



# Compagnie des Guides de Chamonix

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## E-BIKE MONT BLANC RIDE

Duration: 4 days

Level: ▲▲▲▲▲

Price from: 1 110 €

Are you a mountain bike or mountain ebike enthusiast on the lookout for new singletrack trails? Fancy exploring new sites developed for enduro riding that take in three different countries? Good news! The guides from the Compagnie du Mont Blanc are offering to share their best spots, and have rustled up some exclusive routes that combine beautiful landscapes, small and intimate singletracks, and typical alpine accommodation... This is a condensed Tour of Mont Blanc for riders on a quest for new challenges! A program with multiple variant routes, ideal for sharing... Trip uses a minibus for comfort and greater flexibility.

### Why take this trip with us :

- Private minibus assistance
- Groups of 8 people max
- Possibility to rent your electric bike in one of our partner shop.

## ITINERARY

### Day 1: Chamonix Alt 1035m - Col de Balme Alt 2191m - Martigny Alt 471m - Champex Alt 1466m Switzerland.

Meet your guide at 9am in Chamonix. This first day gives us the chance to make the most of the Chamonix valley seen from above, with its legendary glaciers and peaks as a backdrop. Having arrived at the Col de Balme we drop into the Swiss side of the pass for an attractive, fast and winding descent that leads us to Martigny. A cycle up to Champex, through pretty, typical Swiss chalets, awaits us in the afternoon. Night's half-board in hotel in the village of Champex.

Elevation gain : 2600m / Elevation loss 3000m (depending on itineraries) - Distance : from 35km to 45km  
Private transfer by minibus from Vernayaz to Gorges de Durnant (or higher depending on the group)

### Day 2 : Champex Alt. 1466m - Issert Alt. 1100m - Col Ferret Alt. 2537m - Courmayeur 1242m Italy.

We leave the village of Champex via the 'sentier des Champignons' ('mushroom path') to reach Issert. The day's challenge will be the ascent of the Grand Col Ferret, which, at an altitude of 2537m, is the highest point on the famous Tour of Mont Blanc. The alpine pass allows us to cross, through a high-altitude environment, from the Swiss Val Ferret to the Italian Val Ferret. As a reward for our efforts, there is a long descent beneath the watchful gaze of the Grandes Jorasses and the south face of Mont Blanc, along what are sometimes quite technical singletrack sections. Arriving in Courmayeur, we'll use the Dolonne cablecar to join plan Chécrouit. We'll spend the night in a lovely typical Italian mountain inn.

Elevation gain : 2000m / Elevation loss : 2300m (depending on itineraries) - Distance : from 45km to 55km  
Private transfer by minibus from Issert to Ferret

### Day 3 : Courmayeur Alt 1242m - Col de la Seigne Alt. 2516m - Plan Mya Alt. 1860m France.

We return to France via the famous Col de la Seigne (2516m). Total immersion in a rocky landscape and grandiose panorama are guaranteed! A day devoted to one of the best singletracks in the area, all the way to the Mottets hut... Explore the Vallée des Glaciers, the Beaufortain trails as well as the area around the Lac de Roseland, along a choice of varied technical and non-technical routes. We spend the night in an authentic mountain pasture hut, complete with local traditions and local products, for simplicity and a return to basics... Night's half-board in mountain hut.

Elevation gain : 1500m / Elevation loss : 1300m (depending on itineraries) - Distance : +/- 45km  
Private transfer by minibus from Courmayeur to Visaille

### Day 4 : Plan Mya Alt. 1860m - Col de Gittaz Alt. 2377m - Contamines Alt. 1164m - Col de Voza Alt. 1657m - Back in Chamonix 1035m.

The final stage takes us back to Chamonix, through the Beaufortain and the Val Montjoie, via a surprising area

known as the 'Grande Pierriere'. A day devoted to high-mountain pastures, technical singletracks and fast trails, as well as the traverse of mountain passes with uninterrupted views across the Aravis range and Mont Blanc chain... A great and intense day, with, it has to be said, quite a bit of distance to cover and a not insignificant positive height gain to honour! Return to Chamonix late afternoon and end of trip.  
Elevation gain : 2800m / Elevation loss : 3500m (depending on itineraries) - Distance : +/- 50km  
Private transfer by minibus from Contamines to Champel

The guide may have to adapt the suggested program & itineraries depending on weather conditions and/or to group physical and/or technical ability.

## GROUP BOOKING

### Dates for 2020 (departure on Monday)

July the 20th - August the 17th - September the 14th.

**Meeting with your guide** : 9am on Day 1 at the Cie des Guides office - 190 place de l'Eglise.

**Price 2020** : 1110€ minimum 4 / maximum 8 people per guide.

Included in the price :

- 4 guided days with a qualified 'Mountain Bike' guide (French 'Brevet d'Etat'),
- Private Minivan assistance throughout the trip,
- 3 nights in half-board accommodation including diner & breakfast (2 nights in Dormitory in Mountain hut + 1 night in a 2\* hotel based on 2 people per room),
- Picnic lunch & snack,
- Dolonne Cablecar
- Private minibus for the 4 days.

Not included :

- FULL SUSPENSION (recommended) mountain Ebike rental & helmet,
- Drinks in refuge & hotel and all personal expenditure (make sure you have Euros & Swiss Francs),
- Personal mountain bike protection (highly recommended),
- Your trip to Chamonix,
- Repatriation insurance (mandatory) & cancellation insurance.

## FURTHER INFORMATION

**Level** : The 'e-Bike Mont Blanc Ride' is designed for participants with good levels of fitness who regularly go mountain biking (using standard and/or ebikes) with good riding skills on narrow, singletrack-style trails, able to be autonomous on technical sections.

**Meeting with your guide** : 9am on Day 1 at the "Compagnie des Guides de Chamonix" (190 place de l'église).

**Accommodation** : 1 night in hotel on Day 1 and 2 nights in mountain hut on Day 2 and 3 (dormitory)

**Guiding policy** : maximum 8 people per guide.

**Organization** : Your guide will contact you the week before the trip to answer any questions you may have and check your equipment.

NB : proof of full service of your mountain ebike dated within 15 days of the start of the trip will need to be provided, as well as a charger.

**Minibus assistance** : In order to offer you a quality service and to avoid the uninteresting sections of the tour (in particular the sections with roads) we have made the decision to integrate into our prices a minibus assistance all along the trip, allowing more flexibility and adaptation according to the profile and motivation of the group

**Documentation** : Participants must have an insurance with repatriation cover. Cancellation insurance is highly recommended. You can take out insurance offering both of these types of cover when you sign up. Participants must also take valid ID with them.

## 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. 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.

### **BACK-PACK**

- Recommended size for a day Ride = 20 L/25 L max (keep some space for the picnic)

Bad weather precaution: pack covers are great to protect from rain. We also recommend packing your belongings in a large and solid plastic bag for a better protection in case of heavy rainfall.

### **CLOTHING**

Avoid using cotton underwear. Compared to technical synthetic material, it is heavier and it dries slowly. Wool is also getting popular amongst sportswear brands. Synthetic and wool are warmer; they dry fast, and allow you to pack light.

### **FOR YOURSELF**

**NB : ID card or valid passport + small change for personal expenses.**

1 Mountain bike full suspension with good autonomy  
1 Goretex jacket (waterproof windbreaker)

1 travel bag for the refuge/hotel  
1 light down jacket (or a second fleece)

1 bike helmet Compulsory (+ Knee protection recommended)  
1 bike shorts + long-legs

2 bike bottle or camelbak  
Bike shoes + outdoor shoes

1 knife + 1 pocket light or head-lamp  
2 pairs of bike gloves (long and short ones) Compulsory

1 warm hat/head band and a pair of warm gloves  
1 swimsuit

1 sun hat or ball cap, sunscreen, sun glasses  
Comfortable clothes for the refuge / hotel

Changes of clothes: (T-shirt, underwear and socks): prefer synthetic/wool to cotton  
1 one person sleep sheet (silk is the most comfortable and remains the lightest)

1 long-sleeve shirt  
Ultralight shower kit (feel free to customize ...) + synthetic « dry fast » towel

1 polar fleece  
Personal first aid kit\*\*

### **FOR THE BIKE**

- Battery charger adapted + special key for the battery (locking / unlocking process)
- 1 bike lock
- 2 inner tubes
- Box of patches + glue
- 1 bike pump
- 1 Lubricant can
- Personal Specific tools depending on your EBIKE

Recommended :

- 1 extra "brake pad"
- Derailleur cables (front and back ones)
- 1 spare derailleur clip (unless your derailleur is directly fixed on the frame)

Your guide also carries a complete first aid kit, an emergency radio, a repairing kit, and navigating equipment. Remember that packing light is essential.

\*\* Elastoplast (stretchable strapping tape), band-aids, second skin, medicine for common aches and pains (diarrhea, headaches, sore throat...) Don't forget to bring your personal prescription treatment.

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