

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	
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	No	
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 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 Altaï 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

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

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.