

ALPEXPLORE Technical sheet: 4-day trekking of the *Aiguilles d'Arves*



Departure: at the car park in Albiez-le-Jeune. Depending on the weather and the conditions of the terrain, we leave between 8 and 9:30 am.

This Alpexploration

Trekking via narrow mountain paths through forests and alpine meadows, over mountain passes and summits. We depart on the plateau d'Albiez and cross over to the valley of Valloire. This trekking will let you explore how nature differs on the north vs south facing slopes. We spend the night in mountain huts and other typical accommodations. On the way, we explore the wildlife and flowers.

- Rating of physical effort: difficult*
- Day 1: 5-7 hours hiking, 7-9 hours in total. From Albiez-le-Jeune (1350 m) via the summit of Casse Massion (2433 m) to our gite in Albanne (1615 m),
 - Distance: 14.5 km
 - Elevation gain: 1184 m up, 932 m down
- Day 2: 7-8 hours hiking, 9-10 hours in total. From Albanne (1615 m) we pass Valloire (a stop in Valloire is possible if desired) to the refuge des Aiguilles d'Arves (2240 m).
 - Distance: 17 km
 - Elevation gain: 1090 m up, 480 m down
- Day 3: 4-5 hours hiking, 6-7 hours in total. From the refuge des Aiguilles d'Arves (2240 m) we pass over the Col de l'Épaisseur (2891 m). From there we descend to the Chalet de la Croë (2160 m). This is truly a high-altitude hike which is physically and technically demanding. In the Chalet de la Croë we can catch our breath and relax.
 - Distance: 6.5 km
 - Altitude difference: 760 m up, 830 m down
- Day 4: 5-6 hours hiking, 7-8 hours in total. From the Chalet de la Croë (2160 m) we descend to Albiez-Montrond (1550 m) and from there through deciduous forest and alpine meadows back to Albiez-le-Jeune (1350 m)
 - Distance: 16 km
 - Elevation gain: 330 m up, 1130 m down

* beoordeling volgens FFRandonnée

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 and gites
- Trekking poles recommended (and 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.

Price and conditions

For a group of 3 or more people: 270 euro pp. 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 and gites is 70-100 euro pp per night (3 nights).

The primary objective is to experience a mountain hike in a safe and informative way. Our ambition is to cross mountain tops and passes, 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