

List of advised material

Clothing

- | | |
|------------------------------------|---------------------------------|
| 1 linen trousers/short | 1 Anorak or mountain jacket |
| Socks | T-shirt, pullover |
| Underclothes | 1 hat |
| 1 rain cape | 1 pair of hiking boots |
| 1 comfortable clothing for lodging | 1 pair of shoes for the lodging |

Various gear

- A linen or silk sleeping bag (optional)
- A small backpack to put your day's gear, the flask, K-way, sweater
- Camera
- Sun lotion - sunglasses - a pair of shoes for the lodging
- A knife for your lunch's comfort
- Underclothing
- Toilet bag (linen included)
- A hot jacket, mountain or anorak type
- A small personal pharmacy for your small pains
- Flashlight
- A 100L trash bag to put your gear in the bag that will be given to you to ensure a maximum sealing
- Toilet paper
- A bit of cheerfulness
- Possibly, telescopic ski sticks

The weight of your effects should not exceed 7 kg

Any surplus will be refused. Carry out your tests before!

Around the Mont Blanc Comfort and without backpack From Contamines to Montroc

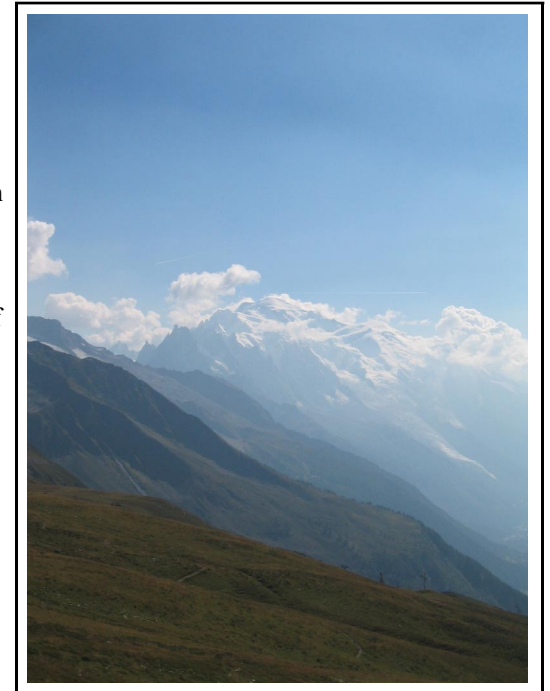
Start on August 22nd, 2010

This great classic although heavily frequented (fact that one understands easily) is so beautiful that one has to do it at least once.

Diverse landscapes will be seen. The Mont Blanc itself has a very different look depending on the side from which it is seen.

The section in the Swiss Ferret valley is also magnificent.

We will even more enjoy the beauty of the landscapes that our backpacks will be light. The remaining luggage will be carried by our long-eared friend: the mule.



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Day 1 N.D. de la Gorge - Col du Bonhomme - les Chapieux
Appointment at 9:30 in Notre Dame, close to the village of Contamines Montjoie. 10:00
Departure. We will cross the Réserve Naturelle of Contamines to climb to Col du
Bonhomme. This pass will lead us to the Beaufortin.
(1200m, 8h, shower, refuge)

Day 2 les Chapieux - la Ville des Glaciers - Col de la Seigne - Rif. Elisabetta
After the night spent at les Chapieux, we will climb to Ville des Glaciers. We should take
the opportunity to buy some Beaufort's cheese there. The Ville des Glaciers is a
magnificent place of meadows overlooked by ice. Crossing of Seigne's pass and entry
into Italy.
(900m, 5h shower, refuge)

Day 3 Rif. Elisabetta - Chécroui - Courmayeur - Rif. Elena
This day we will descent only a part of Val Vény, in order to climb a bit and cross the
hillside in front of Mont Blanc. Take the opportunity to taste the Italian ices. We will then
be transferred by bus, to avoid hiking along the Italian's Val Ferret's road. We will be
approaching Grand Ferret's pass.
(850m, 7h shower refuge)

Day 4 Rif. Elena - Gd. Col Ferret - la Fouly
We will now leave the Helena refuge and the Pré de Bar glacier, perfect glacial tongue.
We will then cross Grand Col Ferret's pass, to enter Switzerland and it's village of Fouly.
(800m, 6h, shower, hotel)

Day 5 la Fouly - Champex
Quiet journey, but of a very great beauty. Dry meadows, the cold water of the basins,
chalets as black as the small cows of Hérens. It is the meeting of the legendary Valais.
(600m, 5h, showers, lodging)

Day 6 Champex - Bovine - Forclaz - Trient
Through the mountain pasture of Plan d'Aulp then the mountain of Bovine, we will be
crossing above the Rhone's Valley and the town of Martigny. It will be nice to have a
taste of Fendant on the Alp. Down in the valley, the village of Trient awaits us.
(600m, 5h, shower, lodging)

Day 7 Trient - Col de Balme - le Tour
We will now leave Switzerland by a very beautiful climb to Balme's pass. Superb sight
on the Mont Blanc range: Verte, Drus, Aiguilles de Chamonix... end of the tour around
14:30 at the village of Montroc. Train or taxi will be organised for the return towards St.
Gervais or car park of Notre Dame of Gorge.
(900m, 5h)

Price CHF 1100.-, € 650.- (adult) / CHF 990.-, € 615.- (child, student,
retiree)
This tariff includes everything, except:
Transportation from home to the meeting point and back. Transportation by the organiser
(minibus) from Bernex to Contamines: CHF 20.-
Drinks, personal expenses.
The cancellation insurance: CHF 55.- (optional, must be asked for at registration)

Level: 7 days
8 to 10 km distance per day, 800m of height difference, 7h of maximum walk per day.
Bags transported by a mule from lodging to lodging. Bags will be provided to you for a
fast and effective loading on the packsaddle. ID card mandatory.

Lodging and meal: Hotel, lodging, refuge with half-board. Picnic taken out from
the bag at midday and is included. The drinks are not included. A linen sleeping bag or a
simple sewed bed sheet will be sufficient since we will find covers at the lodging.

Maps: IGN Série verte 1:100 000 no. 45
IGN Série bleue TOP 25 3630 OT and 3531 ET

Appointment 9:30 in Notre Dame of Gorge near Restaurant "Vieille
Auberge" (beside Chapel).

Deadline August 8th, 2010

If you come by train
Arrival: SNCF railway station of St. Gervais - Fayet.
Shuttles between the station and our appointment's place are available.

If you come by car
Exit motorway St. Gervais then direction Contamines Montjoie (15Km). You can leave
your vehicle to the car park of Notre Dame de la Gorge or at your hotel and recover it by
train or by bus from Montroc.

End
Montroc's SNCF railway station around 15h
Direct connection to the French or Swiss railways. Possibility of return in the taxi on
Notre Dame de la Gorge near Contamines, we will order a taxi (around CHF 20.-, to be
confirmed).

If you wish to arrive the day before or to prolong your stay
- Clef of Champs * 0033 450 47 06 09
- Le Pontet (lodge) 0033 450 47 04 04
For other recommendations, tourist bureau of Contamines, phone +33 450 47 01 58