



The montain together : the next, Mont Rose, France Italy



7 days in the mountains: 2 days for rocky climbs, the next 5 for a crossing of Monte Rosa.

Dates and times	Start of stay: the 17 th of July 2021 at 5pm (the 18 th at 8 with the mountain guide) End of stay: the 25 th of July 2021 at 10 am (the 24 th at 3pm with the mountain guide)
Skills details	Technical level: 3 on a scale of 1 to 5 Physical level: 3 on a scale of 1 to 5 Minimum level required: C1

	<p>Walking duration: day 1: 7 hrs / day 2: 5 hrs / day 3: 6-7 hrs / day 4: 4-5 hrs / day 5: 6 hrs / day 6: 6-7 hrs / day 7: 6-8 hrs</p> <p>Heigh variation: day 1: 400 m / day 2: 300 m / day 3: -700 m +1450 m / day 4: +/- 700 m / day 5: +800 m -700 m / day 6: +900 m -1000 m / day 7: +700 to 1200 m -1200 to 1500 m</p> <p>Luggage portorage: no</p>
Guiding	<p>Name: GUILLOT Jehan Roland</p> <p>Diploma: High mountain guide</p> <p>Mobile phone: 0033 6 61 03 58 87</p> <p>E-mail: jehan.roland@yahoo.fr</p>
Group size	<p>Required minimum number: 3 people</p> <p>Required maximum number: 3 people</p>
Accomodation type	<p>Day 0, 2 and 7: hotel without category, double room</p> <p>Days 1 and 3 to 6: guarded mountain hut</p>
Meals	<p>Half pension. Picnics not included.</p>
Transport	<p>Carpooling with your personal vehicle for trips during the stay.</p> <p>Day 1, 2, 3 and day 7: See description. Montenvers train, Aiguille du Midi cable car. Ski lifts or 4 x 4 taxi if lifts closed.</p>
Formalities	<p><u>Police formalities</u> :</p> <p>- Valid identity document</p> <p><u>Formalités sanitaires</u> :</p> <p>Warn your guide of any medical risk. To realize this trip in the best conditions, we advise you to make beforehand a medical balance sheet with your general practitioner to confirm your capacity for the trekking.</p> <p>COVID 19: Apply the measures in force at the time of stay imposed by the government, the department and the shelter's internal regulations. Respect barrier measures and physical distancing. Wear an additional mask when the distance of one meter cannot be respected.</p> <p><u>Informations needed for the agency before the trip:</u></p> <p><input type="checkbox"/> Name / Surname / Address / E-mail on web inscription</p> <p><input type="checkbox"/> Mobile phone number you will have during the trip</p>

	<input type="checkbox"/> Name and phone number of the person we can contact in case of emergency <input type="checkbox"/> Identity Document Copy <input type="checkbox"/> You Repatriation insurance attestation if not taken on our website (with insurance name, contract number, 24/24 phone number)
Date, place and time of meeting	07/18/2021 at 8 am hotel in Les Houches, with the high mountain guide. Start of stay the day before on 07/17/2021 at 5 p.m. at the hotel in Les Houches at the gates of Chamonix
Access to the meeting	By your own way
Date, place and time of dispersion	On 07/24/2021 at the Staffal car park at 3 p.m., separation from the high mountain guide. End of stay on 07/25/2021 at 10 a.m., after returning your hotel room, at the hotel in Les Houches, at the gates of Chamonix.
Itinerary details	<p>Day 0 : Overnight before itinerary at the hotel. Night before departure with the supervisor, independently, included in the price.</p> <p>Day 1 : We take the Montenvers train then onward towards this spur: Frêtes des Charmoz, PD 400 meters On the descent we reach the refuge of the plan de l'Aiguille to dine and spend the night</p> <p>Day 2 : We climb to the top of the Aiguille du Midi, descend the ridge and cross the glacier to reach the ridge at Laurence, reach the Cosmique Refuge for a comfortable break, then return to the top of the Aiguille du Midi and back. in the valley. PD, 300 meters.</p> <p>Day 3: Gressoney - Mezzalama refuge - Guide Val d'AYas refuge 3425 m The ski lifts take us to Bettaforca, 2672 m. Passage to the descent to the Ferraro refuge in Résy. Crossing at Pian di Verra, before reaching the Mezzalama refuge, 3004 m, then the Ayas Guides refuge, 3425 m where we will spend 2 nights. -700 m +1450 m. 6-7 hours of walking</p> <p>Day 4: Pollux 4091 m - Guide Val d'AYas refuge 3425 m</p>

	<p>First summit of 4000 meters, reached by snow slopes and slightly inclined glaciers, then a more aerial rocky passage equipped with fixed ropes before the beautiful final snow ridge. Return to the Guides d'Ayas refuge +/- 700 m. 4-5 hours of mountaineering at altitude.</p> <p>Day 5: Crossing the Castor 4223 m - Quintino Sella refuge 3585 m Summit of 4223 m with a beautiful panoramic view over a large part of the Alps. The ridge that allows you to cross it is very aesthetic and airy. Overnight at Quintino Sella refuge, 3585 m +800 m -700 m. 6 hours of mountaineering at altitude.</p> <p>Day 6: Crossing the Naso du Lyskamm 4272 m - Citta di Mantova refuge 3498 m Another stage at altitude, with the key passage: the ascent of the Naso, 4272 m, rocky passage and fairly steep snow or ice slopes requiring you to know how to hold on. Night at the Citta di Mantova refuge, 3498 m +900 m -1000 m. 6-7 hours of hiking and mountaineering at altitude</p> <p>Day 7: Vincent Pyramid 4215 - Ludwigshöhe 4341 - Parrot Spitze 4432 - Signalkuppe 4554 - Zumstein 4563 So many summits exceeding 4000 m, which can be linked according to the physical conditions of the group, and the weather conditions. Mostly glacier hike. Then descend the glacier to reach the Citta di Mantova refuge, 3498 m, and eat there. Descent to Gressoney by the ski lifts in the early afternoon. Separation at Gressoney around 3 p.m. +700 to 1200 m -1200 to 1500 m. 6-8 hours of hiking and mountain climbing Overnight at the hotel. Night after separation with the supervisor, included in the price, in autonomy.</p> <p>It is of course only area code, it will be necessary for us to adapt ourselves to the hazards of the weather report as well as in the conditions of the mountain and the people. In the last resort, the mountain guide remains only judge of the program whom he can modify because of imperatives of safety.</p>
Total price	2350 € per participant
The price includes	The elements described above concerning: supervision by a high mountain guide, the transport specified in the description concerning the ski lifts (or the 4 x 4 taxi to replace the closed lifts, accommodation, half-meal pension).
The price doesn't include	Personal insurances, picnics at lunchtime, drinks, transport excluding ski lifts (or 4 x 4 taxi to replace closed lifts), personal equipment, police formalities and sanitary expenses and all the things not mentioned in this document.

Payment terms	30 % deposit on registration, balance in 30 days of the departure. Payment accepted with bank card or bank transfer.
Insurance	Each participant must have an individual insurance to guarantee multirisk of protecting itself incidents or accidents wich can arise before either during the trekking and a repatriation insurance for the trip. If needed, we propose you several insurance formulas, under the condition that your residence address is in Europ: <input type="checkbox"/> ASSISTANCE: repatriation / expenses of help and search at 1 % of the total price, <input type="checkbox"/> CANCELLATION at 3,5 % of the total price <input type="checkbox"/> MULTIRISK (Assistance + cancellation) at 4,5 % of the total price, you will also have the trip interruption, if repatriation by our Europ Assistance insurance. Insurance general provisions on Europ Assistance leaflets.
Supplied equipment	Harnesses, crampons, helmets, Ice axes
Personal equipment necessary	<input type="checkbox"/> Mountaineering shoes, <input type="checkbox"/> socks + spare socks, <input type="checkbox"/> thermal tights, <input type="checkbox"/> gore tex pants, <input type="checkbox"/> 5 layers for the upper body including down jacket and gore tex jacket, <input type="checkbox"/> headband, hat, <input type="checkbox"/> 2 pairs of gloves, <input type="checkbox"/> class 4 goggles, ski mask, <input type="checkbox"/> sheet for shelters, <input type="checkbox"/> headlamp + extra battery, <input type="checkbox"/> thermos flask, <input type="checkbox"/> groceries. Non-exhaustive list