



# Compagnie des Guides de Chamonix

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## MOUNTAINEERING - FAMILY EXPLORATION OF THE MOUNTAINS

Duration: 2 days

Level: ▲▲▲▲▲

The area around the Albert 1er hut is the perfect destination for an exploration of the mountains and their glaciers. Quickly accessed via the Balme-Vallorcine ski lifts, this area provides a breath-taking immersion into the icy world of glaciers. Our programme includes a night in the Albert 1er hut and a fun and friendly approach that is focused on exploring.

Our program is specially aimed at families wishing to explore the world of glaciers and to spend a night in a mountain hut. It is also provides a great opportunity to learn basic mountaineering techniques (crampon and ice axe use). The Tour glacier sector offers up numerous possibilities. The trip outlined here can very easily include an extra night in the hut if you would like to extend your stay. Do not hesitate to contact us if you would like to change your program.

### 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 Tête Blanche

We head out by the light of our headtorches. We quickly reach the Tour glacier. We walk up the gentle slopes of the glacier to the summit of the Tête Blanche (3429m). Having taken in the stunning panoramic views across the Aiguille du Chardonnet (3824m) and the Trient glacier (3200m) we return to the hut and the village of Le Tour via the same route.

*Vertical ascent: 715m / Vertical descent: 1320m*

*This program 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

This trip is proposed only for private booking.

### 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.

**Dates 2023 :** On request, depending on availabilities (from Mid-June to Mid-September).

#### Prices 2023 :

2 persons : 715€ per person

3 persons : 520€ per person

4 persons : 425€ per person  
5 persons : 365€ per person  
6 persons : 325€ per person

**Included in the package :**

- IFMGA English speaking mountain guiding service,
- One 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 :** Meeting at 1pm at "le Tour" ski 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 overestimate your abilities and do be aware that the weight of your pack and higher altitudes reduce your usual strength and stamina. For people who regularly exercise/take part in sports. . Six to seven hours of exercise per day. No mountaineering experience necessary.

**Guiding policy :** 1 to 6 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.

**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 offering both of these types of cover 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 20°C on the approach route to the hut, to -15°C 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**

- Category 4 sunglasses
- Ski goggles
- Headtorch plus spare batteries
- Sheet sleeping bag
- 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](#)