

# MOUNTAINEERING INITIATION WITH PHILIPPE AND ANTOINE

First steps in alpinism in Mont Blanc massif



Do you like hiking and would like to go a little higher, a little further, in the heart of glaciers and peaks? We offer you a short stay, 2 days to discover the high mountains and to introduce you to the techniques of mountaineering. All in the heart of the Mont Blanc massif, with a night in high mountain refuge, far from the valley.

🕒 2 Days

👤 Guided / with a guide

🚚 Without baggage transportation

🏠 Accommodation : Classic (dormitory)

🧗 Level : \*\*\*\*

🏠 From : 490€

## You will like

- A short stay, 2 days, the time of a weekend, to immerse in high mountains
- An exceptional setting and a unique view of the largest northern faces of the Alps

# The route

## Day 1

### GLACIER DU TOUR

**Ascent to altitude and first steps on glaciers.**

**Meeting point at 10 a.m. in the little village of Le Tour.** Equipment check and presentation of the tour. From the small ski area, you can reach the impressive glacial moraine. At an altitude of 2702m, discover the comfortable Albert 1er refuge (renovated in 2014) and get to know the glacier. Picnic on the glacier.

Overnight at the Albert 1er refuge (2702 m)

7 walk/ Altitude difference: +1450m

## Day 2

### DISCOVER MOUNTAINEERING AND THE TÊTE BLANCHE TOUR

**Glacial hike from the refuge.**

Morning departure by headlamp towards the Col Supérieur du Tour (3289 m) where we cross the Swiss border. We cross over to the Trient glacier below the Tête Blanche and circle around it before returning to France via the Col Blanc (3405 m) before descending to the Refuge Albert 1er at the end of the morning.

The aim of the day is to discover the essential techniques of glacier mountaineering.

7h walk/ altitude difference: -2200m/ +1000m

**The weather, snow and mountain conditions, as well as the level of the participants could obligate the guide to modify the program or to take different routes.**

# The trip

## LEVEL \*\*\*\*

### Physical level:

The weekly practice of an endurance sport is a good thing. Walking with altitude difference or better, cross-country skiing or hiking, running, swimming. If this is not the case, resuming the sport 2 months before departure (brisk walking then jogging 3 times a week) is essential and will allow you to make the most of your stay.

### Technical level:

Learn the basic techniques of mountaineering, in snow and ice and rock. The proposed outings are easy races. Before all our discovery trips, such as glacial hikes, or mountaineering training trips, we must above all be a good hiker, including off-trail, and be broken to walk 6 to 8 hours a day. A sports background is recommendable and the taste of effort is essential to make the most of the days. It is necessary to present oneself rested and fit to any high mountain circuit.

## GUIDANCE

State-certified mountain leader and mountain guide. Groups of 4 people maximum.

The guide may at any time modify the itinerary or interrupt the stay of a participant who does not have the level required for his own safety and that of the other participants. In this case, the participant concerned will not be entitled to any refund.

In the event of very bad weather, and to ensure the safety of participants, the course may be cancelled. In this case, we will consider requests for reimbursement on the basis of the number of days spent on the course.

## ACCOMMODATION

In dormitory, in refuge.

## MEALS

Breakfast and dinner are served in the accommodation.

For lunch, picnics and food races planned by your mountain guide and ordered at the refuge.

## CARTOGRAPHY

IGN Chamonix 3630OT Card

# Practical information

## ACCESS TO DEPARTURE POINT

**Meet at 10 am at village du Tour (74400).**

### BY CAR

Parking nearby.

### BY TRAIN

Night train direct Paris/St Gervais or TGV in the day. Correspondence for Chamonix, please check on SNCF at [www.voyages-sncf.com](http://www.voyages-sncf.com).

## END OF STAY

**End point in the afternoon, in the village du Tour.**

## ACCOMMODATION BEFORE AND AFTER THE STAY

Chamonix [Tourist Office](#): +33 4 50 53 00 24

## TO CONTACT US

If you are late, contact the agency: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

# Dates & prices

Groups of 2 to 4 people:

- **Departure for 2 participants: 750€ /person**
- **Departure for 3 participants: 585€ /person**
- **Departure for 4 participants: 490€ /person**

From 30/05/25 To 31/05/25 **Open departure 750 €**

## THE PRICE

### Includes:

- The organization costs;
- Half board and overnight stay at the shelter;
- The picnic on day 2;
- Supervision by one mountain leader and one mountain guide;
- Rental of technical equipment (ice axe, crampons, shoulder harness);

### Does not include:

- Personal expenses (drinks, etc.), visits;
- The picnic on day 1;
- The return journey from your home to the meeting point and dispersion;
- Airport taxes and other exclusions clearly and duly described on the corresponding data sheet.

# Equipment and luggage

## EQUIPMENT ADVISES

### Clothes

Breathable T-shirts  
Fleece or softshell jacket  
Goretex jacket  
1 soft jacket or equivalent  
1 simple and lightweight Gore-tex mountain overpantalon is recommended  
1 pair of gaiters  
1 pair of high mountain gloves + 1 pair of lightweight fleece or wool gloves.  
Hat or cap + headband + cap  
Hiking socks (double layer, curly...)  
1 mountain trousers (sturdy and comfortable)  
High mountain shoes, cramponable and warm

### Miscellaneous equipment

Comfortable backpack from 30 to 40 liters  
Light toilet kit  
Glacier goggles (with side shells) IP 3 or 4  
1 ski mask (in case of bad weather or strong wind)  
Water bottle (capacity depending on your consumption). Beware of water pockets, water can freeze!  
1 thermos, recommended (capacity according to your consumption)  
1 multi-purpose knife (optional)  
Small personal pharmacy (vitamin C, aspirin, dressings etc.) + high-index sunscreen  
Frontal + batteries or battery and spare bulbs  
A sack cloth (shelters provide blankets or duvets)  
Valid ID card or passport  
1 or 2 telescopic sticks

### Technical equipment provided:

1 ice axe (adapted to its size)  
1 pair of pre-set spikes + mandatory "antibott" system (to prevent snow from sticking)  
1 shoulder harness  
1 safety carabiner  
1 lightweight mountaineering helmet

## EQUIPMENT RENTAL

Rental of shoes and backpack possible, count +/- 15€ day depending on the models. Prices given as a guide. To be booked and paid directly on site before departure. All details for the rental of equipment will be given to you after registration in your notice.

## Details

## Registration by mail form

Last name:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:  
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE