

## Ski guiding, discover « Les 3 Vallées » ! France



**A day to discover the slopes of the biggest ski area in the world, between Courchevel, Méribel and Val Thorens!**

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| <b>Trip date</b>          | <b>Possible all the days between the 7th of december 2019 and the 30th of april 2020</b><br>Start: the day booked and validate at 9 am<br>Finish: the day booked and validate at 4:30 pm<br>Dates on the registration form on the website after the registration.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Group size</b>         | Minimum number required: 3 participants<br>Maximum number required: 8 participants<br>Maximum number of group: 1<br>Over 8 people, a second guide will be necessary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Skills and Stamina</b> | Minimal level required: Red Slope<br>Technical level required: 2/5<br>Physical condition required: 2/5<br>Walking time: no<br>Height variation: no<br>Luggage portage: no                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Guiding</b>            | By a high mountain guide of the Meribel's Mountain Guide Office, member of the Vanoise's Guides Company.<br>Diploma: UIAGM HIGH MOUNTAIN GUIDE<br>Contact for technical information: Meribel's Mountain Guide Office.<br>Phone : +33 (0) 643 897 291<br>E-mail: guides.meribel@gmail.com<br>Website : <a href="http://www.guides-meribel.com">www.guides-meribel.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Planned itinerary</b>  | <p>We will start our day with the Saulire Express cable car that links the ski areas of Courchevel. The panoramic view of the Vanoise's glaciers is stunning. We will enjoy the fabulous ski runs of Courchevel Moriond. We will have lunch into a mountain restaurant in Courchevel or Méribel. In the afternoon, we will discover the beautiful Val Thorens's ski area, and the 3 Vallées 's peak: the Top of Carron at 3200 meters high! We will head back to Méribel at the end of afternoon.</p> <p>This itinerary could change from the original planned route. It can be modified by the guide, depending on the weather, the snow conditions, the stamina and the level of all the participants. It is up to the trip leader to decide if the snow conditions and weather conditions are safe, he can change the itinerary if this isn't the</p> |

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| <b>Accommodation</b>                                                                                        | No accommodation for this journey.                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Meals</b>                                                                                                | Mountain restaurant. Lunch with a starter, a main course, a dessert and coffee or herbal tea. Off drinks.                                                                                                                                                                                                                                                                                                                                                           |
| <b>Transportation</b>                                                                                       | Ski lifts.                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Total cost</b>                                                                                           | <ul style="list-style-type: none"> <li>• 3 people : 300 € per person;</li> <li>• 4 people : 280 € per person;</li> <li>• 5 people: 255 € per person;</li> <li>• 6 people : 240 € per person;</li> <li>• 7 people : 219 € per person;</li> <li>• 8 people : 199 € per person.</li> </ul> <p>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.</p> |
| <b>Departure conditions in case of lack of participants</b>                                                 | <p>If the minimum number of 3 participants is not reached in the departure morning, you have 3 possibilities:</p> <ul style="list-style-type: none"> <li>- departure possible for two participants at 445 € each person,</li> <li>- proposal of another service,</li> <li>- cancellation of the service with refund.</li> </ul>                                                                                                                                     |
| <b>Extra costs</b>                                                                                          | Rental equipment if necessary: skis, ski poles, and ski boots, 70 € per day.                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>The price includes</b>                                                                                   | Price included: UIAGM certified mountain guide for one day, one day ski pass for full 3 Vallées ski area, lunch with a starter, a main course, a dessert, coffee or herbal tea, off drinks.                                                                                                                                                                                                                                                                         |
| <b>The price doesn't include</b>                                                                            | Not included: personal insurance, any visa or custom requirements, accomodation, personal belongings, soft drinks or alcoholic beverage, day snacks, personal expenses, and anything not previously mentioned.                                                                                                                                                                                                                                                      |
| <b>Payment terms</b><br> | 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. Payment by direct transfer, credit card/ debitcard or « chèque-vacances » ANCV                                                                                                                                                                                                                                    |
| <b>Formalities</b>                                                                                          | <p>Immigration requirements: it is compulsory to have a valid ID,</p> <p>Health requirements: required vaccination.</p> <p>In order to make the most of your stay in the best conditions, we recommend to have a medical check up with your doctor to make sure you are fit enough to go trekking.</p>                                                                                                                                                              |

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| <b>Place and time of the meeting</b>         | At 9. 00 am in front of the gondola lift: Saulire Express.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Transport to the meeting</b>              | On your own                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Place and time of the end of the trip</b> | At 4. 30 pm in Chaudanne Méribel                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Insurance</b>                             | <p>Every participant must hold a third party liability insurance as well as an individual guarantee multirisk insurance to cover against any incident or any accident which could occur before or during the hiking trip. If necessary, we can offer you an alternative insurance options, which applies if you are a European resident.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> ASSISTANCE : repatriation, Search and Rescue...1 % of the amount of the trip cost.</li> <li><input type="checkbox"/> Cancellation...3,5% of the trip cost.</li> <li><input type="checkbox"/> In the case of purchasing both contracts, Assistance+ Cancellation...4,5% of the trip cost, you will also be covered for any days lost.</li> </ul> <p>Terms and Conditions Insurance, see our assistance brochure Europ Assistance.<br/>Be carefull: If you choose another insurance contract, be sure that the assistance repatriation / expenses of help is sufficient.</p> |
| <b>Rental equipment</b>                      | Skis, Ski poles and Ski boots : 70 € per day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Personal equipment necessary</b>          | <ul style="list-style-type: none"> <li><input type="checkbox"/> Ski slope gear</li> <li><input type="checkbox"/> Sun cream</li> <li><input type="checkbox"/> Sun glasses and goggles (if bad visibility)</li> <li><input type="checkbox"/> Warm pair of gloves</li> <li><input type="checkbox"/> Warm hat</li> </ul> <p>Non-exhaustive list</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |