



# Compagnie des Guides de Chamonix

190 place de l'église - 74400 Chamonix - France - Tél : + 33 (0)4 50 53 00 88  
[www.chamonix-guides.com](http://www.chamonix-guides.com) - e-mail : [info@chamonix-guides.com](mailto:info@chamonix-guides.com)

## E-BIKE MONT BLANC ETOILE

Duration: 3 days

Level: ▲▲▲▲▲

Price from: 595 €

The "Compagnie des Guides de Chamonix" is offering a stay exploring the Mont Blanc area on mountain ebikes, making it as accessible as possible and taking in Chamonix, Switzerland and Italy. This programme is structured to offer you a selection of the most beautiful panoramas of the Mont Blanc Massif, unusual accommodation and accessible routes adapted to suit a 'Beginners/Introductory' style trip.

All-terrain ebikes have become hugely popular over the past few years and there are myriad reasons for this growth: the ability to go further, higher and faster without excessive physical exertion, and the guaranteed fun, of course! Are you active and already have some mountain biking experience? This trip is for you! Go on, let yourself be tempted!...

### Why take this trip with us :

- Private minibus,
- Small groups with a dedicated guide,
- Possibility to rent your bike in one of our partner shop.

## ITINERARY

### Day 1 : Argentière Alt. 1250m - Refuge de la Loriaz Alt.2020m - France

Meet your guide in Chamonix. There is either a short transfer to the village of Argentière or you can start in Chamonix by bike. This first day gives us the chance to make the most of the Chamonix valley seen from above, with its legendary glaciers and peaks as a backdrop. We plan to have a lunch break in the Buet area, just after the Col des Montets. Next we start the climb towards the Loriaz hut. Standing at an altitude of 2020m, this authentic mountain pasture hut combines history and tradition with breathtaking landscapes... Night's half-board in a mountain hut.

Elevation gain : from 750m to 1000m. Elevation drop : from 300 to 700m. Distance from 25 to 35km.

### Day 2 : Champex - Switzerland

Early the next morning we descend to the village of Le Buet where our minibus awaits us. We transfer to the village of Champex in Switzerland (45mins). This brings a change of atmosphere and a day spent near the handsome Lac de Champex, with its multiple route options, notably towards the Val d'Arpette. This is an exploration of 'Switzerland's Little Canada'. Lunch break near Champex. We transfer at the end of the day to Courmayeur valley in Italy (1 ½ hours). Night's half-board in a 2-star hotel.

Elevation drop : 700m. Elevation gain : from 300m to 700m. Distance from 20 to 35km.

### Day 3 : Courmayeur - Italy

A day devoted to exploring the superb Italian Val Ferret, dominated by the south face of the Grandes Jorasses and Mont Blanc. A complete change of scenery and stunning vistas, with lunch in a typical restaurant to sample the delicious cuisine of the Aosta valley, and a choice of extremely varied routes. At the end of the day we transfer back to Chamonix via the Mont Blanc tunnel. End of trip.

Elevation gain : from 300m to 700m. Elevation drop : from 300m to 700m. Distance from 25 to 45km.

The guide may have to adapt the suggested program & itineraries depending on weather conditions and/or to group physical and/or technical ability.

## GROUP BOOKING

Dates for 2020 :

June : monday 22  
July : monday 6  
August : monday 10 & Monday 31

**Price 2020** : 595€ - min 4 / max 8 people per guide.

Included in the price :

- 3 guided days with a qualified 'Mountain Bike' guide (French 'Brevet d'Etat'),
- 2 nights in half-board accommodation including diner & breakfast (1 night in Dormitory + 1 night in a 2\* hotel based on 2 people per room),
- Picnic & snack,
- Private minibus for the 3 days.

Not included :

- All mountain Ebike rental & helmet,
- Personal mountain bike protection (highly recommended),
- Drinks in refuge & hotel and all personal expenditure (make sure you have Euros & Swiss Francs),
- Your trip to Chamonix,
- Repatriation insurance (mandatory) & cancellation insurance.

## FURTHER INFORMATION

**Level** : The 'ebike Mont Blanc Etoile' is an exploratory trip designed for active individuals with some mountain biking experience on trails. The routes mostly follow 4x4 trails with no real technical difficulties but it is better if participants have some basic 'riding' skills (eg know how to descend a step, how to adapt one's speed to the terrain, and good handlebar control over rocky terrain...).

**Meeting with your guide** : 9am on Day 1 at the "Compagnie des Guides de Chamonix" office (190 place de l'église).

**Accommodation** : In mountain hut on Day 1 (dormitory) and in a 2\* hotel on Day 2.

**Guiding policy** : Groups from 4 to 8 people.

**Organization** : Your guide will contact you the week before the trip to answer any questions you may have and check your equipment.

NB : proof of full service of your mountain ebike dated within 15 days of the start of the trip will need to be provided, as well as a charger.

**Documentation** : Participants must have an insurance with repatriation cover. Cancellation insurance is highly recommended. You can take out insurance offering both of these types of cover when you sign up. Participants must also take valid ID with them.

## EQUIPMENT

We recommend you take particular care over you choice of equipment, as it plays a large role in the success of your trip. Weight is critical, and you must always evaluate the weight-to-comfort ratio to find the best compromise. Weather conditions can be extremely variable. Generally speaking, it is better to put on several thin layers than to have one bulky item of warm clothing, and it is vital that you remain dry at all times.

### BACK-PACK

- Recommended size for a day Ride = 20 L/25 L max (keep some space for the picnic)

Bad weather precaution: pack covers are great to protect from rain. We also recommend packing your belongings in a large and solid plastic bag for a better protection in case of heavy rainfall.

### CLOTHING

Avoid using cotton underwear. Compared to technical synthetic material, it is heavier and it dries slowly. Wool is also getting popular amongst sportswear brands. Synthetic and wool are warmer; they dry fast, and allow you to pack light.

### FOR YOURSELF

**NB : ID card or valid passport + small change for personal expenses.**

1 Mountain bike full suspension with good autonomy

1 Goretex jacket (waterproof windbreaker)

1 travel bag for the refuge/hotel

1 light down jacket (or a second fleece)

1 bike helmet Compulsory (+ Knee protection recommended)

1 bike shorts + long-legs

2 bike bottle or camelbak

Bike shoes + outdoor shoes

1 knife + 1 pocket light or head-lamp

2 pairs of bike gloves (long and short ones) Compulsory

1 warm hat/head band and a pair of warm gloves

1 swimsuit

1 sun hat or ball cap, sunscreen, sun glasses

Comfortable clothes for the refuge / hotel

Changes of clothes: (T-shirt, underwear and socks): prefer synthetic/wool to cotton

1 one person sleep sheet (silk is the most comfortable and remains the lightest)

1 long-sleeve shirt

Ultralight shower kit (feel free to customize ...) + synthetic « dry fast » towel

1 polar fleece

Personal first aid kit\*\*

## **FOR THE BIKE**

- Battery charger adapted + special key for the battery (locking / unlocking process)
- 1 bike lock
- 2 inner tubes
- Box of patches + glue
- 1 bike pump
- 1 Lubricant can
- Personal Specific tools depending on your EBIKE

Recommended :

- 1 extra "brake pad"
- Derailleur cables (front and back ones)
- 1 spare derailleur clip (unless your derailleur is directly fixed on the frame)

Your guide also carries a complete first aid kit, an emergency radio, a repairing kit, and navigating equipment. Remember that packing light is essential.

\*\* Elastoplast (stretchable strapping tape), band-aids, second skin, medicine for common aches and pains (diarrhea, headaches, sore throat...) Don't forget to bring your personal prescription treatment.

**Compagnie des Guides de Chamonix Mont-Blanc.** 190, place de l'église 74400 Chamonix  
SAS au capital social de 364 400€ - R.C.S Annecy - SIRET 448 519 306 000 14 - Code APE 7911 Z  
TVA intracommunautaire FR 23 448 519 306 - Immatriculation ATOUR France IM074 150011

**Responsabilité civile professionnelle** : MMA IARD - 14 Bd Marie et Alexandre Oyon - 72 000 Le Mans - Police 125 901 025  
**Garantie financière** : GROUPAMA ASSURANCE - 5, rue du Centre - 93199 Noisy le Grand Cedex - Contrat #4000713874/1