

MY FIRST SKI TOURING EXPEDITION IN THE BEAUFORTAIN

Have you experienced the joys of ski touring and now want to enjoy the freedom of skiing from place to place in a mountain range with gentle slopes and exceptional snow cover?

Join us on this trek from refuge to refuge in the Beaufortain mountain range.

 Region	France
 Activity	Mountain huts experience Ski touring
 Duration	3 days
 Group	5 to 6 people
 Code	SRBER3J
 Price	From €550
 Level	3/5
 Comfort	2/5
 Language(s)	French / English

Day 1 Arêches - Coire Refuge



Meet in Albertville early in the morning. Transfer with the guide to Arêches Beaufort (private cars). Equipment rental if necessary, briefing on the weekend's itinerary, and loading of bags with our belongings and food for the evening. We ski up a pretty valley to Lake Saint Guerin. We then discover a wild world surrounded by majestic peaks that promise the best is yet to come...

We reach our unguarded refuge for the night (but comfortable with your places reserved in the dormitory) located at the foot of the Cormet d'Arêche.

We spend the evening independently in this isolated refuge and prepare our comforting meal together around the wood stove before returning to our dormitory for the night.

Accommodation: Night in a dormitory in an unmanned refuge.

Elevation gain/loss: +800/- 800m

Day 2 Refuge de la Coire - Refuge du Presset via the Col du Coin and Col du Bresson



Starting from the Coire refuge, we climb towards the Col du Coin pass through breathtaking landscapes with slopes stretching as far as the eye can see. Once over the pass (2,406 m), you can enjoy some beautiful turns at the foot of the famous Pierra Menta before a final climb to the Col de Bresson pass (2,477 m) and reach the superb Presset refuge where you will spend the night in the warmth.

Accommodation: Night in a dormitory in a guarded refuge.

Elevation gain/loss: +770m/-420m

Day 3 Presset Refuge - Roseland Lake - Arêches



We leave this superb mountain refuge for our last day of hiking with a beautiful descent to Lake Roseland via the Treicol valley before climbing back up to the Charmette pass for a final descent to Arêches, where we finish our trek at the end of the afternoon.

Elevation gain/loss: +400m/-1500m

PROGRAM CHANGES

Important: This program may be modified at the guide's discretion if mountain conditions, weather, or the physical condition of participants require it. For safety reasons and to ensure a consistent level of difficulty as advertised, the guides and organizers reserve the right to terminate your participation if your technical level and/or physical fitness do not meet the requirements.

Under no circumstances will this interruption give rise to a refund or compensation.

DATES & PRICES

Departures for French-speaking groups:

No departure for now

International departures:

No departure for now

Trip code: SRBER3J

Included

- Technical organization of the course
- Supervision by a high-mountain guide
- Half-board accommodation in mountain refuges from the evening of day 1 to the morning of day 3
- Picnics
- Technical equipment specific to the circuit

Not included

- Individual ski equipment: boots, skis, skins and crampons, poles
- Safety equipment: avalanche transceiver, shovel, and probe
- Food for the trip (cereal bars, dried fruit, chocolate bars, etc.) as desired
- Ski lifts if there is a change in the program
- Transportation to the starting point of the hike on the first day and from the dispersal point on the last day
- Drinks and personal expenses

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

This course is supervised by a mountain guide who will provide you with the technical skills you need to enjoy your stay. The guide may modify the program to ensure safety depending on weather and snow conditions in the mountains or the physical condition of participants.

Food

Meals

- Picnic lunch prepared by the guide or eaten in the refuges (please let us know when you register if you have any allergies or specific medical dietary requirements)
- Evening meals in the refuges
- Remember to bring food according to your tastes before departure

Drinks

Personal drinks are not included in the course. Water is available for purchase in the refuges. Bring Micropur-type purification tablets if you do not want to buy bottled water (when water is available, which is not always the case). It is customary in the mountains for clients to pay for the guides' drinks: it is best to set up a kitty for the group at the beginning of the trip, based on each person's means.

Accommodation

In the refuges, dormitories sleep 8 to 10 people and are equipped with blankets or duvets for the night (bring a sleeping bag liner for hygiene reasons). Slippers or Crocs are available in the refuges, so there is no need to bring sneakers. Bring earplugs or similar items to protect against noise pollution.

There are no showers and no running water in the refuges. There are no power outlets, so bring a spare battery for your camera and turn off your phone during the day.

Transportation

Meet at 9 a.m. in Albertville and finish around 4:30 p.m. on the last day.

During the trek, you will carry your belongings for the entire trip: make sure you pack your backpack accordingly so that you are not overloaded but still have everything you need. The guide will check your bags before departure: plan for a 30/40L bag. Remember to leave room for water and a picnic.

Supplied equipment

- Shared equipment (ropes) is provided.
- Slippers are available at the refuge.
- Blankets and duvets are provided at the refuge: remember to bring a sleeping bag liner for hygiene reasons.

Vital equipment

Skis

- 1 pair of touring skis
- 1 pair of touring ski boots (preferably with VIBRAM soles for good grip)
- 1 pair of self-adhesive climbing skins suitable for the skis
- Crampons suitable for the bindings
- Poles with large baskets

Other

- Safety equipment: avalanche transceiver, shovel, probe
- 30/40 liter backpack (preferably with ski straps for ease of use)
- Ski helmet
- Ski goggles
- Survival blanket
- Pocket knife
- Thermos or water bottle
- Towel
- Sleeping bag liner (blankets provided on site)

Material

Head

- Beanie
- Hat or cap
- Scarf and/or neck warmer
- Sunscreen (very high protection factor) and lip balm
- Category 4 glacier sunglasses + ski goggles

Upper body

- 2 long-sleeved technical base layers, such as Carline (no cotton, which dries too slowly)
- 1 technical, breathable base layer
- 1 thick fleece jacket
- 1 down jacket or vest
- 1 windproof and waterproof jacket, such as Goretex
- 1 pair of windstopper mittens (fleece or wool)
- 1 pair of windstopper gloves (fleece or wool)
- 1 pair of undergloves

Lower body

- 1 pair of breathable technical tights, such as Carline
- 1 pair of comfortable mountain pants
- 1 pair of windproof and waterproof pants, such as Goretex
- 2 pairs of socks: 1 thin and 1 thick

Other

- 1 sleeping bag liner for shelters
- 1 small toiletries bag with 1 quick-drying towel
- Biafine
- Toilet paper + lighter
- 1 or 2 100L plastic bags and an oversack to protect your belongings and backpack
- 1 waterproof pouch in which to put your ID, phone, money, and insurance/assistance contract with all emergency phone numbers

Luggage

- A comfortable 40-liter mountaineering backpack with ski attachments.

Medicine

Your guide will have a first aid kit.

Discuss your personal first aid kit with your doctor:

- personal medication

- painkillers (preferably paracetamol)
- double-sided tape
- elastic bandages
- bandages
- local disinfectant
- anti-inflammatory medication
- antispasmodic medication
- anti-diarrhea medication
- anti-vomiting medication
- intestinal antiseptic
- eye drops
- mild sleeping pills
- earplugs

This list is not exhaustive.

Sustainable tourism

We do our best to offer trips that respect the principles of sustainable and responsible tourism.

Our goal is to enable 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.

The majority 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 lives. Each region has its 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 considerately and avoid excessive water use whenever possible. Please try to recycle your waste whenever possible, even though recycling may not be a concept practiced everywhere in the world. Be considerate and respectful when hiking. Be sure to wear shoes that are suitable for your activity and avoid picking flowers, moving rocks, or lighting fires.