if necessary.

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

Our course is supervised by a mountain guide who will provide you with the technical skills you need to make the most of the week.

Food

Meals

- Picnics for lunch,
- Evening meals prepared by the refuge wardens.
- Bring food for the hike according to your personal tastes before departure: cereal bars, chocolate bars, dried fruit, etc.

Drinks

- Water is sold in the refuges. Expect to pay €5 to €8 per bottle, depending on the hut. We therefore recommend that you bring water purification tablets (such as Aquatabs) so that you can drink tap water and water from streams.
- Personal drinks (coffee, beer, soda, etc.) are not included in the trip: remember to bring Swiss francs for the huts.

Accommodation

Nights at the refuge are spent in dormitories. Blankets are provided, but remember to bring a sleeping bag liner. Toiletries should be kept to a minimum. Slippers are available, so there is no need to bring shoes for the refuge.

Transportation

A backpack with a capacity of 40 to 50 liters with a waist belt and comfortable shoulder straps.

Tips

Travelers usually pay for the guide's drinks: you may find it convenient to set up a kitty at the beginning of the trip (no obligation).

Supplied equipment

- Shared equipment (ropes, carabiners) is provided.

Vital equipment

- High-altitude hiking boots
- An ice axe, crampons with anti-balling plates, a harness equipped with two screw-lock carabiners (available for hire)
- 1 helmet
- Quickdraws, descender (if you have one)
- A pair of gaiters
- A sleeping bag liner (blankets are provided in the refuge)
- A small toiletries bag
- Sunscreen (face and lips)
- A headlamp with spare batteries
- A pocket knife
- A water bottle
- Toilet paper + lighter
- Two to three plastic bags (100 liters) to protect your backpack in case of rain.

Helpful equipment

- Beanie
- Sun hat (or cap) and/or scarf
- Glacier sunglasses
- 1 pair of fleece or wool gloves
- 1 pair of gloves

- Breathable technical underwear
- Breathable technical base layer (carline, light fleece, etc.)
- Fleece jacket
- 1 windproof and waterproof jacket (Gore-Tex type)
- 1 pair of comfortable mountain pants
- 1 pair of windproof pants (Gore-Tex type)
- 2 pairs of socks, one thin pair and one thicker pair.
- Telescopic poles (recommended)
- Thermos or water bottle (minimum 1 L)
- Minimum toiletries (no showers in the refuge)
- Small first aid kit adapted to your needs (blister plasters, personal medication, etc.)

This list is generic and is intended to cover all weather conditions you may encounter in the high mountains. It should be adapted to the conditions forecast for the day of your trip.

But keep in mind that temperatures drop considerably with altitude and wind chill. Therefore, always bring warm clothing, even when temperatures are high in the valley.

Medicine

Your guide will carry a collective first aid kit, but it is important to bring a small personal first aid kit.

Individual first aid kit to be prepared with your doctor:

- Painkillers (avoid aspirin).
- Anti-inflammatories (tablets and gel).
- Bandages and blister plasters in case of blisters.
- Elastoplast (excellent for preventing blisters on the heels).
- Sunscreen and Biafine.
- Water purification tablets (such as Aquatabs).

Bottled water is very expensive in mountain huts.

- If necessary, a mild sleeping pill and/or earplugs for the night.
- Your personal medication...
- Antispasmodic
- Anti-diarrhea medication
- Anti-emetic medication
- Intestinal antiseptic
- Eye drops

This list is not exhaustive.

Passport

Please check that your passport and other travel documents are valid.

Visa

No visa required

Mandatory vaccines

No mandatory vaccination

Health information & recommendations

Before your departure, it is important to be in good physical condition, in line with the expectations of the program and the activity. Daily physical activity and regular endurance sports training are essential for high-altitude mountain activities. Please inform the agency of any medical information and particularities concerning your health: food allergies, diabetes, cardiovascular accidents you may have had, asthma, etc.

It is important to consult your doctor well in advance of your departure. We recommend that you carry a first aid kit and any personal medical supplies you may need. Please bear in mind that we are often in remote locations, far from medical facilities. Please read the brochure and itinerary for your chosen trip carefully to ensure that it is suitable for you.

Please note that you will be traveling at high altitude. Most individuals can travel at 2,500 meters with minimal effects. However, everyone reacts differently to altitude and altitude sickness can occur. For more details on how to prepare for your trip, please consult your doctor.

Weather

Unpredictable weather is part of the charm of any mountaineering course. In this mountain range, the weather can change very suddenly, the wind can blow very strongly, and snow can fall heavily at medium altitudes, even in the middle of summer. We are therefore very vigilant in anticipating weather changes and, if necessary, we adapt our programs according to the conditions ahead.

Electricity

Most of the places where you will be staying will have electricity. If you are worried about running out of battery power, we recommend bringing an external battery. Plugs in France are unique in that they are both male and female: they have two prongs and a receptacle. If you need an adapter, please purchase one before you leave.

Local time

Standard time (CET: Central European Time): UTC +1

Summer time (CEST: Central European Summer Time): UTC+2

Sustainable tourism

We do our best to offer trips that respect the principles of sustainable and responsible tourism. Our goal is to allow our visitors to discover the different facets of a country by taking you off the beaten track and putting you in touch with nature and its residents, while ensuring that your visit has no negative impact on the natural environment. Most of our accommodations are managed by locals. Most of the income generated during your stay will therefore remain in the region. The art of cooking and the joy of tasting food are part of our daily life. Each region has its own specialties, and you are sure to enjoy them! Water is a precious and rare commodity. Our team and those traveling with us are therefore strongly advised to use it wisely and avoid excessive water consumption whenever possible. Please try to recycle your waste whenever possible, even though recycling may not be a concept practiced everywhere in the world. Be mindful and respectful when hiking. Be sure to wear shoes that are suitable for your activity and avoid picking flowers, moving rocks, or lighting fires.