

Freeride traineeship in 3 Vallées ! 5 days, France



Improvement in off-piste skiing and ski touring on of 3 Valleys and Paradiski (La Plagne – Les Arcs) : A must to discover the world's biggest ski area !

Dates and times	Possible with departures all the Mondays between the 7th of december 2019 and the 30th of april 2020 Start: the day booked and validate at 9 am Finish: the day booked and validate at 5 pm Dates on the registration form on the website after the registration.
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	Minimal level: Black slope Technical level required: 3/5 Physical level required: 3/5 Walking time: Day 1: ab 45mn / Day 2: ab 1h / Day 3 ab 1h30 / Day 4 : ab 1h/ Day 5 : ab 1h30 (or more if wanted) Heigh variation: Day 1: D+ ab 200m / Day 2 : D+ ab 300m / Day 3 : D+ ab 350m/ Day 4 : D+ ab 200m/ Day 5 : D+ ab 350m (or more if wanted) Luggage portorage : 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 technical information : office of the guides of Méribel Phone : +33 (0) 643 897 291 E-mail: guides.meribel@gmail.com
Detailed itinerary	Day 1 : Safety exercise of research with beeper. Off-piste skiing and/or ski touring on the domain of 3 Valleys: Vallée des Avals, Rafforts, Dos de Crest Voland or other. Day 2 : ski touring and technical improvement (off-piste skiing, ski touring). Valley of Encombres, Glacier du Borgne, Couloir de la tempête or other one. Day 3 : Keep on exploring 3 Vallées's ski area with great off pist skiing : Combe Sans Nom, Vallon du Loup, Dame Blanche or other.

	Day 4 : transfer in taxi to Champagny en Vanoise, 25 mn by taxi from Méribel, on the domain of Paradiski (La Plagne – Les Arcs). We take the ski lifts for a short rise skis on the back, before 1800m of descent in the beautifullest part of the ski area. Day 5 : big route of ski of 3 Valleys following conditions: glacier de Gébroulaz, Col de Polset and descent on the valley of Maurienne, Rocher de Plassa or other. 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.
Accommodation type	Not included
Restoration	Picnic or restaurant according to the weather conditions, not included in the price, from day 1 to day 5
Transportation	Ski lifts on the domain of 3 Valleys and Paradiski, and a transfert in taxi.
Total price	1015 € / person if 6 participants, 1072 € / person if 5 participants, 1219 € / person if 4 participants, 1423 € / person if 3 participants. It is possible to be refunded of 61 € per person if you have your ski pass 3 Valleys if you show your ski pass in the registration and if you use it during the day.
Departure conditions in case of lack of participants	If the minimum number of 3 participants is not reached in the departure morning, you have 3 possibilities: - departure possible for two participants at 2137 € each person, - proposal of another service, - cancellation of the service with refund.
Supplements	Rental equipment possibly (see the case about that at the end of the document)
The price includes	Elements described above concerning : the mountain guide for 5 days, taxi transfert, ski pass 3 Valleys 4 days and Paradiski 1 day.
The price don't includes	Elements descried above concerning : - Picnics and / or restaurant day 1 to day 5 - 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 if booking more of 30 days before the departure. Balance in 30 days of the departure or total due on the booking. Payments accepted by bank transfer, bank card or « Chèque-Vacances » ANCV
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 11th of December 2017 at 9 am at Meribel la Chaudanne in front of the cabin of Saulire Express
Access to the meeting	By your own ways
Date, place and time of dispersion	The 15th of December 2017 about 5 pm at the end of the skiing day, at the Chaudanne.
Insurance	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. If needed, we propose you several formulae of insurances, under the condition that your place of residence is in Europe: - 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. General arrangements of Insurance on brochures Europ Assistance. Be carefull: If you choose another insurance contract, be sure that the assistance repatriation / expenses of help is sufficient.
Equipment furnished	Beeper, shovel and probe. Backpack if needed.
Rental equipment	optional: ski sticks shoes skins ski crampons 5 days : 325€/pers

	ski sticks skins ski crampons : 5 days 265€/pers ABS backpack 5 days : 140€/pers
Personal equipment to be planned	Bottle of water 1litre or thermos jug 50cl, energies bars, hot gloves, ski goggles, suncream. Your usual ski equipment. Fat skis 90-100mm on skate. Non exhaustive list