Compagnie des Guides de Chamonix

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2023 - ALPINISME - AIGUILLES DE CHAMONIX

Duration: 2 | Difficulty: | Price from: 395 €

Of the peaks in the Massif du Mont Blanc the Aiguille du Tour is the most suitable for a first experience of mountaineering. Its ascent is always fun and provides a distillation of everything a trip into the mountains has to offer: a night in a mountain hut, breath-taking glacial landscapes, multi-coloured rock outcrops and magnificent panoramic views.

The ascent of the Aiguille du Tour is aimed at people wishing to discover the mountains with a night in a mountain hut. It also provides an opportunity to learn basic mountaineering techniques, such as crampon and ice axe use.

ITINERARY

Day 1 : Walk up to the Albert 1er hut
Start in the village of Le Tour (1450m). We use the ski lifts to take us up to near the Col de Balme (2100m). We take a comfortable path that starts with a traverse before following the moraine of the Tour glacier to the Albert 1er hut (2702m). The hut was renovated in 2014 and we hope you will appreciate the level of comfort and the views from the terrace at sunset.
Vertical ascent: 600m

Day 2 : Ascent of the Aiguille du Tour
We head out by the light of our headtorches. We quickly reach the Tour glacier where we put our crampons on. We climb up the glacier to the Col Supérieur du Tour (3289m), which gives access to Switzerland and the Trient glacier. Tracks now lead us to the foot of the Aiguille du Tour and we reach the summit (3542m) via some sections of easy rock climbing. We descend via the same route and return to the village of Le Tour by mid-afternoon.
Vertical ascent: 840m / Vertical descent: 1440m

This programme is meant as a guide only. Depending on the abilities of the group and the conditions in the mountains, your mountain guide may alter the route.

GROUP BOOKING

Group session associates several people who don't know each other. It allows for a planned program to benefit from an attractive price on fixed dates. This formula is ideal for people looking for the friendliness of a group.

Dates : Find all the dates available in the drop-down list below

Price 2023 : 435€ per person, based on minimum of 3 people

Included in the package :
- IFMGA English speaking mountain guiding service
- half-board in Albert 1er hut (dinner, breakfast and night)
- lift access as per programme

Not included in the package :
- personal drinks and other personal expenses (we recommend you bring Euros)
- take out lunches and daily snacks
- cost of getting to meeting point
- personal technical equipment including your mountaineering shoes

FURTHER INFORMATION

In this section, find all the information about this activity. For further information, please contact our advisor (contact details above).

Meeting point : Meet at 1pm at the Tour lift.

Ability level : An appropriate choice of peak is essential for you to properly enjoy your holiday. To get the most out of your trip we recommend you take regular exercise throughout the year and, where necessary, undertake specific training a few months before you leave. Try to avoid last minute training that can lead to injury. Do not to overestimate your abilities and do be aware that the weight of your pack and higher altitudes reduce your usual strength and stamina.

Fitness level : For people who regularly exercise/take part in sports. Six to seven hours of exercise per day.
Technical level : No mountaineering experience necessary.

Guiding policy : 3 to 4 people. The Compagnie des Guides de Chamonix's guiding policy is one of the strictest in the mountain guiding business. It guarantees the most balanced groups as possible as well as high-quality personalised advice. *Minor, only accompagnied by a parent.*

Accommodation : One half-board in hut (night, dinner & breakfast).

Documentation : Participants must have mountain sports insurance with repatriation cover. We strongly recommend that this also includes cancellation cover. You can take out insurance when you sign up. Participants must also take valid ID with them.

Preparing for the trip : One week before the trip, the mountain guide will be in contact to answer any questions you may have.

EQUIPMENT

We recommend you take particular care over you choice of equipment, as it plays a large role in the success of your trip. Weight is critical, and you must always evaluate the weight-to-comfort ratio to find the best compromise.
Weather conditions can be extremely variable: from 20ºC on the approach route to the hut, to -15ºC on the summit (like a cold winter's day in a ski resort).
Generally speaking, it is better to put on several thin layers than to have one bulky item of warm clothing, and it is vital that you remain dry at all times.

Equipment
- 35-litre backpack
- High-altitude mountaineering boots that are not too tight
- Gaiters, if needed for your trousers
- Telescopic trekking poles
- Crampons with anti-balling plates; helmet, harness and straight ice axe

Clothing
- Warm hat that can be worn under a helmet
- Sun hat or cap
- Neck protection such as a 'Buff'
- 'Micro-fibre' style long-sleeve base layer
- Fleece
- 'Gore Tex' style shell jacket with hood
- Down jacket
- Base layer leggings
- Durable summer mountaineering trousers (not ski trousers)
- 'Gore Tex' style over-trousers
- Warm specialist walking socks
- Lightweight specialist walking socks
- Ski gloves or good quality mitts
- Leather or fleece gloves
- Change of clothes at your discretion

Accessories
- A bed liner

- Indoor shoes (depending on hut and COVID restrictions)
- Category 4 sunglasses
- Ski goggles
- Headtorch plus spare batteries
- Water bottle (minimum 1.5l) and thermos bottle
- Personalised first aid kit with a minimum of: sun cream, lip balm, cotton buds, blister kit, antisickness medication
- Watertight bag to contain your ID/passport and Euros

Our Rental Partners : You can rent your equipment with our rental shops partners and benefit from special price Sanglard Sports, Ravanel & Co & Concept Pro Shop
Our Equipment Partners : Millet, Dynastar, Julbo, Grivel & Monnet