



Compagnie des guides
SAINT-GERVAIS
LES CONTAMINES
— Organisation —

43 RUE DU MONT-BLANC
74170 SAINT-GERVAIS
04 50 47 76 55

WWW.GUIDES-MONT-BLANC.COM
CONTACT@GUIDES-MONT-BLANC.COM



ARETE DES COSMIQUES IN WINTER

3,800 m

From Aiguille du Midi (3,842 m) in Chamonix.

A nice climb at high altitude where you will progress at the heart of
Mont-Blanc massif.



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OUTLINE

The previous day Appointment at 6.30 pm at the guides' office.

Day 1 Cosmiques Ridge

Departure from St-Gervais in the early morning to get to Chamonix (near 30 minutes by car). From there you will take Aiguille du Midi ski-lifts (3,842 m). Descent of the ridge of Aiguille du Midi and then a short walking towards the pass next to Simond shelter (3,600 m). It is a mixed exposed climb between snow and rocks and with one or two abseiling descents. You will come back with the cable-cars in the early afternoon.

The guides could be led to change the programme depending on the weather conditions, the mountains and the level of the participants.

2021 DATES

From December to May.

PARTICIPANTS AND SUPERVISION

Max. 2 people per guide.

Guaranteed departure in group sessions from 2 subscriptions.

You'll be supervised by a mountain guide.

PHYSICAL AND TECHNICAL LEVEL

The climb requires a good training and is addressed to sports people. You'll have to prepare and practice cardio during your endurance trainings. (biking, running, ...)

Don't forget that you'll be walking with a 8 kilograms backpack, this increases the amount of effort needed to walk, be sure to be training with this extra weight.

You will progress on an unmarked high-altitude mountain route, you will then have to know the dangers linked to that activity (cracks, seracfalls, rockfalls, avalanches, very low temperatures).



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2020 RATES

Price of the group option:

285 € / person

Price of the private option:

1 participant : 495€ / person

3 participants : 345€ / person

The price includes:

- Supervision by a mountain guide
- Aiguille du midi cable car

The price does not include:

- Drinks, cereal bars and other personal expenses
- Your personal insurance
- Transportation from Saint-Gervais to Chamonix
- Everything that isn't mentioned in « the price includes »

REGISTRATION AND PAYMENT

Thanks to the registration form dated and signed and with the 30% deposit, plus the optional insurance coverage amounts. The balance will be paid 30 days before the departure date.

Having repatriation help service coverage is compulsory to attend our trips. If you do not have one, we can offer you one.

APPOINTMENTS

The appointment takes place the day before the departure at 6.30 pm at the guides' office (in the Tourist Office building) in Saint-Gervais.

Location : <https://goo.gl/maps/58Kc9c7E3FsXXAcQ6>

Please let us know if you cannot be present, the appointment can be done by phone.

LIST OF THE EQUIPMENT

Technical equipment:

- ☐ Helmet
- ☐ 25/30-litre rucksack
- ☐ A telescopic walking pole with washer
- ☐ Harness with locking carabiner
- ☐ Ice axe
- ☐ Mountain boots with stiff soles to put crampons
- ☐ Semi-automatic crampons equipped with anti-boots

You can rent the technical equipment with our partners:

- For Saint-Gervais : - blanc-sport-saintgervais.com/
- www.unlimited-saintgervais.com
- Les Contamines - www.intersport-lescontamines.com/

Clothing:

- ☐ Hat and headscarf or balaclava
- ☐ Modern fibre underwear, long and short sleeves
- ☐ Thick fleece jacket or down jacket for the bottom of the bag
- ☐ Lighter fleece jacket or down jacket
- ☐ Gore-Tex jacket (ski jacket is not adapted)
- ☐ Modern fibre sports tights depending on the conditions
- ☐ Gore-Tex trousers
- ☐ Warm socks

Essential equipment :

- ☐ Glacier glasses (cat. 4)
- ☐ warm gloves
- ☐ High protection sunscreen and labial screen
- ☐ Thermos flask of tea (0.5 L minimum) or water and energy bars
- ☐ Small personal first-aid kit (aspirin, blister bandages)



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Do not hesitate to contact us if you need some advice for your physical training, the selection of your equipment or the organization of your trip.