

ALPEXPLORE Technical sheet: to the base of the *Aiguilles d'Arves*



Departure: at the car park of the Relais TV above Chalmieux, a hamlet of Albiez-Montrond. Depending on the weather and terrain conditions, we start between 9 and 10.00 am. Transport to the place of departure and arrival is organized by yourself. For a longer variant (see below) we meet at the car park in La Saussaz, Albiez-Montrond.

This Alpexploration

We hike on mountain paths through alpine meadows in a landscape marked by erosion. Along the way we also explore the alpine fauna and flora.

- Rating of physical effort: fairly difficult*
- 4-6 hours hiking, 6-8 hours in total, to *Le Basse du Gerbier*
- Distance 10 km
- Elevation gain 650 m, from an altitude of 1900 m to 2550 m, and back
- The longer variant (from *La Saussaz*) is only for hikers who are physically very fit, because this hike adds 7 km distance and 500 m elevation gain (approx.. 3h extra)

Required equipment

- Hiking shoes or mountaineering boots
- Provide clothing for all circumstances (3 layers, incl. windproof and waterproof top layer)
- Sunglasses, sun cream, cap or hat, gloves, beanie
- Backpack with sufficient water (min. 2L), picnic and snacks (e.g energy bars, dried fruit and/or nuts)
- Trekking poles recommended and possibly binoculars
- Personal medication

Please discuss any chronic conditions in advance so we can take this into account in terms of objective and pace of the hike.

* according to FFRandonnée

Price and conditions

For this day hike with a group of 3 or more people: 60 euros pp. Children < 16 get a price reduction. If you are solo or two persons, please contact us to see if you can join another group.

The price includes preparation and guidance by the mountain leader, and must be paid in advance. The primary objective is to experience a mountain hike in a safe and informative way. Our ambition is to reach *Le Basse du Gerbier*, but this is not guaranteed. Depending on your safety and that of the group, the mountain leader may modify or cancel the hike. This could be influenced by e.g. the weather, the condition of the terrain, the physical fitness and/or the equipment of the participants. If the hike is canceled before the start, the payment of the mountain leader will also be cancelled. A person who does not follow the instructions of the mountain leader during the hike places him/herself outside of the group and the responsibility of the mountain leader.

Contact ALPEXPLORE. Stefan Pype, Mobile FR +33 787 470 698, email contact@alpexplore.eu

Personal registration

Name:

First name:

Planned Alpexploration:

Date

Place

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Signature