



## In the Land of 4000, Monte Rosa Massif, France - Italy

Preparation at altitude around the Torino refuge then crossing Monte Rosa

<b>Dates and times</b>	Start of stay: the 15 <sup>th</sup> of August 2021 at 5 pm (the 16 <sup>th</sup> at 8 am with the high mountain guide) End of stay: the 24 <sup>th</sup> of August 2021 at 10 am (the 23 <sup>rd</sup> at 3-4 pm with the high mountain guide)
<b>Skills details</b>	Technical level: 3 on a scale of 1 to 5 Physical level: 3 on a scale of 1 to 5 Minimum level required: 3 Walking duration: Day 1: 4 hours / Day 2: 8 hours / Day 3: 3 hours / Day 4: 5 hours / Day 5: 5 hours / Day 6: 4 hours / Day 7: 7 hours / Day 8: 6 hours. Height variation : ay 1: 400 m / Day 2: 800 m / Day 3: 200 m / Day 4: 1500 m / Day 5: 700 m / Day 6: 800 m / Day 7: 1500 m / Day 8: 300 m. Luggage portorage: no
<b>Guiding</b>	Name: GUILLOT Jehan Roland Diploma: High Mountain Guide Mobile phone: 06 61 03 58 87 E-mail: <a href="mailto:jehan.roland@yahoo.fr">jehan.roland@yahoo.fr</a>
<b>Group size</b>	Required minimum number: 1 people Required maximum number: 1 people
<b>Accomodation type</b>	Days 0, 3 and 8: Hotel without category, double room Days 1, 2, 4, 5, 6 and 7: refuges in dormitories, no shower

<b>Meals</b>	Only ½ pensions are included in the price. For lunch, everyone is independent (possible purchase of picnics in the refuges).
<b>Transport</b>	Car pooling with personal vehicles throughout the stay. Other transport: Day 1: Cable car Day 4: ski lifts or 4 x 4 taxi if lifts closed
<b>Formalities</b>	<p><b><u>Police formalities</u></b> :</p> <p>- Valid identity document</p> <p><b><u>Formalités sanitaires</u></b> :</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><b><u>Informations needed for the agency before the trip:</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Name / Surname / Address / E-mail on web inscription</li> <li><input type="checkbox"/> Mobile phone number you will have during the trip</li> <li><input type="checkbox"/> Name and phone number of the person we can contact in cas of emergency</li> <li><input type="checkbox"/> Identity Document Copy</li> <li><input type="checkbox"/> You Repatriation insurance attestation if not taken on our website (with insurance name, contract number, 24/24 phone number)</li> </ul>
<b>Date, place and time of meeting</b>	08/16/2021 in Les Houches at 8 am with the supervisor. Start of stay the day before on 08/15/2021 at 5 p.m. at the hotel (name given before the stay).
<b>Access to the meeting</b>	By your own way
<b>Date, place and time of dispersion</b>	08/23/2021 at Greyssonet at 3 p.m. to 4 p.m. with the supervisor End of stay the next day on 08/24/2021 at 10 a.m. at the hotel.

<b>Itinerary details</b>	<p><b>Day 0:</b> Overnight before itinerary at the hotel. Night before departure without the high moutnain, independently, included in the price.</p> <p><b>Day 1:</b> Personal car to go to Italy then Sky way cable car Ascent to the TORINO Refuge and cross the Aiguilles d'Entreves: D 400 meters Night in a dormitory at the Torino refuge, guarded, no shower.</p> <p><b>Day 2:</b> Ascent of the Dent du Géant: D, 800 meters, night in a dormitory at the Torino refuge.</p> <p><b>Day 3:</b> Crossing the Aiguilles Marbrées, PD 200 m. Night in a hotel. Personal car.</p> <p><b>Day 4:</b> Personal car then ski lifts or Taxi 4X, Ascent to the Ayas guides refuge: 1500 meters</p> <p><b>Day 5:</b> Pollux 4091 m - Guide Val d'Ayas refuge 3425 m AD, 700 meters night in a dormitory at the Ayas guides refuge, no shower</p> <p><b>Day 6:</b> Beaver crossing, D 800 meters, Night in a dormitory at the Quintino Sella refuge</p> <p><b>Day 7:</b> Crossing the Lyskamm AD then Night in a dormitory at Refuge Margharita no shower 1500 m</p> <p><b>Day 8:</b> Ascent of Pointe Dufour AD 300 meters. Return to the valley, end of the stay 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>
<b>Total price</b>	€ 5,700 per participant
<b>The price includes</b>	The elements described above concerning: supervision, transport by ski lifts (or 4 × 4 taxi) described in the itinerary, accommodation, half-board meals.

<b>The price doesn't include</b>	Personal insurance, carpooling, lunch, drinks, personal equipment, police and health formalities costs and anything not mentioned in the description of the stay.
<b>Payment terms</b>	30 % deposit on registration, balance in 30 days of the departure. Payment accepted with bank card or bank transfer.
<b>Insurance</b>	Each participant must have an individual insurance to guarantee multirisk of protecting itself incidents or accidents which 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 Europe: <ul style="list-style-type: none"> <li><input type="checkbox"/> ASSISTANCE: repatriation / expenses of help and search at 1 % of the total price,</li> <li><input type="checkbox"/> CANCELLATION at 3,5 % of the total price</li> <li><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.</li> </ul> <p>Insurance general provisions on Europ Assistance leaflets.</p>
<b>Supplied equipment</b>	Ice ax, crampons, harness, helmet
<b>Personal equipment necessary</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Mountaineering shoes,</li> <li><input type="checkbox"/> socks + spare socks,</li> <li><input type="checkbox"/> thermal tights,</li> <li><input type="checkbox"/> gore tex pants,</li> <li><input type="checkbox"/> 5 layers for the upper body including down jacket and gore tex jacket,</li> <li><input type="checkbox"/> headband, hat,</li> <li><input type="checkbox"/> 2 pairs of gloves,</li> <li><input type="checkbox"/> class 4 goggles, ski mask,</li> <li><input type="checkbox"/> sheet for shelters,</li> <li><input type="checkbox"/> headlamp + extra battery,</li> <li><input type="checkbox"/> thermos flask,</li> <li><input type="checkbox"/> groceries.</li> </ul> <p>Non-exhaustive list</p>