

Experience night in refuge, best of 3 Vallées ! France



2 days to discover the most beautiful ski runs in 3 Vallées ski area, and a magic night in high mountain refuge.

Dates and times	From the 15th of December 2017 at 9 am To the 15th of December 2017 at 6 pm Possible at your dates and with a lot of dates between the 10th of December 2017 to the 23rd of April 2018
Group size	Required minimum number: 3 participants Required maximum number: 6 participants Maximum number of groups: 1 Beyond 6 people, a second guide will be necessary
Technical level required	Required minimal level: black slope Technical level: 3/5 Physical level: 2/5 Time of hiking : Day 1: ab 30mn / in Day 2 : ab 1h Altitude difference : Day 1: D+ ab 150m / Day 2 : D+ ab 300m / Day 3 : D+ ab 350m Porterage of luggage: no
Coaching	By a mountain guide of the Meribel's Mountain Guide Office, member of the Vanoise's Guides Company. Diploma: MOUNTAIN GUIDE

	Contact for information technique: office of the guides of Méribel Phone : +33 (0) 643 897 291 E-mail: guides.meribel@gmail.com
Detailed itinerary	<p>Day 1 : Depending of conditions, one of those famous backcountry ski run : Vallée des Avals or Col du Fruit on Courchevel, Dos de Crest Volland on Méribel or Béranger on the beautiful and typical mountain village of St Martin de Belleville.</p> <p>Day 2 Depending of conditions, one of those famous backcountry ski run : Lac du Loupor Combe sans Nom on Val Thorens, the wild vallée des Encombres on les Ménuires or les Rafforts on Méribel.</p> <p>It is of course only area code, it will be necessary to us to adapt ourselves to the hazards of the weather report as well as in the conditions of the mountain and the participants. In the last resort, the mid mountain guide remains only judge of the program whom he can modify because of imperatives of safety.</p>
Accomodation type	Refuge in high mountain on 3Vallées ski area, with double room or room 4 to 6 people, or dormitory. Possibility to have a shower, and nordic bath depending to the refuge (not every refuge).
Restoration	Half board (dinner and breakfast). Plan picnic or restaurant depending of weather.
Transportation	Lifts of 3 Vallées ski area.
Total price	610 € / pers if 3 people, 515 € / pers if 4 people, 420 € / pers si 5 people, 395 € / pers if 6 people
The price includes	Elements described above concerning : the mountain guide for 2 days, ski pass 2 days for full 3 Valley ski area, 1 night in refuge in half board (dinner and breakfast).
The price don't includes	Elements described above concerning : - picnic or restaurant day 1 and 2, - The personal insurances: personal civil liability ... - The individual equipment, - Drinks - Police formalities and sanitary - All which is not mentioned in this document
Payment terms	Deposit of 30 % on registration. Balance in 30 days of the departure. Payments accepted by bank transfer or bank card.
Formalities	Police formalities : compulsory ID card with date of validity. Sanitary formalities : Warn your guide of any medical risk. To

	realize this stay in the best conditions, we advise you to make beforehand a medical balance sheet with your general practitioner to confirm your capacity for the trekking.
Date, place and time of meeting	The 14th of December at 9 am in front of th cabin of Saulire Express
Access to the meeting	By your own ways
Date, place and time of dispersion	The 15th of December 2017 at 5 pm, at the end of ski, in Chaudanne
Insurance	<p>Every participant have to be a holder of a civil liability as well as an individual guarantee multirisk with the aim of protecting itself incidents or accidents which can arise before either during the trekking.</p> <p>If needed, we propose you several formulae of insurances, under the condition that your place of residence is in Europe:</p> <ul style="list-style-type: none"> - ASSISTANCE : repatriation / expenses of help and search in 1 % of the amount of the price, - CANCELLATION in 3,5 % of the amount of the price - In the case of purchase of both formulae, Assistance + cancellation to 4,5 %, you will be also covered for the interruption of stay. <p>General arrangements of Insurance on brochures Europ Assistance.</p>
Equipment furnished	Beeper, shovel and probe. Backpack if needed.
Rental equipment	<p>Fat skis 90mm on skate recommanded for off pist skiing.</p> <p>optional:</p> <p>ski sticks ski boots 1 day 70€/pers ABS Backpack 3 days : 90€/pers</p>
Personal equipment to be planned	<p>Bottle of water 1litre or thermos jug 50cl, energies bars, hot gloves, ski goggles, suncream. Your usual ski equipment, down jacket, front lamp, toilet bag, a change of clothes (pant and t-shirt).</p> <p>Non exhaustive list</p>