



# Compagnie des Guides de Chamonix

190 place de l'église - 74400 Chamonix - France - Tél : + 33 (0)4 50 53 00 88

[www.chamonix-guides.com](http://www.chamonix-guides.com) - e-mail : [info@chamonix-guides.com](mailto:info@chamonix-guides.com)

## SNOWSHOEING - FOODIE TRIP IN CHAMPEX

Duration: 3 days

Level: ▲▲▲▲▲

Price from: 320 €

Three days of immersion around the authentic village of Champex to enjoy the pleasures of life. Prepare your taste buds, because in this accommodation full of character, the gourmet style meals will delight them. A timeless gourmet weekend for all hikers searching for a winter escape.

### ITINERARY

#### Day 1 : Mont de l'Arpille

We leave in the morning from Chamonix towards the Swiss Valais. Between forests and mountain pastures, enjoy a beautiful view over the Rhône valley. Depending on your abilities, we leave the alpine pastures, a steep start and finish is highly rewarded by the superb panorama, with the Mont-Blanc as it's backdrop.

*Elevation gain and loss : 770 m*

#### Day 2: Arpette valley.

We invite you to discover the hidden valley of Arpette. We will follow the bisse towards the Arpette Hostel and continue in the calm of this snowy valley. The return will be by another route, depending on your wishes and the opportunities related to snow conditions.

Snowshoing back to the hotel for a last meal in the calm of the Hotel Alpina.

*Elevation gain and loss : 400 m*

#### Day 3: Col des Planches - La Crevasse

We leave the hotel after a last comforting breakfast to go to the Col des Planches. Overlooking Martigny, we begin our climb to the Crevasse. Facing us are the mountains of Val de Bagnes and behind us, Chablais. Return in the middle of the afternoon to the Col des Planches for a transfer back to Chamonix.

*Elevation gain and loss : 400 m*

*Guides and leaders may have to adapt program and hiking route to weather/terrain conditions and according to group hiking skills.*

### 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 2021 :** March 05 to 07 - March 26 to 28 - April 09 to 11.

**Price 2021:** 550€ per person based on minimum of 4 participants.

Included in the package :

- Organisation and mountain Leader guiding service,
- Two nights half-board (dinner, breakfast and night) at the quaint and comfy hotel Alpina in twin or double room,
- picnic lunches,
- shuttles return trip to Chamonix,
- snowshoe, pole, avalanche transceiver (DVA), shovel and probe rental.

Not included in the package :

- Drinks and personal expense (souvenirs...),
- repatriation insurance (mandatory),
- anything not mentioned in « included in the package.

## FURTHER INFORMATION

**Meeting point :** meet at 8.30 at the Compagnie des Guides office in Chamonix.

**Ability level :** 3/5 - moderate trek. For active people who does not mind training to prepare for the hike. Multi-day snowshoe hike for people with trekking experience. 5 to 6-hour hike with average vertical gain between 400 m and 700 m. Snowshoe hikes on steeper terrain. Prior experience recommended.

**Guiding Policy :** each mountain leader can guides a group from 5 to 8 people. The Compagnie des Guides de Chamonix's guiding policy is one of the strictest in the mountain guiding business.

**Accommodation :** two nights at the quaint and comfy hotel Alpina in twin or double room\*.

*\*For people signing up alone, we cannot guarantee that you will share your room with a person of the same gender.*

*Before & after the trip:* We have some hotel partners in Chamonix with special prices for our customers.

### **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 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.

### **Hiking boots**

- Boots for snowshoeing should be warm and waterproof. They should also provide high ankle support. New boots should be worn a couple of times before.

- If your feet tend to get blisters easily, you can apply baby talc on dry feet in the morning before wearing your socks.

### **Back-pack**

- Minimum size 35 L (a back-pack with extra room is better than too small).

- Once everything is packed, make sure there is enough room to fit your picnic lunch.

- Although backpack covers are very convenient in bad weather, we recommend using a very large plastic bag as a pack-liner to protect your personal belongings from getting wet.

### **Clothing**

Underwear : avoid using cotton. 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.

### **Carrying weight**

Taking enough time to pack is essential, as you are going to carry every item for several days in a row. Avoiding extra weight can easily be done by packing your clothes tightly, placing heavy items at the bottom of the pack, and avoiding empty spaces. As a result weight is better spread throughout your back and weight impression diminished).

### **Daily needs**

- 1 synthetic long-sleeve shirt,

- 1 light polar fleece,

- 1 pair of Goretex pants, 1 long synthetic underwear to wear under your trousers,

- 1 a pair of wool socks,

- 1 Goretex jacket,

- 1 pair of fleece gloves, 1 pair of mittens, 1 pair of silk gloves,

- 1 warm hat, a scarf or neck warmer,

- 1 water bottle (1.5 quart, to 2 quarts minimum) isothermal if possible,

- 1 pocket knife + 1 « spork »,

- Cap or sun-hat and sunglasses (category # 3 minimum), sunscreen (face and lips),

- a camera and a pair of binoculars (optional).

### **What you need for the entire trip**

- One small travel bag (we will leave the bag in the bus on day 1 & 2)

- down jacket or warm polar fleece,

- long underwear or sweat pants for the evening,

- changes of clothes: (T-shirt, underwear and socks) prefer synthetic to cotton,

- pocket light or head lamp,
- individual first aid kit \*,
- ultra-light shower kit (feel free to customize ...) + synthetic « dry fast » towel,
- 1 one-person sleep-sheet (silk is the most comfortable and remains the lightest),
- ID card or passport + spare change for personal expenses + paper tissues and toilet paper,
- gaiters (recommended if your Goretex pants don't have a boot-skirt).

*\* Elastoplast (stretchable strapping tape), band-aids, second skin, medicine for common aches and pains (diarrhea, headaches, sore throat...). Don't forget to bring personal prescription treatment if you have one. Mountain leaders also carry a complete first aid kit.*

**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

**You are a private group, you can ask for a customized trip.**

### ADVANTAGES :

#### - Exclusive guide

A more individualized relationship between your group and the professional.

#### - Choose your date of departure

You can choose your date of departure within the limit of the hut availabilities.

#### - Flexibility all along the trip

Depending on weather conditions, your level and your expectations, the guide can suggest you some different options of itinerary.

### Prices 2020-2021:

2 people: 960€ per person

3 people: 760€ per person

4 people: 660€ per person

5 people: 600€ per person

6 people: 560€ per person

7 people: 530€ per person

8 people: 510€ per person

**Compagnie des Guides de Chamonix Mont-Blanc.** 190, place de l'église 74400 Chamonix  
SAS au capital social de 364 400€ - R.C.S Annecy - SIRET 448 519 306 000 14 - Code APE 7911 Z

TVA intracommunautaire FR 23 448 519 306 - Immatriculation ATOUT France IM074 150011

**Responsabilité civile professionnelle :** MMA IARD - 14 Bd Marie et Alexandre Oyon - 72 000 Le Mans - Police 125 901 025

**Garantie financière :** GROUPAMA ASSURANCE - 5, rue du Centre - 93199 Noisy le Grand Cedex - Contrat #4000713874/1