

# INTRODUCTORY SKI TOURING WEEKEND IN THE BEAUFORTAIN

*Ski touring in Beaufortain is a way of life!*

It is an integral part of local culture, even inspiring the creation of a legendary ski mountaineering race: the Pierra Menta.

The slopes, untouched by ski lifts, have always attracted skiers to come and carve beautiful curves in the powder snow, especially as the snow cover is particularly good all winter long in this little corner of paradise.

 Region	France
 Activity	Introduction to ski touring Ski touring
 Duration	3 days
 Group	6 to 8 people
 Code	SRBE3J
 Price	From €620
 Level	2/5
 Comfort	3/5
 Language(s)	English / French

## ITINERARY

### Day 1 Climbing Grand Mont (2,686 m)



Meet in Albertville early in the morning. Transfer by minibus with the guide to Arêches Beaufort. Equipment rental if necessary, briefing on the weekend's schedule, and distribution of picnics. After taking the ski lifts up to 2,000 m, we will spend this first day safely close to the slopes to reach the Col de la Forclaz. We then leave the resort and head for the Grand Mont (2,686m), where we can enjoy a 360° panorama in good weather. We then enjoy a long descent to the bottom of the resort, where we do a few snowplows before taking the minibus to our weekend accommodation.

*Elevation gain: approx. 686 m | Elevation loss: approx. 1,900 m | Max. altitude: 2,686 m | Accommodation: Night in a lodge.*

### Day 2 La Roche Parstire (2,109 m)



Today we head to the small, authentic hamlet of Boudin in the hills above Arêches, from where we set off eastwards to reach the Col du Pré at 1,703 m, where we can enjoy breathtaking views over Lake Roselend. From the pass, the slope heads south and leads us to the ridge: follow it and take off your skis for a short section to reach La Roche Parstire at 2,109m. The 360° view is magnificent: a string of peaks with Mont Blanc in the background. What better way to start your trip and get into the swing of things?

*Elevation gain: approx. 800 m | Elevation loss: approx. 800 m | Max. altitude: 2,109 m | Accommodation: Night in a lodge.*

### Day 3 Our final destination: La Pointe du Dard (2,489 m)

Departure by minibus to Arêches to take the ski lifts again. We quickly leave the busy ski resort behind and head for the Col de la Grande Combe. A first descent is necessary to reach Lake Brassa. We put our climbing skins back on to continue our day's ascent to Pointe du Dard. At the summit, another spectacular panorama awaits you!

*Elevation gain: 570 | Elevation loss: 1260 | Maximum altitude: 2489m*

## 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 ability corresponding to that advertised, the guides 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 interruption give rise to a refund or compensation.

## DATES & PRICES

### *International departures:*

---

No departure for now

### *Departures for French-speaking groups:*

---

No departure for now

**Trip code: SRBE3J**

### *Included*

---

A deposit of 35% is payable upon registration, with the balance due 30 days prior to departure.

Technical organization of the course

Supervision by a high-mountain guide

Half-board accommodation in a lodge from the evening of day 1 to the morning of day 3

Picnics

Technical equipment specific to the circuit

Transport by minibus from Albertville train station to the various hiking spots

Safety equipment: avalanche transceiver (4 LR03 AAA batteries not included), shovel and probe

Ski lifts on days 1 and 3

### *Not included*

---

- Individual ski equipment: boots, skis, skins and crampons, poles
- Batteries for the avalanche transceiver (4 LR03 AAA batteries)
- Race food (cereal bars, dried fruit, chocolate bars, etc.) as desired
- Drinks and personal expenses
- The ski lift on day 2 (if there is a change to the program)
- Insurance
- Anything not listed under "the price includes"

### *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*

---

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**

- Picnics for lunch, evening meals at the inn.
- Remember to bring food according to your tastes before departure.

#### **Drinks**

Drinks are not included in the price of the trip (water, tea, coffee, beer, soda, etc.). It is customary in the mountains for clients to pay for the guides' drinks: the best thing to do is to set up a kitty for the group at the beginning of the trip, based on each person's means.

### *Accommodation*

---

Both nights will be spent in the same lodge in the Beaufortain Valley in shared rooms for 6 to 8 people. Each day, you will travel by minibus to the starting point of the various routes proposed/chosen by the guide.

You will need to bring your own towels, as well as sheets or a sleeping bag (blankets are provided on site).

### *Transportation*

---

By train (let's favor sustainable transport whenever possible):

Pick-up at Albertville train station. Timetables and fares are available on the SNCF website.

By car:

Take the A43 motorway or the N90 national road to Albertville.

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

### *Supplied equipment*

---

- Shared equipment (ropes) is provided if necessary.
- Slippers are available at the refuge.
- Blankets and duvets are provided at the refuge: please bring a sleeping bag liner for hygiene reasons.
- Personal safety equipment (avalanche transceiver without batteries, shovel, probe): please inform the agency if you have your own.

### *Vital equipment*

---

Skis

- 1 pair of lightweight touring skis with waxed bases, suitable bindings, and brakes or safety straps
- 1 pair of touring ski boots
- 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
- Survival blanket
- Pocket knife
- Thermos or water bottle

ALL EQUIPMENT MUST BE IN PERFECT CONDITION ON THE FIRST DAY OF THE COURSE.

## Material

---

### Head

- Windstopper hat
- Hat or cap
- Scarf and/or "Buff" neck warmer
- Sunscreen (very high protection factor) and lip balm
- Category 4 glacier sunglasses + ski goggles
- 2 long-sleeved breathable technical undergarments such as "Carline" (no cotton, which dries too slowly)
- 1 technical, breathable base layer
- 1 thick fleece jacket
- 1 windproof and waterproof jacket, such as Goretex
- 1 pair of windstopper mittens (fleece or wool)
- 1 pair of windstopper gloves (fleece or wool)

### 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

- Toilet paper + lighter
- 1 100L plastic bag 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

---

- In the mountains, you will carry your daily belongings and equipment in a 30-35 liter mountaineering backpack with ski attachments.
- Your personal belongings that need to remain at the lodge can be transported in a second bag (such as a duffel bag).

## Medicine

---

Your guide will have a first aid kit.

Discuss your personal first aid kit with your doctor:

- regular medication
- aspirin,
- double-skin/Compeed
- elastoplast
- 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.