

ALPEXPLORE Technical sheet: 2-day trekking to the *Glacier de l'Etendard*



Departure: at the car park in Saint Sorlain d'Arves. Depending on the weather and the conditions of the terrain, we leave between 8 and 9:00 am.

This Alpexploration

Trekking via narrow mountain paths and alpine meadows, passing the famous Col de la Croix de Fer. From there onward, we hike on rocky soil, typical for high altitudes. On the way, we continue to explore the wildlife and flowers.

- Rating of physical effort: difficult*
- Day 1: 4-6 hours hiking, 6-8 hours in total, to the refuge the l'Etendard (2430 m altitude)
 - Distance 7-12 km, depending on the track we choose
 - Elevation gain 1000 – 1500 m, depending on the track we choose
- Day 2: 4-6 hours hiking, 6-8 hours in total, to the to the foot of the glacier (2680 m altitude), and from there we loop back to Saint Sorlain via a different track
 - Distance 15 km
 - Elevation gain 330 m up, 1300 m down
 - On day 2 we can consider to master one of the surrounding summits (only for experienced mountain hikers with very good physical fitness)

Required equipment

- Sturdy hiking/mountaineering boots
- Provide clothing for all circumstances (3 layers, incl. windproof and waterproof top layer and down jacket)
- Sunglasses, sun cream, cap or hat, gloves, beanie
- Backpack with sufficient water (min. 2L), picnic and snacks for day 1 and day 2 (e.g energy bars, dried fruit and/or nuts)
- Extra clothing, sleeping bag (liner) and pillow cover for your stay in the mountain hut
- Trekking poles recommended (and binoculars)
- Personal medication

* beoordeling volgens FFRandonnée

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

Price and conditions

For a group of 3 or more people: 130 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 price for your night and meals (excl. drinks) in the mountain hut is approx. 70 euro pp.

The primary objective is to experience a mountain hike in a safe and informative way. Our ambition is to reach the glacier, 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