

Yves ASTIER (Ski & mountain guide)

During the winter we are based in Val d'Isère for ski-touring, downhill, off-piste skiing and ice-climbing on ice falls.

From May to October or November, we are in Chamonix.

MONT BLANC ASCENT

(A 6 day-trip, including 5 nights in full-board accomodation)

Summer 2010 program

The Mont Blanc (4810m), situated on the borders of France and Italy is a lovely snow peak easy to climb by well fit hillwalkers. To climb it is a dream for every hiker. It is the highest summit in western Europe.

The Mont Elbrus (5642 m), is the highest summit in eastern Europe, situated in the Caucase range (Russia / Kabardino – Balkaria). We propose this ascent every year at the end of June and in September.

To get the top of the Mont Blanc, you need to be fit in walking uphill, to learn to walk with crampons and a rope, and to acclimatize.

We also propose to climb it alone in 2 or 3 days. The aim of this 6 day-trip is to get you acclimatized to reach the maximum of your possibilities. We will do ice tuition to start, and then, we will climb 2 or 3 summits (ex: Domes de Miage, Mont Tondu, Lex Blanche, Aiguilles du Tour + Tete Blanche...).

For the 4 first days, the group will be with 7 people maximum with an international UIAGM mountain guide. Then, on the 2 last days, you will be 2 people maximum per guide, in the aim to guarantee maximum security. We will introduce you to hiking on glaciers (with rope and ice crampons), and we will climb up tops of easy snow summits with some rock scrambling.

Depending on the weather forecast, we will attempt to reach the top of the Mont Blanc on Friday or Saturday. If we can't, we will need one extra day (6 days + 1) without any extra payment.

☞ Exemple of a program =

Day 1

Meet at about 6.00 / 7.00 a.m. at the GITE TUPILAK in LES HOUCHES (village close to Chamonix) to check all the individual equipment.

NB: We can rent you all the gear if you need.

Then, we will go by train to the MONTENVERS for an introduction to walking on ice, on the MER DE GLACE, famous glacier (for a couple of hours or more). Then, we will go by bus or by car to ARGENTIÈRE / LE TOUR to walk up (about 2 hours) to ALBERT IER HUT (we will go up by cable car half-way or by the old moraine).

Day 2

Ascent of the AIGUILLE TOUR (snow + mixed or scrambling (3542m) by the COL SUPERIEUR DU TOUR.

Night in the lovely Swiss TRIENT HUT (3170m).

Day 3

Ascent of the PETITE FOURCHE (3520m) by the east ridge or the north face of TETE BLANCHE (3400m). Then, descent on the GLACIER DU TOUR (easy normal route of Tete Blanche), and back to Chamonix. We can have a hot shower in the gite or inn.

Day 4

Either we drive to ST GERVAIS and go up to the TETE ROUSSE HUT (3167m), train up to the Nid d'Aigle (2400m) and 3 hours walk.

Or we climb in one day the PETITE AIGUILLE VERTE, snow and ice mixed ridge (3550m) or, if the pupils are skilled enough, the ARETE DES COSMIQUES ridge on the AIGUILLE DU MIDI (3842m) and scenic rock and mixed ridge. We can have a hot shower if we spend the night in Chamonix.

Day 5

Start at 7.00 or 8.00 a.m. from LES HOUCHES cable car (Col de Voza) or from ST GERVAIS "TRAIN DU MONT BLANC", walk and ascend to the Gouter hut (3817m) by mixed ground or rock scrambling (after mid-July usually), if conditions are dry (+700 meters difference in height to climb in 3 or 4 hours of walk and scrambling).

Day 6 (or 7)

Wake up at 1.00 a.m. !

Ascent of the MONT BLANC by the normal route ARETE DES BOSSES, via VALLOT SHELTER (+1000 meters difference in height to climb in 4 or 5 ½ hours).

Usually, descent by the same route (-2500 meters difference in height for 6 or 8 hours walking and scrambling down).

In the hut, slippers are available for free.
For washing, you will only have cold running water.

☞ Route & conditions

To subscribe to this course, you need to be a good hillwalker or alpine hiker, able to walk minimum 6 hours per day.

We can be forced to change the route at anytime or to stop an ascent depending on the weather conditions.

Your guide is the only one entitled to decide in case of hazard, or lack of security due to the conditions, fatigue, or pupils ability.

☞ Starting dates

from June, 12th at 6.00 pm to June 18th or 19th, 2010

from June 19th at 6.00 pm to June 25th or 26th, 2010

from June, 26th at 6.00pm to July 02nd or 3rd, 2010

from July, 03rd at 6.00pm to July 9th or 10th, 2010

from July, 10th at 6.00pm to July 16th or 17th, 2010

from July, 17th at 6.00pm to July 23th or 24th, 2010

from July, 24th at 6.00pm to July 30th or 31th, 2010

from July 31th at 6.00pm to August 06th or 07th, 2010

from August 07th at 6.00pm to August 13th or 14th, 2010

from August 14th at 6.00pm to August 20th or 21th, 2010

from August 21th at 6.00pm to August 27th or 28th, 2010

from August 28th at 6.00pm to September 03rd or 04th, 2010

from September 04th at 6.00pm to September 10th or 11th, 2010

⌘ Rates

- ⌘ 1370 € per person for 6 days
- ⌘ 1470 € per person for 6 days with the gear rental (boots, crampons, Antibott, long 65 cm ice-axe, helmet, harness)
- ⌘ 1250 € per person for 6 days finishing by Mont Blanc traverse from the Cosmics hut (technically harder) instead of the normal route.

The rates include:

- Teaching and guiding by a qualified mountain guide
- Full board and lodging
- Transport in the valley of Chamonix during the course
- The collective gear (ropes, first aid kit,...)

The rates don't include:

- Cancellation insurance (3% of the amount)
- Drinks
- Drinkable water in huts

⌘ Equipment

To choose your individual equipment, take into account the following criterias:

- the gear has to be light, efficient and waterproof (especially for boots, gloves, clothes...).
- the gear has to be comfortable.

You can for instance rent your equipment at Sanglard shop or Pro Ski in Chamonix, or at Savoy Sports in Argentière.

INDIVIDUAL GEAR, YOU NEED :

- Rucksack of 50 or 60 litres
- Anorak, light gore-tex jacket
- Polartec or waterproof underpants, and polar or Capilene sweat-shirts
- Light mountain trousers
- 2 pairs of warm mountain socks
- Balaclava + waterproof gloves and mittens (or 2 pairs of gloves)
- Light rain coat
- Leather or plastic boots (type Salomon Pro Ice with rigid sole, compulsorily)
- Crampons (adjusted to the size of the boots) with Antibott
- Ice axe of 60 or 70 cm (70 cm if you are tall)
- A bottle + a Thermos (total 2 litres)
- 2 pairs of glacier sunglasses
- goggles
- Light harness (+ eventually a figure of eight or stitch-plate)
- A helmet
- A cloth sleeping bag
- Telescopic ski poles
- An individual, small First Aid Kit including the medicines you need (anti-inflammatory, anti-diarrhea, aspirin,...) and sun block cream for face and lips.

- A small towel + Moistened tissue wipes.