

# 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 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***

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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 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

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### 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

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

## Medicine

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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***

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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.