



Compagnie des Guides de Chamonix

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FREE RIDING - LEVEL 2

Duration: 3 days

Level: ▲▲▲▲▲

Price from: 720 €

Thanks to the collective experience of its ski mountaineering team, which comprises the talented riders Vivian Bruchez, Doud's Charlet and Alex Pittin, the Chamonix Compagnie des Guides offers you a range of courses to take you from your first ski mountaineering turns right up to the legendary slopes of the Mont Blanc range. Progressing from course to course gives you the opportunity to acquire the essential skills, with a maximum security, to do the itineraries of your dreams.

The 'ski mountaineering - level 2' course is aimed at ski tourers looking to improve their ski mountaineering skills: mastery of jumps turns and advanced mountaineering techniques in skiing. It includes a night in a mountain hut to allow us to make the most of the conditions right up to the last outing. This course requires to have participated to the "ski mountaineering - level 1" introduction course.

The course is based around small group sizes and you progress over four days in groups of two people. Personalised tips and advice from your guide together with great flexibility are your guarantee of a high quality trip.

Aims of the 'ski mountaineering Level 2' :

- Avalanche management risk: advanced evaluation of conditions and mastery of the triad of transceiver/shovel/probe.
- Mastery of jump turns.
- Use of an ice axe during descents with your skis on.
- Use of protection equipment: ice screws, nuts/stoppers.

ITINERARY

Ski mountaineering requires the ability to constantly adapt to the conditions. The route chosen will be a guide only, as your group leader may have to change it on the day. In any case, the actual line taken will meet the group's aims, and the third night is spent in a mountain hut.

Day 1 : Getting in touch - Starting from La Flégère for a ski touring day in the Aiguilles Rouges area; for example, Col de la Floria (alt 2752m/9028ft) in traverse, followed by Pointe Alphonse Favre corridor (2788m/9146ft).

Day 2 : Starting from Plan de l'Aiguille (alt 2300m/ 7545ft) for Col de la Buche (alt 2785m/ 9137ft) and his NE corridor.

Day 3 : Starting from the Aiguille du Midi (alt 3700m/ 12139ft) for the Aiguille du Tacul (3444m/ 11299ft) and the Point Yeld (3560m/11679ft).

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

There is no group-session for this trip. Only on private guiding.

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 08.00am in front of the ski lift of la Flégère, les Praz.

Ability level : An appropriate choice of destination 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. It is important you do not overestimate your abilities and you understand that the weight of your backpack, the altitude and the snow conditions can negatively impact on your normal skiing ability.

Technical level : For experienced ski tourer with a solid technique in all snow conditions. Several technical sections. Slope up to 45° (technical difficulty 4.3/5.1). Vertical ascent of up to 1200m (3937ft) per day.

Avalanche management risk: basic evaluation of conditions and how to use the triad of transceiver/shovel/probe.

Mastery of the fundamentals of jump turns.

Mastery of basic mountaineering techniques used in skiing: crampons & ice axe. Basic rope handling techniques: back up belays.

Physical level : Six to seven hours of exercise per day. Backpack includes mountaineering equipment (crampons and ice axe). Carrying skis.

It is necessary to have participated to the "ski mountaineering - level 1" introduction course to participate to the level 2.

Guiding policy : Two people/guide. 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.

Accommodation : No accommodation included. We have some hotel partners in Chamonix with special prices for our customers.

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 to pay particular attention to the choice of your equipment. It contributes greatly to the success of your stay. Weight is decisive: you always have to evaluate the ratio weight/comfort, to find the best compromise. In a general way, it is better to pile up several light coats rather than wear one big clothing.

Equipment

- Comfortable frameless rucksack of 35l on which you could fix your skis & ice-axe,
- Ski touring skis & shoes, *rentable*
- Adhesive climbing skins & ski knives adapted to your skis, *rentable*
- A pair of poles with large discs, *rentable*
- A pair of crampons & an ice-axe. *rentable*
- A helmet. *rentable*
- A security pack including harness, DVA, shovel & probe - this pack will be lend by your guide.

Specific equipment

- 2 ice-pins & 2 climbing quickdraws,
- 1 snap screws,
- Some climbing cams,
- 1 « Abalakof »,
- 1 lazerman (screwdriver),
- Glacier security pack: 2 straps of 120cm, 1 micro traction, 1 ti- bloc)

Clothing

- Waterproof and windproof, non-insulated parka with hood (Gore-tex or equivalent), *rentable*
- Waterproof and windproof, non-insulated pants, *rentable*
- Thick polar-pile fleece jacket or equivalent,
- A light down jacket,
- 1 long-sleeve shirt,
- Medium weight thermal underwear (top + bottoms, silk or polypro, double as pyjamas),

- Warm ski socks,
- Warm ski hat and light sun hat with brim,
- Warm ski gloves or mittens,
- A pair of adjusted gloves (in leather or fleece),
- Neck protection,
- Spare thermal underwear (for sleeping and change).

Accessories

- High-altitude sunglasses (grade 4 is recommended),
- A goggle,
- 1.5 quart water bottle,
- An isotherm bottle,
- A mini toilet bag including: sun block for face and lips, aspirin, elastoplast, 2nd skin kit, earplug, toilet paper,
- A headlamp with spare batteries,
- A cotton or silk sleeping sheet: compulsory in every hut. - Hut provide blankets, slippers or clogs
- A plastic bag contains your ID card & Euros for extras.

Partners : You can rent your equipment with our rental shops partners and benefit from special price [Sanglard Sports & Ravanel & Co.](#)

A 10€ discount voucher coming from the shop [Au Vieux Campeur](#) will be given to the first 500 clients from the 'Cie des Guides' (voucher to be collected at our office). Closest shop 'Au Vieux Campeur' : Sallanches.

PRIVATE BOOKING

Private hiring is the historical relationship that binds a guide to his/her client. It allows you to be alone, or in a constituted group, with your guide that meets your specific needs. It is undoubtedly the ideal formula to realize your projects because it guarantees you a maximum of comfort. You are free to choose your departure date (depending on the availability of the huts) and the itinerary can be adjusted, according to your specific expectations.

Prices 2021:

- 2 people: 1260€ per person
- 3 people: 890€ per person
- 4 people: 720€ per person

Included in the package:

- One IFMGA English speaking mountain guiding service,
- Ski lift access as per programme,
- Rental of full safety kit (avalanche transceiver/DVA, shovel, probe).

Not included in the package :

- Take out lunches and daily snacks,
- Transportation during the trip,
- Personal drinks in huts and other personal expenses (we recommend you bring Swiss Francs),
- Cost of getting to meeting point and cost of getting back to Chamonix.
- Personal technical equipment.

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