

Overview

The main objective of this trip is to complete the 170km hike of the Tour du Mont Blanc, through France, Italy, and Switzerland. Also included will be two days in Paris with French Venturer Scouts (Pionniers) and sightseeing time in both Chamonix (France) and Courmayeur (Italy). Allan has completed this hike twice before, and Cheryl has completed it once.

Participants

Name	Type	French	Outgoing Flight	Return Flight	Passport Expiry
Catton, Sam	Youth	Some	With Group	With Group	19 Dec 2013
Dionne, Nick	Youth	Fluent	With Group	With Group	9 Aug 2015
Gale, Calvin	Youth	Some	With Group	With Group	28 Mar 2017
Kerr, Aidan	Youth	Some	With Group	With Parents	9 Nov 2014
Savage, Lochlan	Youth	None	With Group	With Group	21 Nov 2016
Yates, Heather	Youth	Fluent	With Group	With Group	22 Oct 2014
Yates, Laura	Youth	Fluent	With Group	With Group	23 Oct 2014
Hamill, Stew	Adult	Some	With Group	With Group	3 Oct 2013
Yates, Allan	Adult	Mostly	With Group	With Group	17 Sep 2013
Yates, Cheryl	Adult	None	On Own	With Group	23 Oct 2014

High Level Schedule

- 1 day to fly to Paris
- 2 ½ days in Paris
- Train to Chamonix
- 1 ½ days in Chamonix
- 4 days hiking
- 1 day in Courmayeur
- 5 days hiking
- 2 days in Chamonix
- Shuttle from Chamonix to Geneva
- 1 day to fly back from Geneva

Health Insurance

Name	Provider	Contract #	Member #	Contact
Catton, Sam	Albert Blue Cross	19668	2686948-67	780-498-8000
Dionne, Nick	Sun Life	55555	2541698	519-742-1342
Gale, Calvin				
Kerr, Aidan	Sun Life	55555	0001827194	519-742-1342
Savage, Lochlan	Aetna/RBC	TH00839796		905-816-2562 (collect)
Yates, Heather	Sun Life	162726	31	202-296-7493 (collect)
Yates, Laura	Sun Life	162726	31	202-296-7493 (collect)
Hamill, Stew				
Yates, Allan	Sun Life	162726	31	202-296-7493 (collect)
Yates, Cheryl	Sun Life	162726	31	202-296-7493 (collect)

Hiking Methodology

The hike will generally be from mountain hut to mountain hut. These huts provide accommodation and meals, thus minimising what each person needs to carry.

Paris Pionniers

Massy-Verrières

mv.pionniers@gmail.com

Caroline Calès <ice_cream91@hotmail.fr>

+33 689 36 99 80

Financial Budget (per person)

Item	Quantity	€	C\$	Total
Airfare, Ottawa/Paris, Geneva/Ottawa	1		\$1,050	\$1,050
Train (RER B) from airport	1	€ 9		\$12
Accommodation	1		\$50	\$50
Eiffel Tower	1	€ 12		\$17
Museums	2	€ 10		\$28
Meals	4	€ 15		\$85
Metro	1	€ 10		\$14
Train from Paris Austerlitz to Chamonix	1	€ 109		\$154
Chamonix hotel	2	€ 32		\$91
Breakfast at hotel	2	€ 8		\$21
Lunch and Dinner in Chamonix	4	€ 15		\$85
Aiguille du Midi cable car	1	€ 34		\$48
Aiguille du Midi to Helbronner cable car	1	€ 24		\$34
Bus from Chamonix to Les Houches	1	€ 0		\$0
Chalets du Miage	1	€ 45		\$64
Refuge de Col de la Croix de Bonhomme	1	€ 40		\$57
Refuge des Mottets	1	€ 45		\$64
Courmayeur	2	€ 53		\$150
La Vachey	1	€ 45		\$64
Bus from La Fouly to Champex	1	€ 10		\$14
Champex	1	€ 45		\$64
Hotel de la Forclaz	1	€ 50		\$71
Tre-le-champ	1	€ 45		\$64
Cable car from Flegere to Index	1	€ 8		\$11
Flegere	1	€ 45		\$64
Lunches on trail	11	€ 5		\$78
Bus from Les Houches to Chamonix	1	€ 4		\$6
Chamonix hotel	1	€ 32		\$45
Breakfast at hotel	1	€ 8		\$11
Bus Chamonix to Geneva	1	€ 30		\$42
Other meals and snacks	1		\$100	\$100
Contingency	1		\$200	\$200
Total		€ 786		\$2,856

Plus any extra activities and pocket money.

Reconciliation upon our return.

Detailed Schedule

Date	Activity	Hike Time	Meals			Accommodation	
			Breakfast	Lunch	Supper	Location	Abode
Wed Jun 27	Depart Ottawa late afternoon			N/A	Aeroplane	Aeroplane	Seat
Thu Jun 28	Arrive Paris early morning (9am) Train from airport to Paris Send postcard home Sightseeing		Aeroplane	Café	Café	Paris	TBD
Fri Jun 29	Sightseeing		Hotel	Picnic	BBQ	Paris	TBD
Sat Jun 30	Sightseeing		Hotel	Café	Café	Train	Couchette
Sun Jul 1	Train from Paris to Chamonix Arrive in Chamonix, 3pm Sightseeing Send postcard home			Train	Café	Chamonix	Hôtel Les Crêtes Blanches
Mon Jul 2	Chamonix Aiguille du Midi Sightseeing			Café	Café	Chamonix	Hôtel Les Crêtes Blanches
Tue Jul 3	Train to St. Gervais Tramway du Mont Blanc Start hike	6:00		Chalets de Miage		Les Contamines	Club Alpin Français
Wed Jul 4	Hike	5:30		Homemade		Col de la Croix de Bonhomme	Refuge Col de la Croix de Bonhomme
Thu Jul 5	Hike (via Col des Fours) Hike up to Tête Nord des Fours Beaufort cheese tour at Ville des Glaciers Donkeys from Les Mottets?	4:00		Picnic		Refuge des Mottets	Refuge des Mottets
Fri Jul 6	Hike Lac du Miage?	5:15		Picnic		Col Chercrouit	Maison Vieille
Sat Jul 7	Rest Day Free time Send postcard home	1:45		Café		Courmayeur	Hôtel Bouton D'Or
Sun Jul 8	Hike	7:00		Homemade		Rifugio Bonatti	Rifugio Bonatti
Mon Jul 9	Hike Bus from La Fouly to Champex Send postcard home	6:30		Picnic		Champex	Au Club Alpin
Tue Jul 10	Hike (via Fenêtre d'Arpette)	6:30		Homemade		Col de la Forclaz	Hôtel du Col de la Forclaz
Wed Jul 11	Hike	6:00		Homemade or picnic		Tre-le-Champ	Auberge la Boerne
Thu Jul 12	Hike	4:00		Refuge du Lac Blanc		Lac Blanc	Refuge du Lac Blanc
Fri Jul 13	Hike to La Flegere Cable car to Chamonix Free time in Chamonix	1:00		Chamonix		Chamonix	Hôtel Les Crêtes Blanches
Sat Jul 14	Rest Day Free time Celebration dinner			Café		Chamonix	Hôtel Les Crêtes Blanches
Sun Jul 15	Bus to Geneva Fly home (Depart late morning)			Airport			

Mandatory Items

Rucksack
 Waterproof liner or cover for rucksack
 Trousers
 Shorts
 Fleece top and/or sweat shirt
 Rain jacket
 Rain pants
 Tee shirts
 Long sleeved shirts
 Hiking boots
 Sneakers
 Toque
 Gloves
 Water bottle (1 litre) and/or Camelback
 Sleeping bag liner
 Wash kit (tooth brush, tooth paste, soap, shampoo, brush, deodorant)
 Headlamp or torch w/spare batteries
 Towel
 Hiking socks
 Underwear
 Pajamas
 Bandana (*The Mountaineer*)
 Pocket money
 Passport
 Out-of-country medical insurance details
 Out-of-country permission form

Before and After Hike

Suitcase
 Extra shirt(s)
 Extra trouser(s)
 Extra shoes?

Optional Items

Swim suit
 Ear plugs
 Penknife
 Sunglasses
 Sun hat
 Baseball cap
 Flip flops
 Camera (w/lots of memory & batteries)
 Camera battery charger
 Lip balm
 Walking sticks
 Notepad, pen
 Book
 Long underwear
 Kleenex
 Money belt
 Shaver or razor
 Watch
 Toilet paper
 Bag for wet or dirty clothes
 ATM card
 Slippers
 Sweat/fleece pants
 Sock liners
 Stuff sacks to manage gear
 Spare contact lenses
 Contact lens solution
 Pillow case
 Shaver charger
 Knapsack

Extra clothing can be left in your suitcase at the hotel in Chamonix.

Rucksack

- 38-54 litres (2,300-3,500 cubic inches)
- Waterproof cover or pack gear in garbage bag or dry sacks.
- Maximum 15-25 lbs. total weight.

Hiking boots

- Provide ankle support, water resistance, and cushioning.
- Gore-Tex preferred over leather; no break-in period and lighter.
- Vibram sole recommended.
- Negotiating group discount, but participation not required.

Clothing

- Quick dry preferred, especially for drying after doing laundry.
- Weather can be everything for sweltering hot to a blizzard.
- Think layering.
- One set of clothing for hiking, one set for the refuge.

Rain Gear

- Rain jack and rain pants an absolute necessity.
- Gore-Tex recommended, but not a necessity.

Group Equipment (for Hike)

Item	Who is Carrying It
First aid kit	Laura
Compass	Laura
Mobile telephone	Allan
Spot	Nick
Guide book	Sam
Topographic maps	Aidan
Refuges contact list	Nick
Laundry soap	Lochlan
Thermometer	Allan
Anemometer	Allan
Altimeter	Allan
Sunscreen	Heather
Toilet paper	Aidan
Repair kit	Calvin
Playing cards	Heather
Collapsible Frisbee, 2	Sam
Copies of passports	Nick
Paracord clothes line	Calvin
Snacks	Aidan
Ziploc bags	Heather
European electrical adapters	Allan
Notebook, pens, pencils	Allan

Group Equipment (other)

Laundry bag
 Mexican train (game)
 Hanging scale

Accommodation

- Accommodation will be a mix of hotels and mountain huts.
- Hotels may have shared bathrooms.
- Mountain hut sleeping may be in rooms with bunk beds, a dormitory, or even a converted cow shed. All sleeping is unisex (i.e. boys and girls in the same room); no false modesty in Europe. If both rooms and dormitories are offered, the rooms will be more expensive; kids will be in dormitories for sure.
- Accommodation will generally be picked to give the best cultural experiences.
- There may be showers in the huts, but the water may not be heated, or they may not be very much of it. Sometimes the showers will only open starting at a certain time in the afternoon.
- Etiquette
 - When entering mountain hut, hiking boots must be removed at the door. Sometimes indoor slippers are provided, alternatively sneakers or flip flops may be used.
 - In the dormitories, silence is golden at night. Some people may be getting up very early to start a climb and your noise would not be appreciated.
- Many public toilets in Europe require payment.
- Some toilets are squat only!

Language

- The language of the Tour du Mont Blanc is French. While other languages are spoken in Italy and Switzerland, most people in those countries also speak French.
- Some people we encounter may speak English, but it is not guaranteed. People from across Europe, and beyond, hike this route.
- Always attempt to converse with a person in their local language before switching into English. Even if your French is worse than their English, your attempt will be appreciated (you will get better service), and it is good practice for you!
- Know at least 'bonjour' and 'merci'.

Communications

- Personal mobile devices (and other electronics) are strongly discouraged.
 - Beware that international roaming charges (especially data) can be excruciatingly expensive. Bills in excess of \$10,000 are not uncommon.
 - Most of the time we will not have mobile coverage and most of the accommodations do not have Wi-Fi.
 - The intention of the trip is not to spend the time texting friends back home or watching YouTube.
 - If you bring them, I don't want to see them. Otherwise there are a lot of very deep crevices...
- A SPOT satellite messenger, as used on our canoe trips, will be brought for location updates for the folk back home, and for emergency signaling.
- A pre-paid mobile for the group will be brought for emergency use and for making accommodation changes if our schedule changes.
- Everybody will be sending post cards home as we enter each country.
 - Address labels will be brought so you don't even have to remember your address.

Financial (General)

- The currency of France and Italy is the Euro (€). The French Franc and the Lire are no longer legal tender. The currency of Switzerland is the Swiss Franc (CHF), but the Euro is generally accepted. However, the Euro exchange rate at a store in Switzerland may not be ideal.
- Exchange rates:
 - €1 = C\$1.30
 - CHF1 = C\$1.07
 - C\$1 = €0.77 = CHF0.97
- Canadian ATM cards are accepted in Europe.
- Stores in the towns will sometimes accept debit cards, but cash is king during the tour.
- Daily ATM withdrawal limit is €250 in Italy and €300(?) in France.
- Withdrawing cash from an ATM will be less expensive than a store debit transaction.
- ATMs are located in Chamonix, Les Houches, Les Contamines, Courmayeur, La Fouly, and Champex.
- ATM cards must be configured with a four digit PIN. Six digit PINs are not always accepted in Europe.
- Some type of service fee (~1% of transaction or a flat rate) will be charged by the foreign ATM. Your ATM card limit must be equal to or greater than this fee plus the withdrawal amount. A card limit of at least \$40 is needed; however it is typically less expensive to withdraw a larger amount fewer times, than withdrawing many small amounts.
- Canadian banks must be notified that your ATM card will be used outside of the country, otherwise the transactions may trigger a fraud alert resulting in the card being locked. Give the bank a list of the countries and trip dates. This information can generally be submitted through the bank's website.

Financial (Personal)

- To start the trip, Euros can be purchased from your bank in Canada, alternatively Euros can be obtained at the first ATM found in France.
- Due to the shorter time in Switzerland, we may have some group Swiss Francs that could be sold if needed to individuals before a Swiss ATM is found.
- Plan on carrying enough cash to last at least three days.
- Individuals are only responsible for money for their personal use. i.e. junk food, snacks, extra drinks, presents for themselves or folk back home, etc.
- Travelers cheques are very rarely used these days, they can only be cashed at banks, and incur high service fees. Not recommended.
- A money belt is a good option for carrying your cash and your passport.

Financial (Group)

- The group will be paying for all travel, meals, accommodation, and group activities.
- As many of the refuges take only cash, we will need to leave each town with ~ €2,000.
 - €50/person (half board at a refuge) * 10 = €500.
 - €5/person (lunch) * 10 = €50
 - Three days before the next ATM: (€500 + €50) * 3 = €1,650
- At a minimum five people (four necessary + one spare) will need to withdraw €250 in each town for group usage.
- As not everybody will necessarily do the same activities, and kids often have less expensive tickets than adults, all expenses will be recorded and we will reconcile upon our return.

Travel

- Carry-on baggage is restricted in size and weight. Knapsack is good.
- Only minute amounts of liquids and gels may be carried through airport security. 100mL maximum size each, all in a single 1 quart clear plastic bag.
- No bomb or terrorist jokes in an aeroport or on an aeroplane; it's even more verboten than at a US border crossing.
- You lose five hours during the flight to Europe. You must sleep as much as possible during the flight as we will have a full day upon our arrival. Travelling over is harder than coming back.
- Your rucksack must be placed in a suitcase/duffel bag/etc. when checked onto the aeroplane; it is too easy for the straps to catch in the machinery and it to be destroyed otherwise. Spare suitcases are available to borrow for anybody without one.
- Weight, size, and quantity limit to checked baggage as well. Recommend single checked item.
- Airplane etiquette
 - If reclining your seat, do it slowly so as to not upset any drinks on the table attached to the back of your seat.
 - If not in an aisle seat, do not get up and down every few minutes. Don't get up while your seat mate is eating. If they get up, it's a good time for you to get up too.

Safety & Security

- Pickpockets can be prevalent in Europe, especially in aeroports and train stations.
 - Keep your wallet and passport where it cannot be stolen.
- Luggage theft can be an issue in aeroports, in train stations, and on trains.
 - Keep your luggage with you at all times in the aeroport and in the train station.
 - Keep in contact with your luggage; hand or foot on/through strap.
 - In train's keep an eye on the luggage (especially when stopped at a station), or use a cable lock (usually more trouble than it's worth though).
- We can split up.
 - In Chamonix.
 - In Courmayeur.
- We will keep together.
 - In Paris.
 - While hiking.
- The weather in the mountains can change drastically very quickly. Be prepared to close up the group and change into rain suits at a moment's notice.
- A light weight first aid kit, with some over the counter medicines, will be carried by the group.

Meals

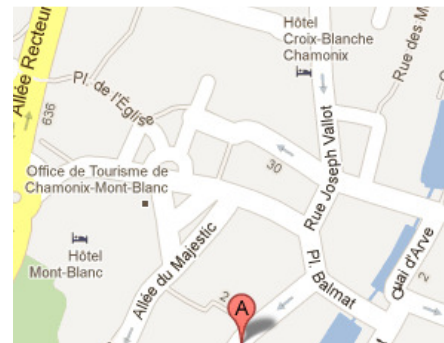
- In the hotels, breakfast is often included with the room. If not, we may find a café.
- In the mountain huts, we will have half board; this includes both breakfast and supper.
- Lunches can be any of:
 - Packed lunch purchased from the mountain hut where we stayed the night.
 - Recommended: Sausage, cheese, and bread
 - Food purchased at a grocery store in a town and brought along.
 - Purchased at a mountain hut during the day.
- For suppers when not at a mountain hut, we will eat in restaurants.
 - 'Prix Fixe' is less expensive than ordering 'a la carte'.
- We always want to make the most of sampling local cuisine. This would include:
 - European drinks.
 - Italian pizza.
 - Italian ice cream & gelato.
 - French baguettes (purchase first thing in the morning).
 - Tartiflette (creamy potato, bacon, and cheese dish).
 - Raclette (cheese melted onto potatoes).
 - Fondue Savoyarde (breaded dipped into melted cheese).
 - Tartes aux Myrtilles (blueberry pie).
 - Croque Monsieur
 - Hot chocolate in a bowl.
 - Swiss chocolate.
 - Crêpes
 - Flunch
 - BN = Biscuit Fourré => chocolate version



- French macaroons



- Pain au chocolate
 - Purchase first thing in the morning
- Patisserie Richard
 - 10 Rue Doct Paccard
 - Best place in Chamonix



Documents & Insurance

- A valid passport is required for everybody.
 - Everybody responsible for carrying their own passport.
 - In general, your passport should be with you at all times to prevent theft.
 - Passports must expire no earlier than three months after our planned return date.
- A photocopy of every passport will be made before departure in the event any are lost or stolen.
- Everybody is required to have out of country health insurance. Policy holder names and numbers will be collected before departure.
- We will have mountain rescue insurance through the SPOT satellite messenger.
- Everybody is required to have trip cancellation insurance.

Optional Activity Ideas

Paris

- Eiffel Tower (everybody for sure)
- Catacombs
- Bus tour
- Arc de Triomphe
- Montmartre
- Museum of National Resistance
- Bicycle tour (kids asked for this)
- Picnic
- Canal boat ride
- Chateau de Vincennes
- Chateau de Versailles
- Champs Elysées

Chamonix & Courmayeur

- Aiguille du Midi (highest cable car in the world; 12,600') (everybody for sure)
- Rock climbing
- Canyoning
- Mountain biking
- Kayaking
- Climbing gym in Les Houches
- Hot springs in Courmayeur
- Via ferrata
- Montenvers rack & pinion train in Chamonix

Not everybody has to do the same stuff in Chamonix or Courmayeur. People can also just walk around and relax.

First Aid Kit Contents

Medical tape
Triangular bandage
Gloves
Alcohol wipes
Ibuprofen
Acetaminophen + codeine
Chapstick
Halls
Diphenhydramine (antihistamine, Benadryl)
Triple Antibiotic Ointment (Polysporin)
Diotame (upset stomach/nausea/indigestion)
Diamode/Loperamide (anti-diarrheal)
Alamag (antacid)
Ibuprofen (anti-inflammatory)
Acetaminophen
Sudafed (decongestant, phenylephrine)
Hydrocortisone cream (anti-inflammatory)
After burn gel
Blisto-O-Ban
Mole skin
Gauze roll
Needle
Tweezers, splinter
Nail scissors
Safety pins
Non-stick gauze pads
Tensor bandage

Repair Kit Contents

Compass
Signaling mirror
Lighter
Matches
Whistle
Electrolyte drink mix, 2
Hand sanitizer, alcohol
Zip ties
Duct tape
Zipper
Diaper pin
Webbing
Seam sealant
Buckles
Eye glass repair kit
Sewing kit
Needles
Thread, thick
Pins
Buttons
Shoe laces

Laundry

- Laundry is done in a bucket or sink, and hung to dry.
- Plan for laundry every 2-3 days.
- Group will bring laundry soap.

CHAM LAVERIE

98 Via d'aoste
74400 Chamonix Mont Blanc
+33 (0)4 50 53 56 48
arnaud.mathieu33@sfr.fr

Pressing de l'Arve

Galerie Alpina
74400 Chamonix Mont Blanc
04 50 53 30 67

Blanchisserie Blanc Mont Blanc

250 RUE DES ALLOBROGES
74400 Chamonix-mont-blanc
04.50.53.13.52

"There are 2 Laundromats in Chamonix that I know of. I saw another post but did not know how to add to it so I just wanted to update. The other laundry is in Cham Sud, on a dark corner that is hidden but if you are looking at Technique Extreme, turn right then take your first left and it will be on the left. I just dropped off two loads of laundry (sheets, pants, all my ski socks and long underwear, towels, sweatshirt etc.) and it will be 26 euro total including organic wash soap, dry and fold. Same day service."

"There is one in the basement/lower floor of the Centre Commercial in Argentière. I have priced it, not proven yet, at about 11E per wash and dry. I don't think there is a drop off service though."

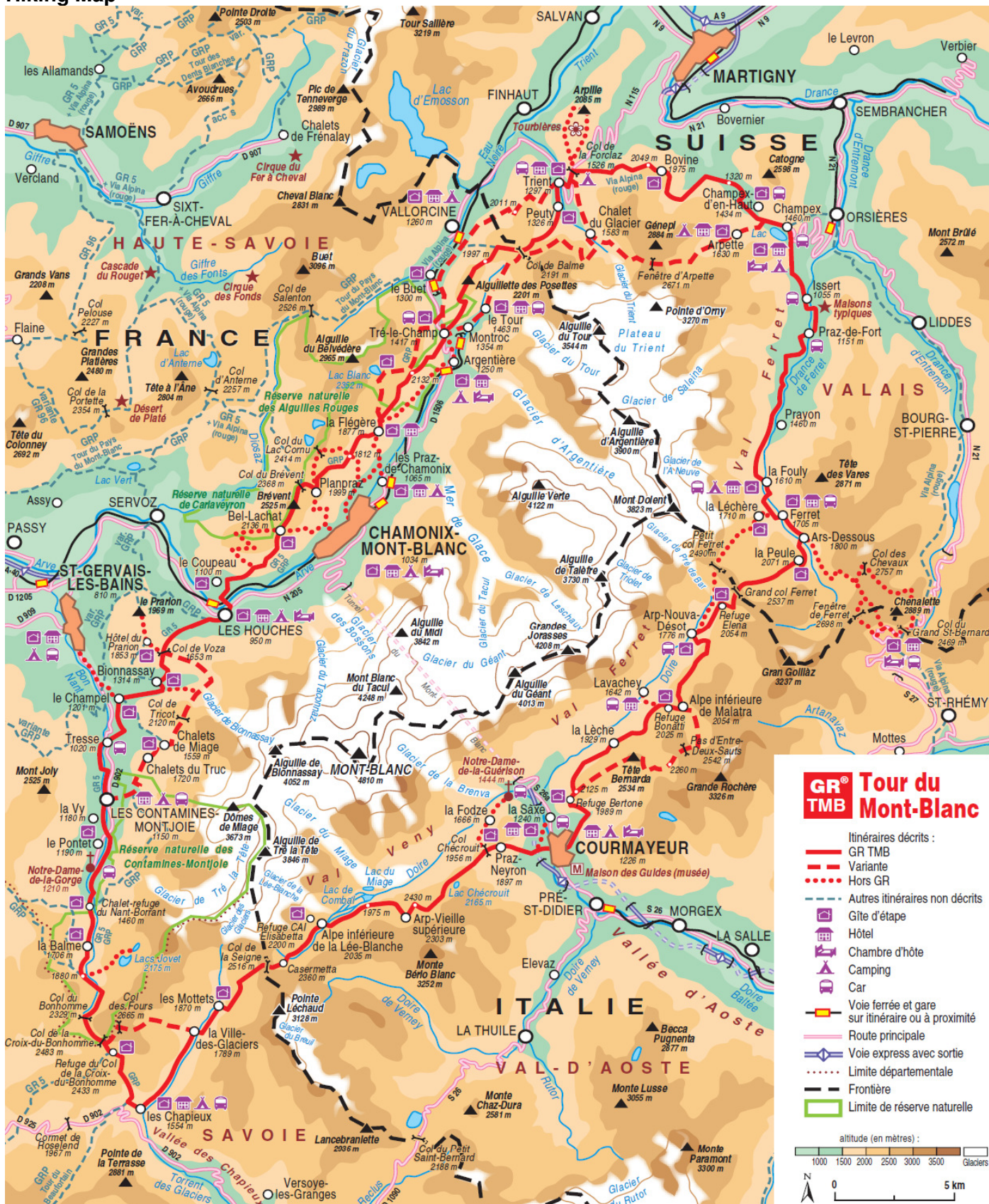
"There's one on the Avenue Aiguille du Midi just south of the river. Walking distance from the center of town."

Lavanderia La Candida

Via Circonvallazione, 65
11013 Courmayeur
0165 842059



Hiking Map



Sleeping Bag Liner

- Mandatory in some of the refuges.
- Blankets, pillows, and mattresses provided, but the blankets only get washed once per year.
- Old sheet, \$35 silk from MEC, \$19 silk from Ebay, or \$14 fake silk from Ebay.

**Care instructions**

- Hand wash in cold water
- Only use a soft soap or shampoo
- No Sun Drying
- Dry flat or iron softly when still wet

Flights

Flight	From	To	Equipment	Status	Flight time	Class
Air Canada AC8722 REF : NIDCJV *YOW-YUL OPERATED BY AIR CANADA EXPRESS - JAZZ	Ottawa (YOW) Wed, 27 June 2012 15h40	Montreal PE Trudeau (YUL) Wed, 27 June 2012 16h20	DH3 Seat : 08A	Confirmed	0h40min	S
Air Canada AC0870 REF : NIDCJV	Montreal PE Trudeau (YUL) Wed, 27 June 2012 19h50	Paris Charles de Gaulle (CDG) Thu, 28 June 2012 08h30 - Aerogare 2 Terminal A	77W Seat : 60A	Confirmed	6h4min	S
Swiss Airlines LX0354 REF : XBCKTY	Geneva (GVA) Sun, 15 July 2012 12h35 - Main Terminal	London Heathrow (LHR) Sun, 15 July 2012 13h20 - Terminal 1	319 Meal : Snack	Confirmed	1h45min	S
Air Canada AC0889 REF : NIDCJV	London Heathrow (LHR) Sun, 15 July 2012 15h15 - Terminal 3	Ottawa (YOW) Sun, 15 July 2012 17h50	763 Meal : Meals snack	Confirmed	7h35min	S

Use Graval as a sleeping aid on the flight.

Carry-On Baggage




Standard article	Personal article
Maximum size: 23 cm x 40 cm x 55 cm (9 in x 15.5 in x 21.5 in) Wheels and handles included.	Maximum size: 16 cm x 33 cm x 43 cm (6 in x 13 in x 17 in)
Maximum weight: 10 kg (22 lb)	Maximum weight: 10 kg (22 lb)

All destinations

Carry-on baggage allowance*:
1 standard article and 1 personal article

Checked Baggage



Economy Class

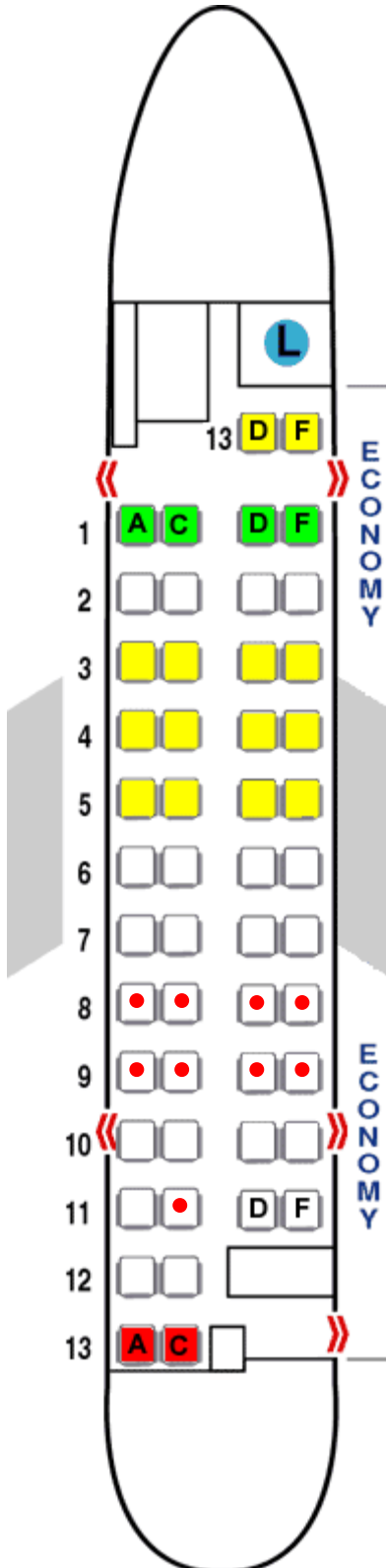
Includes Air Canada Tango, Tango Plus and Latitude fares, and Aeroplan Economy, Air Canada Vacations Economy and Air Miles Economy tickets

Regular baggage allowance

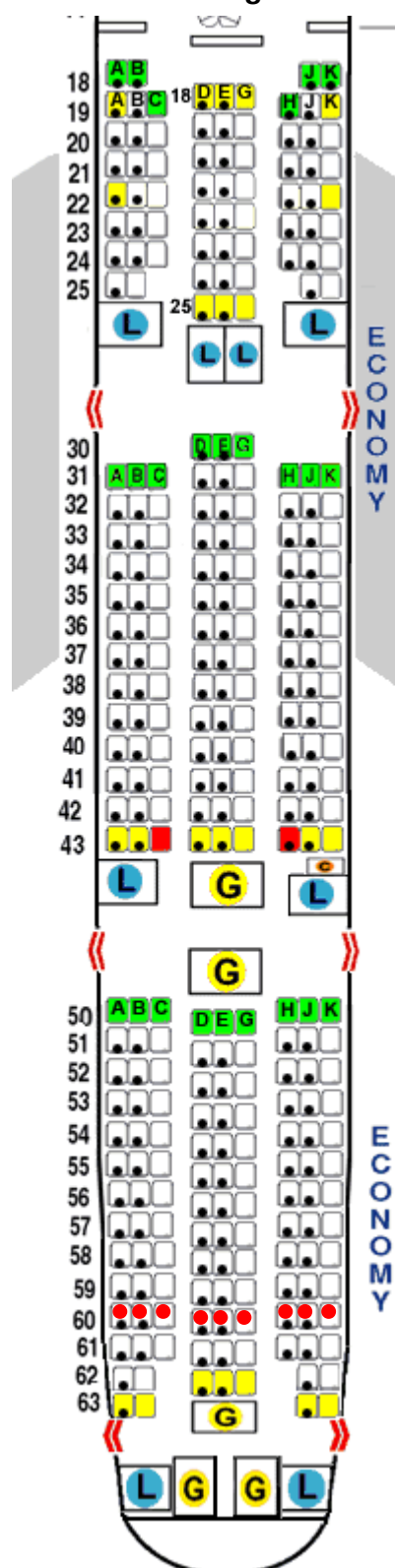
1 bag free
 Max. weight per bag:
23kg (50lb)
 Max. linear dimensions per bag:
158cm (62in)

Seating Assignment (Outbound)

YOW -> YUL
de Havilland Dash 8



YUL -> CDG
Boeing 763



Seatmap Key

- Good Seat
- Some Drawbacks
- Poor Seat
- Standard Seat
- Blocked Seat
- Crew Seat
- Power Port
- << Emergency Exit
- V Overhead TV
- G Galley
- L Lavatory
- C Closet

Seat Assignment (●)

YOW -> YUL

8A/C/D/F, 9A/C/D/F, 11C

YUL -> CDG

60A/B/C/D/E/G/H/J/K

Airport Codes

YOW Ottawa
YUL Montreal
CDG Charles de Gaulle

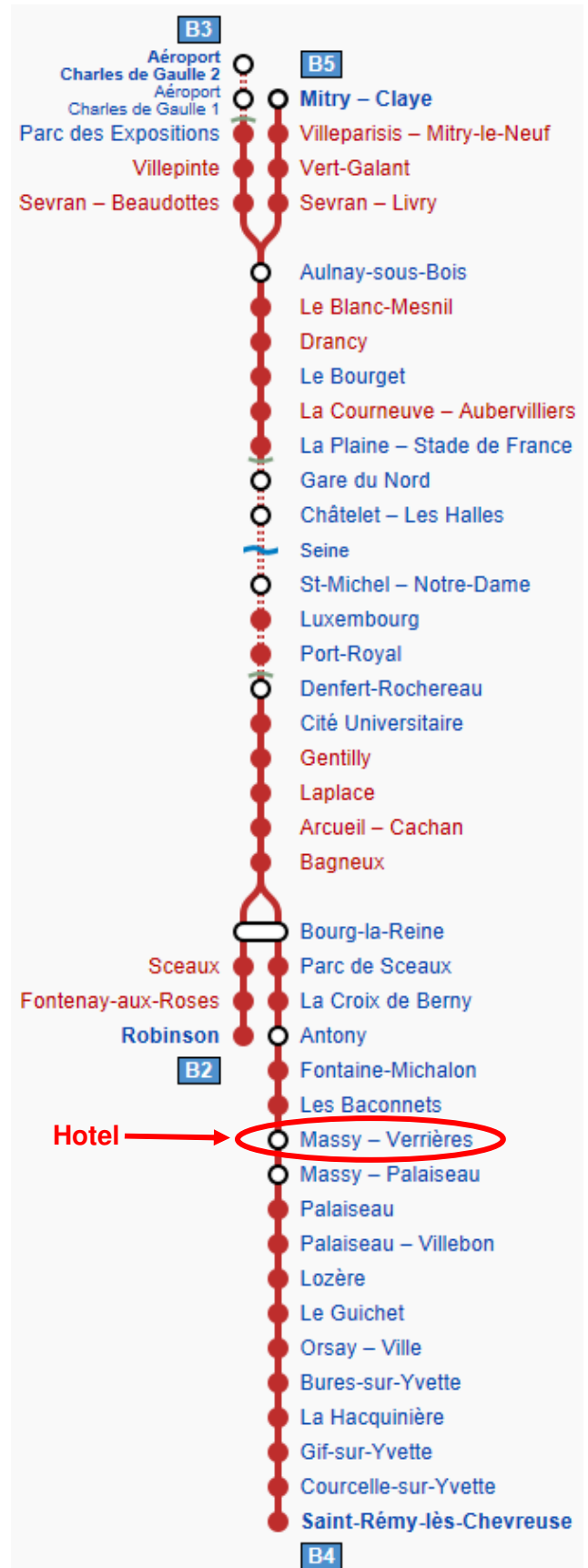
Paris Train from Airport to Hotel

Line: RER B

Trains run every 10-15 minutes. One hour travel time from the airport to Massy-Verrières. Drop luggage at hotel and return into Paris.

Purchase 3-day Paris Visite Cards for zones 1-5. This will allow us unlimited Metro and train travel around Paris. The pass works on calendar days from first usage, so it will expire just before our trip Sunday morning from the hotel to the train station. We will either purchase individual tickets, or perhaps use the opportunity to experience a Paris taxi ride.

Paris + suburb + airports			
DAYS / jours	adult / adulte	children / enfant ⁽¹⁾	-50%
1 day / jour	20,50€	10,25€	
2 days / jours	31,15€	15,55€	
3 days / jours	43,65€	21,80€	
5 days / jours	53,40€	26,70€	



Paris Hotel

Kyriad Massy
82 Place de France
91300 Massy

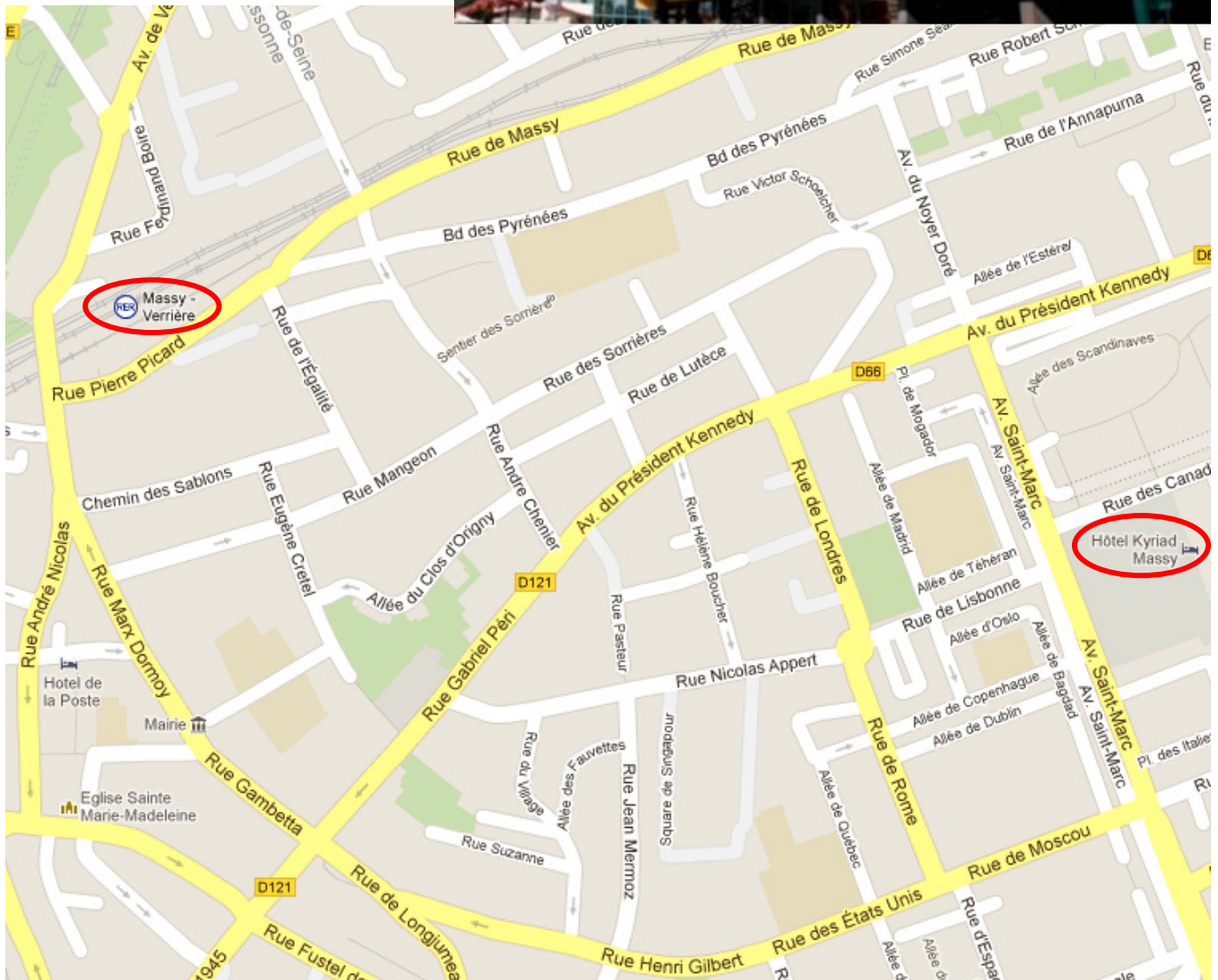
www.kyriad-massy-opera.fr
kyriad.massy@shfrance.com
+33 1 60 11 55 54

Breakfast: Buffet from 6.30 am to 9.30.

June 27th - July 1st

Confirmation # 239045151/3 &
239045030/1 - Prepaid.

4 x 2 single beds, 1 x 3 single beds



Paris Itinerary**Thursday**

- Flight arrives at 8:30am.
- Purchase three day Paris Visite card (zones 1-5).
- RER B from airport (CDG) to Massy-Verrières; 60 minutes. Drop luggage at hotel.
- RER back into Paris.
- Catacombs.
- Latin Quarter & walking tour.
- Fontaine Saint-Michel, Notre Dame de Paris
- Purchase and mail postcards.

Friday

- Palace de Versailles (afternoon).
- BBQ with Pionniers du Massy-Verrieres

Saturday

- Hotel des Invalides.
- Chatelet-les-Halles, Rue du Rivoli, Jardin des Tuileries, Concorde
- Louvre tour (3pm); two hours in length.
- Night bicycle tour (7pm); four hours in length.
- Purchase food for lunch on train.

Sunday

- Taxi to Gare de Lyon

Catacombs

Access

1 Place Denfert-Rochereau

www.catacombes-de-paris.fr/english.htm

Subway and the RER b: Denfert-Rochereau

Bus: 38,68

Hours

Open from 10 a.m. to 17 p.m. every day except Monday

Last admission at 16 p.m.

Admission

Full price : 8 Euros

Reduced fee : 6 Euros

Youth tickets (14 to 26 years old included): 4 Euros

Tariff students (up to 26 years old included): 35 Euros for the group (fixed price of 10 tickets to the individual youth fees)

Audio Tour

Full price: 4,50 Euros + individual admission fee

Reduced fee: 3,80 Euros + individual admission fee

Group: 91 Euros + individual admission fee (reduced fee: 5,50 Euros per person.)

Students Fee (less than 27 years): 45 Euros + individual admission fee (fixed price of 35 Euros starting from 10 people, if not 3,50 Euros per person.)

Bring earphones for the audio tour.



Latin Quarter Tour

Classic Walks of Paris

www.ClassicWalksParis.com

Thank you for your reservation on the Latin Quarter Walk. Your payment has been received and you are confirmed for the tour listed below:

TOUR INFORMATION:

Tour: Latin Quarter Walk

Date: June 28th, 2012 at 3:00 PM

Group Size: 9

Notes: Scout group from Canada. Also booked on Saturday for the Louvre tour and the night bike tour.

Perhaps we can discuss a quantity discount...

TRANSACTION INFORMATION:

Invoice ID: 163790

Total: €180

Paid: Yes

Credit Card (4468419045) - \$224.55

TOUR SPECIFICS:

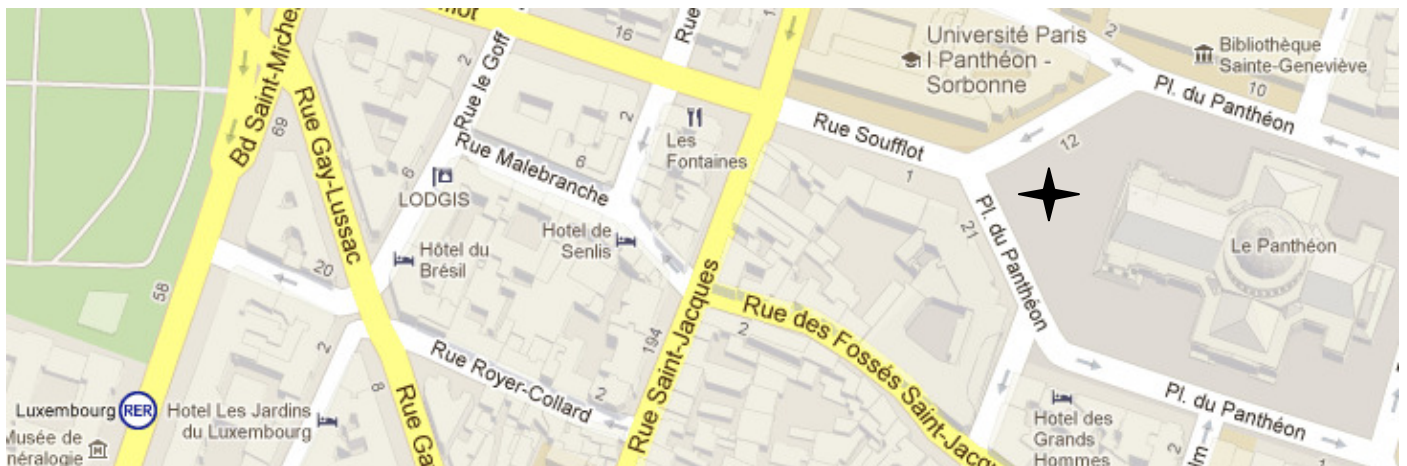
This tour meets in the middle of the plaza in front of the Pantheon (RER: Luxembourg, line B). Your guide will be holding a Classic Walks sign.

Please plan to arrive 5-10 minutes early for your scheduled tour.

All of our tours operate rain or shine, and we have rain ponchos available in our shop for €1 (fully refunded if not used).

01-56-58-10-54 (calling from within France)

+33-1-56-58-10-54 (calling from outside of France)



Hotel Des Invalides (Musée de l'Armée)**Access**

Line 8: Latour-Maubourg, Invalides

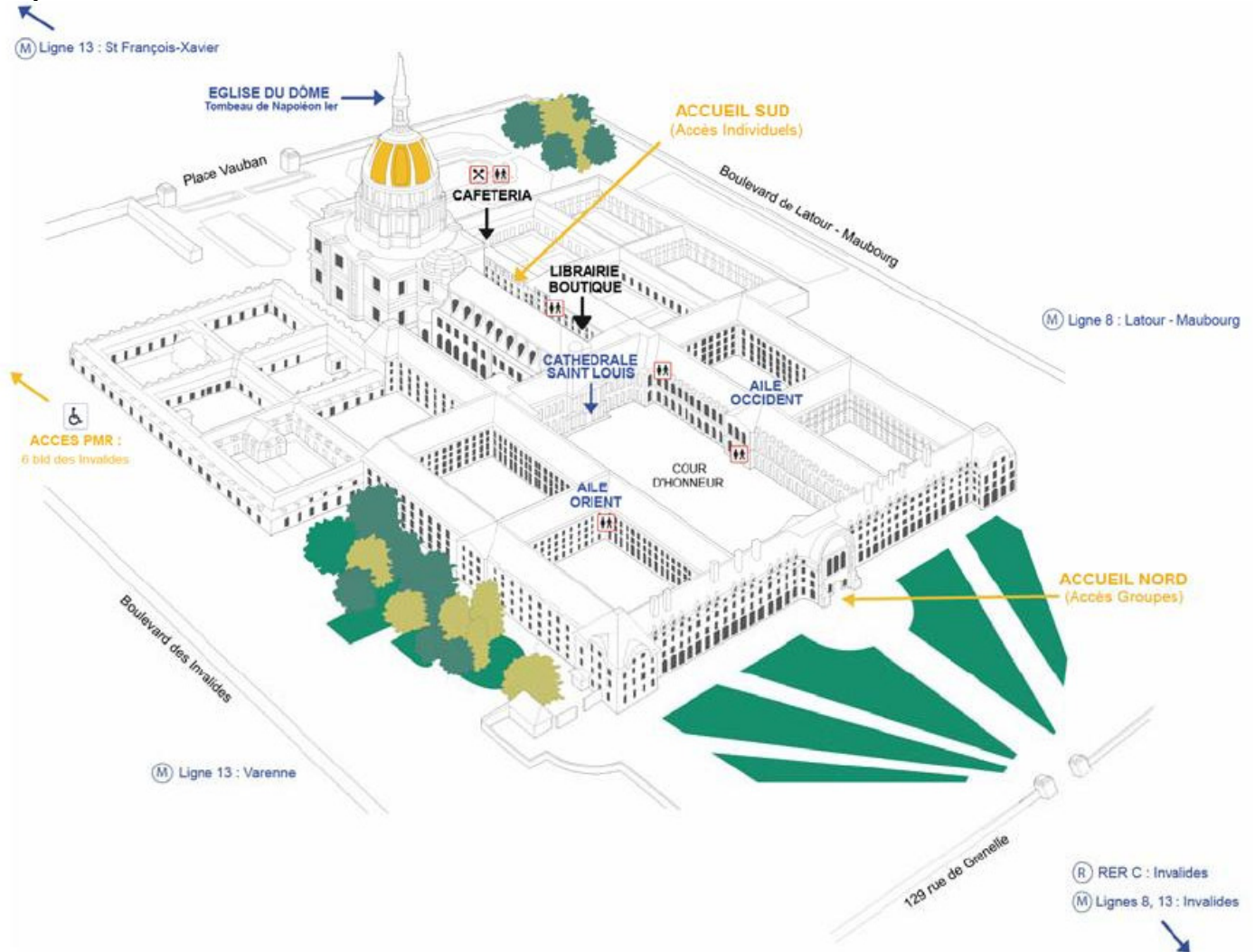
Line 13: Varenne, Saint François-Xavier

RER C: Invalides

Bus: n°28, 63, 69, 80, 82, 83, 87, 92, 93, Balabus

Hours

10:00am - 18:00 (18:30 on Sundays)

Map

Louvre Tour

Easy Pass Tours
www.easypasstours.com

Thank you for your reservation on the Skip the Line - Louvre Tour. Your payment has been received and you are confirmed for the tour listed below:

TOUR INFORMATION:

Tour: Skip the Line - Louvre Tour
Date: June 30th, 2012 at 3:00 PM
Group Size: 8

Notes: We are a Scout group from Canada with a total of nine people. So we will take an additional spot if one opens up, otherwise one of our leaders will skip the tour.

TRANSACTION INFORMATION:

Invoice ID: 163773
Total: €360
Paid: Yes
Credit Card (4468305906) - \$449.10

TOUR SPECIFICS:

This tour meets on the Pyramid side of the Arc de Triomphe du Carrousel near the Louvre. The closest metro is "Palais Royal - Musée du Louvre". The large stone arch is located between the Pyramids and the Tuileries Gardens.

Look for your guide in his/her bright red shirt. We will be holding a sign that says "Easy Pass Tours."

Please plan to arrive strictly 15 minutes early for your scheduled tour. It is imperative that all guests arrive on time as this is a timed entry tour. We do not have the luxury of waiting for delayed arrivals or catching guests up after the tour has begun.

01-56-58-10-54 (calling from within France)
+33-1-56-58-10-54 (calling from outside of France)



Night Bicycle Tour

Fat Tire Bike Tours

www.FatTireBikeTours.com/Paris

Thank you for your reservation on the Night Bike Tour. Your payment has been received and you are confirmed for the tour listed below:

TOUR INFORMATION:

Tour: Night Bike Tour

Date: June 30th, 2012 at 7:00 PM

Group Size: 9

Notes: Scout group from Canada. 2 adults and 7 teenagers (students).

TRANSACTION INFORMATION:

Invoice ID: 162669

Total: €252

Paid: Yes

Credit Card (4461430543) - \$315.98

TOUR SPECIFICS:

This tour meets at the South leg ("Pilier Sud") of the Eiffel Tower (Metro: Bir Hakeim, line 6). Your guide will be holding a large white Fat Tire Bike Tours sign.

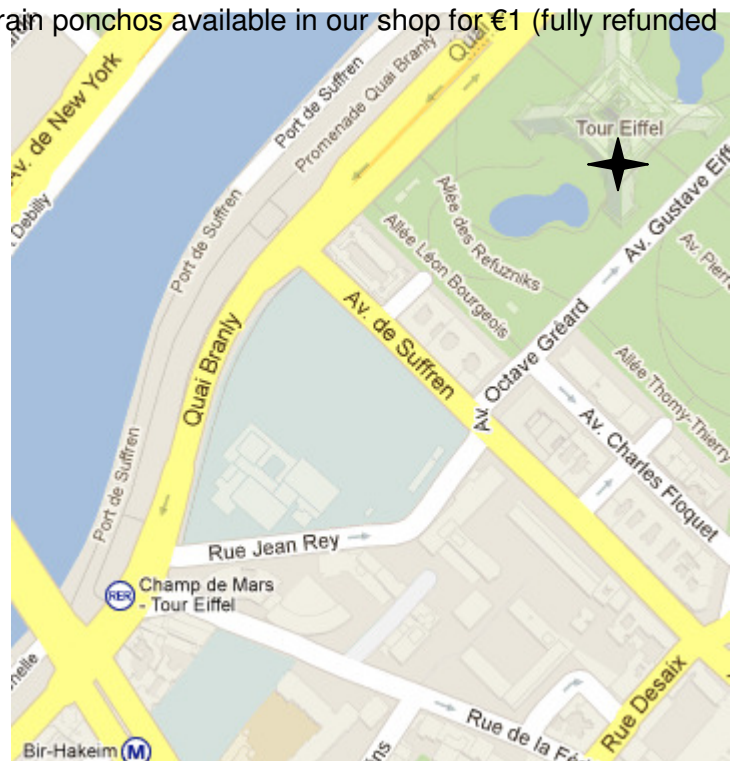
Please plan to arrive 5-10 minutes early for your scheduled tour.

All of our tours operate rain or shine, and we have rain ponchos available in our shop for €1 (fully refunded if not used).

01-56-58-10-54 (calling from within France)

+33-1-56-58-10-54 (calling from outside of France)

1-866-614-6218 (toll-free from North America to our Paris office)



Train from Paris to Chamonix

07h57 PARIS GARE DE LYON

11h44 LAUSANNE GARE

12h20 LAUSANNE GARE

13h07 MARTIGNY GARE

TGV Lyria

9261 2e Classe

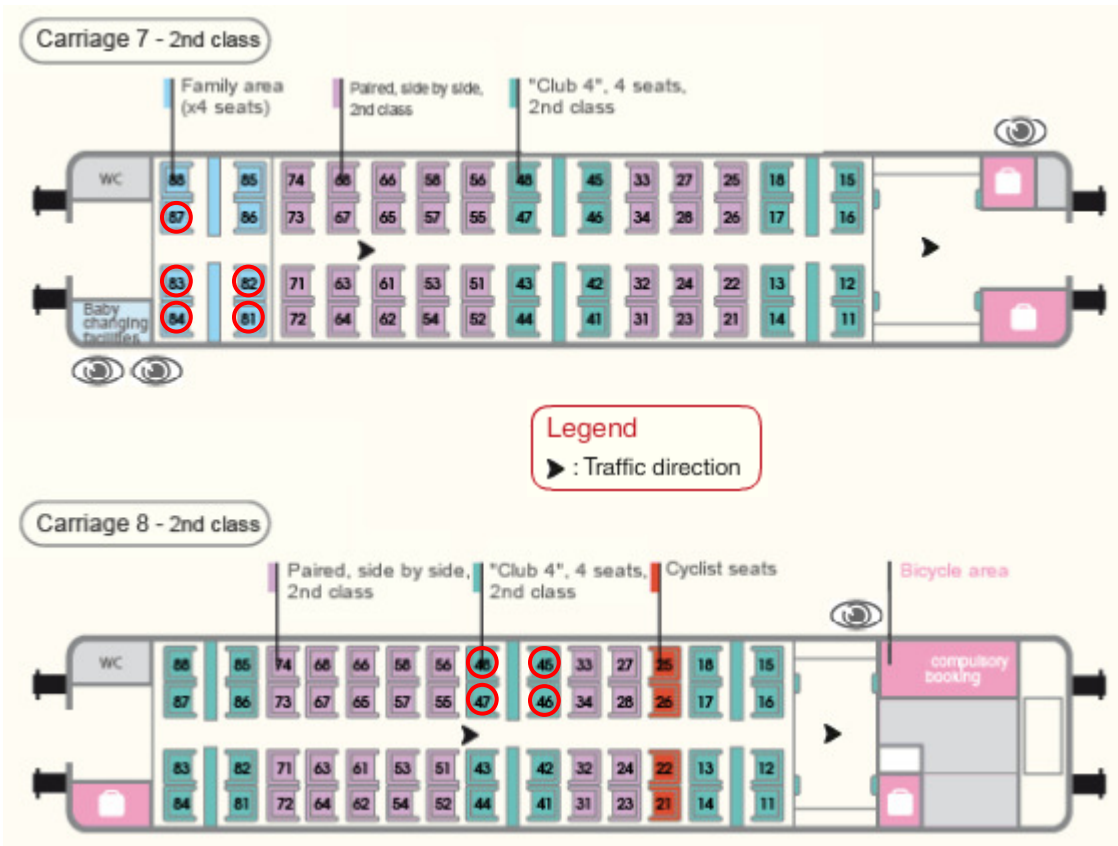
1725 2e Classe

Train

Dimanche 1 Juillet

Paris -> Martigny, dossier: RWCLYJ & RWHRJG

TGV seat assignments: Car 17 (carriage 7), seats 81/82/83/84/87; Car 18 (carriage 8), seats 45/46/47/48



Martigny ->

Chamonix, dossier: 18718375 & 18718192

Station/Stop	Date	Time	Platform	Travel with	Remarks
Martigny Le Châtelard-Frontière	Sun, 01.07.2012	from 13:41 to 14:23	40	R 26220	Regio, Z
Le Châtelard-Frontière Chamonix-Mont-Blanc	Sun, 01.07.2012	from 14:45 to 15:20		BUS 86820	Bus

Chamonix Hotel

Hôtel Les Crêtes Blanches

16, Impasse du Génepy

74400 Chamonix

France

(+33)(0)4.50.53.05.62

www.cretes-blanches-chamonix.com

cretes-blanches-chamonix@wanadoo.fr

**July 1-3**

1 x Chalet Sam, Lochlan, Nick, Calvin, Aidan
 1 x Twin Stew
 1 x Quad Allan, Cheryl, Laura, Heather

July 13-15

1 x Chalet Sam, Lochlan, Nick, Calvin, Aidan
 1 x Twin Stew
 2 x Double Allan, Cheryl & Laura, Heather

Chalet/Mazot: €150, €155; sleeps 5; one double bed, bunk beds, and mezzanine bed

Quad: €132, €136; sleeps 4; 2 single beds and bunk beds

Double: €98, €104; sleeps 2; 1 double bed

Twin: €88, €94; sleeps 2; 2 single beds

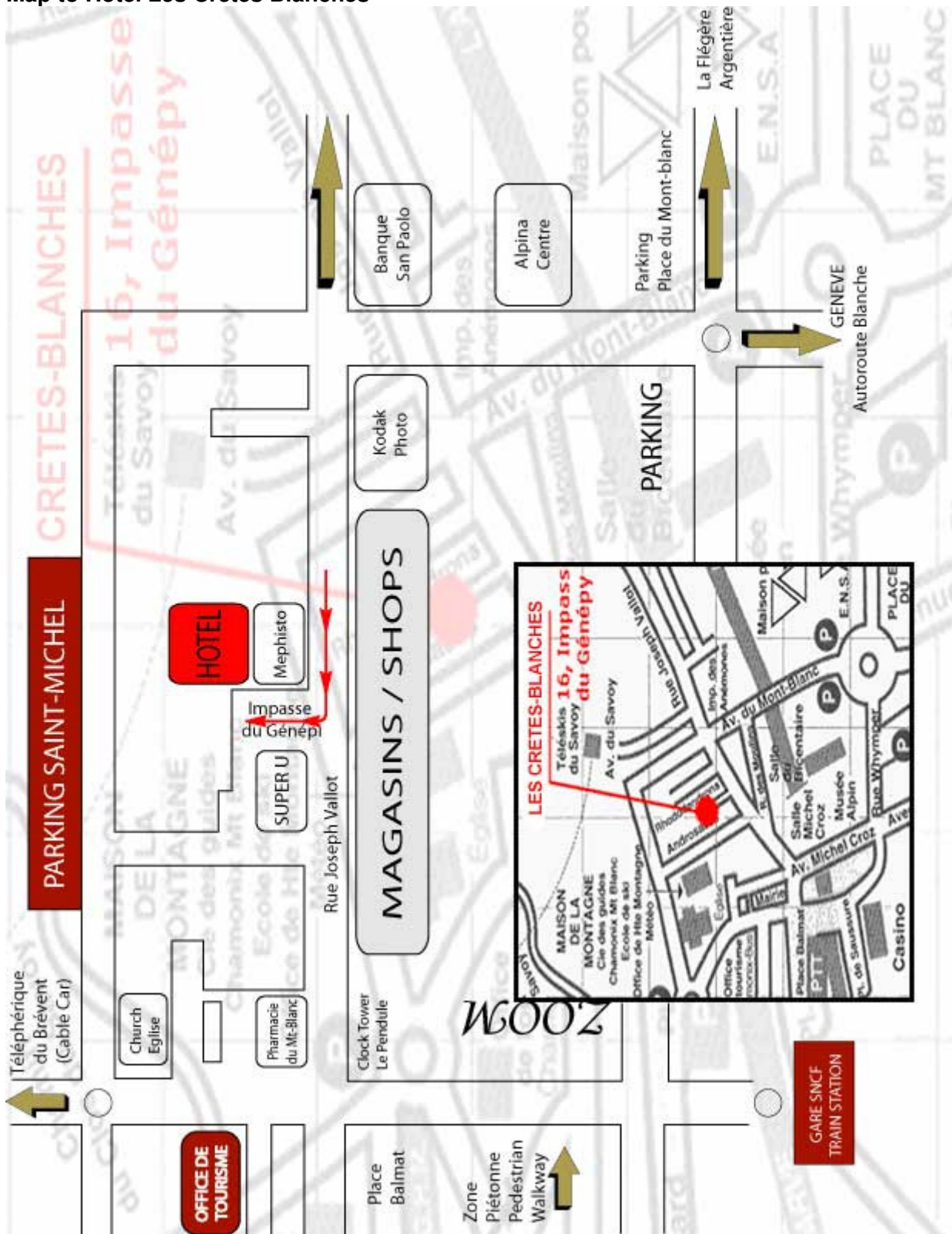
Breakfast: €9

Fixed price dinner menu available at *Alan Peru* for €15.

Deposit of €484 paid.



Map to Hôtel Les Crêtes Blanches



Carte d'Hôte

Provided at no cost by the hotel.

Applicable Benefits:

- Travel at your liberty on the local Chamonix Bus network and on SNCF train between Servoz and Vallorcine.
- Richard Bozon sports centre: swimming pool or ice-rink (excluding equipment hire): 20% discount on adult or child entrance fee
- Alpine Museum + Tairraz Espace/Cristal Museum - Exhibitions: Combination adult ticket 25% discount
- Mountains museum: Adult €2 instead of €3 - Children €1 instead of €1.50



Chamonix Map



Mont Blanc Multi-Pass

Unlimited travel on:

- Balme area
- Brevent-Flegere area
- Grands-Montets area
- Aiguille du Midi (not including Panoramic Mont-Blanc)
- Train Montenvers Mer de Glace
- Tramway du Mont-Blanc
- Les Houches area (Prarion-Bellevue)
- Bossons chairlift

Benefits:

- Only one checkout.
- Direct access without reservation to boarding the Aiguille du Midi cable car before 9am.
- The reservation Aiguille du Midi lift free access free summit
- Special rates on the tourist train around Chamonix
- 1 descent offered for one luge descent purchased. (Valid from 16/06/12 until 16/09/12 only once during the term of the MONT-BLANC MultiPass)
- 50% discount on the lifts in Courmayeur.

CONSECUTIVE DAYS	ADULT +16 years old	CHILD 4-15 years old	FAMILY 2 adults +1 child
1 DAY	52,20 €	44,40 €	148,80 €
2 DAYS	65,90 €	56,00 €	187,80 €

NON CONSECUTIVE DAYS	ADULT +16 years old	CHILD 4-15 years old	FAMILY 2 adults +1 child
2 DAYS*	76,10 €	64,70 €	216,90 €

Pickup up at Montenvers train station immediately upon arrival in Chamonix. Station is open until 6:00pm.

Aiguille du Midi

First departure: 7:10am (until July 8th), 5:30am (from July 9th)

Last return: 6:30pm (until July 8th), 6:00pm (from July 9th)

Chamonix to Aiguille du Midi (return): €45.60, €38.50 (< age 16), €79.10 (family)

Chamonix to Helbronner (return): €70.00, €59.20 (< age 16)

Total visit is 2-3 hours, not including return trip to Helbronner.

Reservations available 7 days in advance.







Train: Chamonix to St. Gervais Les Bains - Le Fayet

Adults: €10.20, Youth: €7.70-€10.20

Mar 3 Juil.			
06h11 CHAMONIX	Autocar	49902	
06h54 SAINT GERVAIS LES B	2e classe	Période bl	
Mar 3 Juil.			
07h11 CHAMONIX	ter	18902	
07h54 SAINT GERVAIS LES B	2e classe	Période bl	
Mar 3 Juil.			
08h11 CHAMONIX	ter	18904	
08h54 SAINT GERVAIS LES B	2e classe	Période bl	

Tramway du Mont Blanc

FROM JUNE 9TH TO JULY 6TH, 2012 AND FROM AUGUST 27

DEPARTURE : LE FAYET – MONT-LACHAT				
Le Fayet	8:00am	9:20am	10:20am	11:50am
Saint-Gervais	8:10am	9:30am	10:30am	12:00am
Motivon	8:25am	9:45am	10:45am	12:15pm
Col de Voza	8:40am	10:00am	11:00am	12:30pm
Bellevue	8:50am	10:10am	11:10am	12:40pm



	LE FAYET COL DE VOZA / BELLEVUE		LE FAYET MONT LACHAT SUMMER ONLY		COL DE VOZA / BELLEVUE MONT LACHAT	
	Return trip	One way	Return trip	One way	Return trip	One way
Adult (+16 y.o)	27,40 €	18,30 €	30,40 €	20,30 €	12,70 €	7,60 €
Young (4-15 y.o)	23,30 €	15,20 €	25,90 €	17,20 €	10,60 €	6,10 €

Tramway covered by Mont Blanc Multi-pass.

From Compagnie du Mont Blanc:

“Lorsque vous prenez le train SNCF vous arrivez à la gare du Fayet St Gervais. Vous devez prendre les horaires du Tramway du Mont-Blanc depuis le Fayet. En arrivant au train de 7h11 vous avez largement le temps de prendre vos billets et le train puisque la gare de départ depuis le Fayet se trouve juste en face de la sortie du train SNCF.”

Bus: Chamonix to Les Houches



	SNCF	SNCF	OI	SNCF	OI	OI	SNCF	SNCF	OI	OI
LE TOUR	-	-		-		7:20	-	-	7:55	8:25
Montroc SNCF	-	-		6:45		7:23	7:16	7:45	7:58	8:28
Argentières SNCF	-	-		6:51		7:27	7:21	7:51	8:02	8:32
Les Grands Montets	-	-		-		7:30	-	-	8:05	8:35
Les Tines SNCF	-	-		7:00		7:36	7:31	8:00	8:11	8:41
Les Praz Flégère *	-	-		7:03		7:39	7:34	8:03	8:14	8:44
Médiathèque	-	-	-	-	-	7:43	-	-	8:18	8:48
Place Mont-Blanc Marché *	5:11	6:11	7:00	7:11	7:35	7:44	8:11	8:11	8:19	8:49
Chamonix Centre	-	-	7:02	-	7:37	7:46	-	-	8:21	8:51
Chamonix sud *	-	-	7:04	7:13	7:39	7:48	8:13	8:13	8:23	8:53
Les Pèlerins SNCF	5:17	6:17	7:08	7:17	7:43	7:52	8:17	8:17	8:27	8:57
Les Bossons SNCF	5:21	6:21	7:10	7:21	7:45	7:54	8:21	8:21	8:29	8:59
Taconnaz SNCF	5:23	6:23	7:13	7:23	7:48	7:57	8:23	8:23	8:32	9:02
Les Houches Mairie	-	-	7:18	-	7:53	8:02	-	-	8:37	9:07
LE PRARION	-	-	7:22	-	7:57	8:06	-	-	8:41	9:11

No services Saturdays, Sundays and Public Holidays

Bellevue Cable Car**Fare**

Adult: €11.50 One way
 Children: €9.80 One way

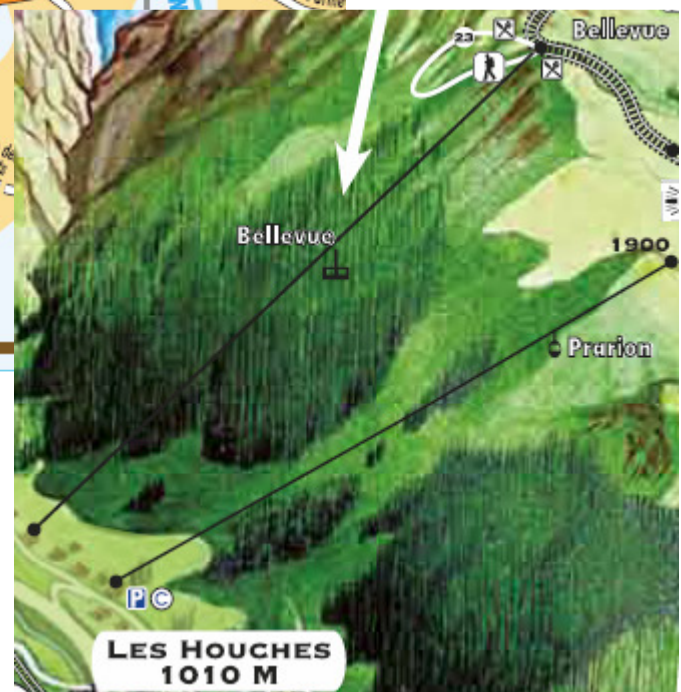
Hours of Operation

June 9th to July 6th: Daily from 8:00am to 5:30pm

Address

61 place de la Fruitière
 74310 Les Houches

+33(0) 4 50 54 70 93



**Refuge Club Alpin Francais
Les Contamines Montjoie**

22, route du Plan du Moulin
74170 LES CONTAMINES MONTJOIE

Tel: 04 50 47 00 88

www.chalet-caf-contamines.fr

Altitude: 1170 mètres

Half board (non-CAF): €42

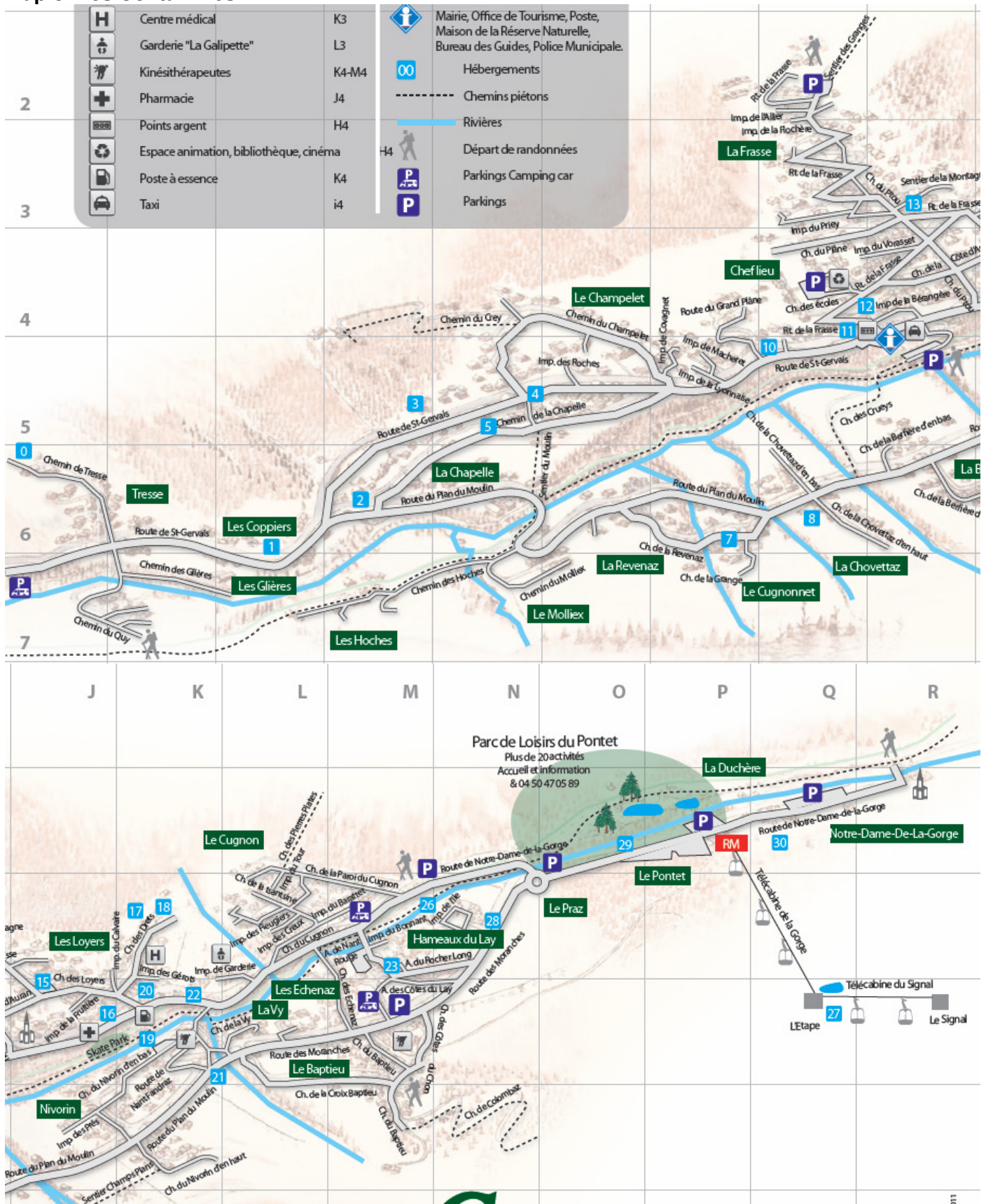
Half board (group >8): €39



Deposit of €100 paid by postal order.



Map of Les Contamines



Bus in Les Contamines



Vers Parc de Loisirs, Télécabine et Notre Dame de la Gorge

Nivorin	-	9:24	10:09	10:39	11:39	-	14:09	-	16:39	17:09	17:39	18:24	18:54
La Berfière	-	9:25	10:10	10:40	11:40	-	14:10	-	16:40	17:10	17:40	18:25	18:55
Cugnonnet	-	9:26	10:11	10:41	11:41	-	14:11	-	16:41	17:11	17:41	18:26	18:56
La Revenaz	-	9:27	10:12	10:42	11:42	-	14:12	-	16:42	17:12	17:42	18:27	18:57
Plan du Moulin	-	9:28	10:13	10:43	11:43	-	14:13	-	16:43	17:13	17:43	18:28	18:58
Tresse	8:45	9:30	-	-	11:45	-	14:15	-	-	-	17:45	-	-
La Chapelle	8:47	9:32	10:13	10:43	11:47	-	14:17	-	16:43	17:13	17:47	18:28	18:58
La Favière	8:48	9:33	10:14	10:44	11:48	-	14:18	-	16:44	17:14	17:48	18:29	18:59
Champelet Devant	8:48	9:33	10:14	10:44	11:48	-	14:18	-	16:44	17:14	17:48	18:29	18:59
Bonhomme	8:49	9:34	10:15	10:45	11:49	-	14:19	-	16:45	17:15	17:49	18:30	19:00
Frasse Haut	8:55	9:40	-	-	11:55	-	14:25	-	-	-	17:55	-	-
Frasse Milieu	8:56	9:41	-	-	11:56	-	14:26	-	-	-	17:56	-	-
Frasse Bas	8:57	9:42	-	-	11:57	-	14:27	-	-	-	17:57	-	-
Chef-lieu d'en Haut	8:58	9:43	-	-	11:58	-	14:28	-	-	-	17:58	-	-
Ecole	8:59	9:44	-	-	11:59	-	14:29	-	-	-	17:59	-	-
Office de Tourisme	9:00	9:45	10:15	11:15	12:00	13:45	14:30	16:15	16:45	17:15	18:00	18:30	19:00
La Cressoua	9:01	9:46	10:16	11:16	12:01	13:46	14:31	16:16	16:46	17:16	18:01	18:31	19:01
Loyers	9:02	9:47	10:17	11:17	12:02	13:47	14:32	16:17	16:47	17:17	18:02	18:32	19:02
Armancette - Garderie	9:03	9:48	10:18	11:18	12:03	13:48	14:33	16:18	16:48	17:18	18:03	18:33	19:03
Raccard - UCPA	9:03	9:48	10:18	11:18	12:03	13:48	14:33	16:18	16:48	17:18	18:03	18:33	19:03
CAF	9:04	9:49	10:19	11:19	12:04	13:49	14:34	16:19	16:49	17:19	18:04	18:34	19:04
Le Lay - Chemenaz - Nemea	9:06	9:51	10:21	11:21	12:06	13:51	14:36	16:21	16:51	17:21	18:06	18:36	19:06
Barratet - Retour Lay	9:07	9:52	10:22	11:22	12:07	13:52	14:37	16:22	16:52	17:22	18:07	18:37	19:07
Parc de Loisirs - Stade de Biathlon	9:08	9:53	10:23	11:23	12:08	13:53	14:38	16:23	16:53	17:23	18:08	18:38	19:08
Parc de Loisirs - Lac de Baignade - Camping	9:10	9:55	10:25	11:25	12:10	13:55	14:40	16:25	16:55	17:25	18:10	18:40	19:10
Télecabine de la Gorge	9:11	9:56	10:26	11:26	12:11	13:56	14:41	16:26	16:56	17:26	18:11	18:41	19:11
Notre Dame de la Gorge	9:15	10:00	10:30	11:30	12:15	14:00	14:45	16:30	17:00	17:30	18:15	18:45	19:15

Navette été 2012 du 1er juillet au 31 août

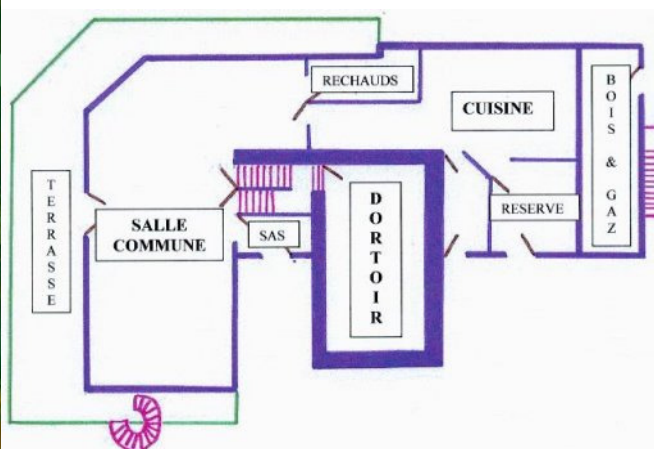
Refuge du Croix de la Col du Bonhomme

tél: 04 79 07 05 28, refuge, du 12/06 au 15/09

tél: 02 99 88 49 15, hors saison

attention: No mails after the 25/05, only telephone
lerefugedubonhomme.free.fr

	Individuel	Groupe & -25 ans	Membres CAF (Club Alpin Français)	FAMILLE (8 à 18ans accompagnés d'un adulte)	Moins de 8 ans
½ pension	46 €	41,50 €	35,50€	36,50€	20€
Nuit	21,40 €	17,16 €	10,80 €	11,86€	Gratuite
Repas	17 €				
Petit déjeuner	8 €				
Pique-nique	9 €				



Refuge des Mottets

Vallée des Glaciers

73700 BOURG ST MAURICE

(SAVOIE - FRANCE)

Tel : 04 79 07 01 70

www.lesmottets.comrefuge@lesmottets.com**Pricing**

Large dormitory, half board, per person	€39
Four person dormitory, half board, per person	€49
Two person bedroom without shower, half board, per room	€138
Two person bedroom with shower, half board, per room	€192

Deposit of €100 paid by bank transfer.



Refuge Maison Vieille

Col Checrouit

11013 COURMAYEUR - AO

Cell.: +39.337.230979

Tel.Fax: +39.0165.809399

www.maisonvieille.cominfo@maisonvieille.comlucianacastell@tiscali.it

1/2 board

Dormitory and showers

Dinner

Breakfast

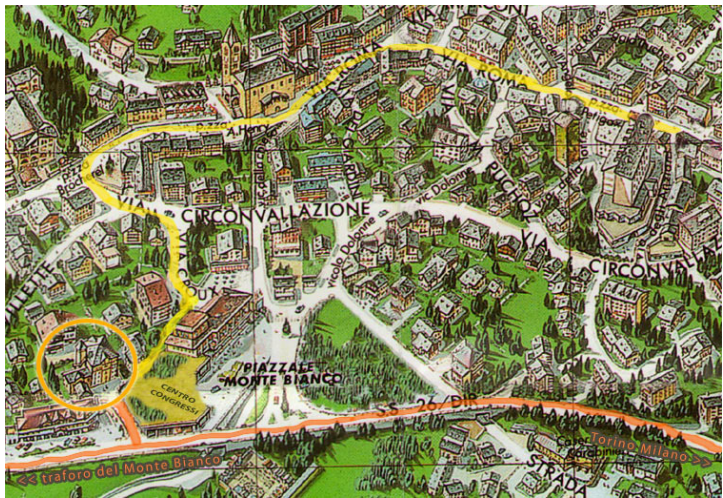
Deposit of €150 paid by bank transfer.



Le Bouton d'Or
Strada Statale 26, n. 10
11013 - Courmayeur
Tel (0039) 0165 846729
www.hotelboutondor.com
info@hotelboutondor.com

Prices are per room per day, including buffet breakfast

single room	double room	apartment for three persons	apartment for four persons
minimum: 80 €	minimum: 130 €	minimum: 170 €	minimum: 220 €
maximum: 95 €	maximum: 160 €	maximum: 220 €	maximum: 280 €



Courmayeur Map



This map shows the town of Courmayeur, Italy, and its surrounding area. The town is situated in a valley, with the Flum del Courmayeur (Aoste River) flowing through it. The map highlights the A5 highway (Strada Statale 26) and the Strada Statale 26. Key streets include Via Alpe Bianche, Via Val Veny, Via dello Stadio, Via Forges, Via Dolonne, Via della Vittoria, Via Grapillon, Via Tsan de Bia, Via della Vittoria, Via des Aix, Via Margherita, Via del Bagno, Via del Luglio, Via 16 Luglio, Viale Monte Bianco, Piazza Brocheret, Piazza Abbé Henry, Via Roma, Via Mario Puzos, Piazza Petigax, Via Regionale, Via Les Goettes, Via Luigi Henry, Via Beniamino Donzelli, Ruelle Pascal, and Route des Combès. The map also shows the Strada Grand Ru, Strada Sergio Viotto, Strada Grand Ru, Strada del Villar, and Strada del Lanci. The town center is marked with a green dot and labeled 'Piazzale Monte Bianco'. The map includes a scale bar indicating 250 meters and a north arrow.

Cadran Solaire

Via Roma, 122

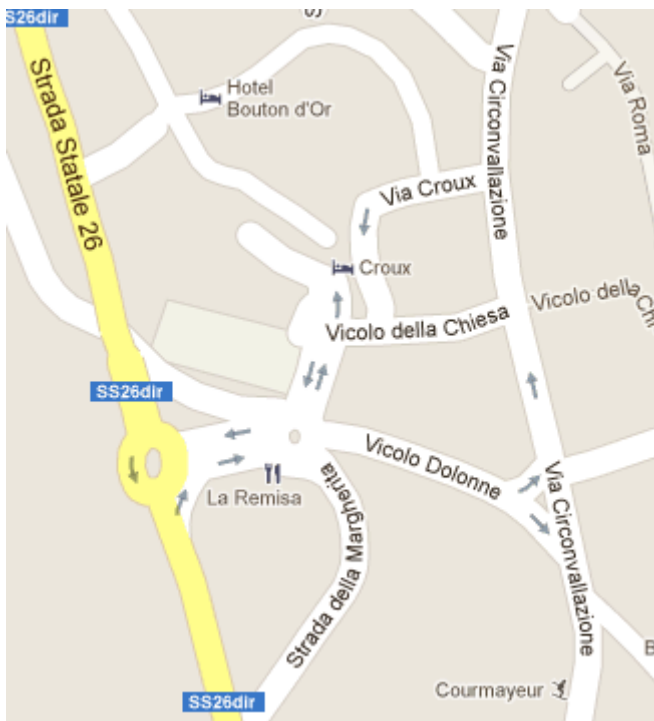
11013 Courmayeur (AO)

Tel. +39 0165 844609



Pizzeria Tunnel

Via Circonvallazione, 80
www.pizzeriadutunnel.it
Tel +39 0165 841.705
info@pizzeriadutunnel.it



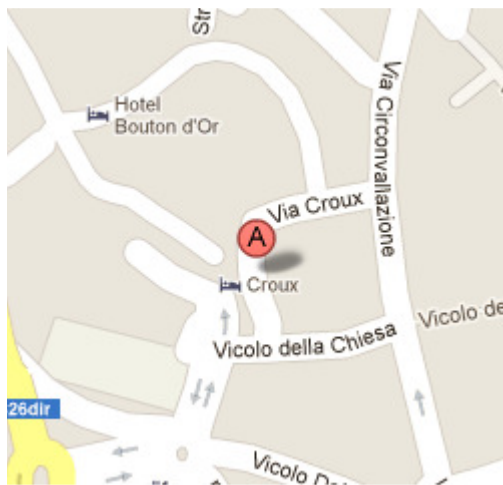
L'ANGOLO PIZZA AL TAGLIO

di REY NADIA

2, v. Croux - 11013 Courmayeur (AO)

tel: 0165 843295

From 20 years Courmayeur l'Angelo is synonymous with quality products strictly Italian. With us you can taste all the specialties of pizza by the slice ready to eat, always warm because they're rolling out at all hours of the day from 10 to 20.30, for a snack, a snack, an appetizer, lunch or dinner. We offer red pizza with mozzarella cheese or without, stuffed pizza, white breads or stuffed, and enjoy all we offer a wide selection of drinks and cold beer.



Refugio Bonatti

loc. Malatrà, Val Ferret,
11013, Courmayeur (AO)

tel. 0165 869055
cell. 335 6848578
info@rifugiobonatti.it
www.rifugiobonatti.it

Per Person	Room w/ Two Beds	Dormitory
Room	€38	€23
Room w/ breakfast	€48	€33
Room w/ half board	€58	€43
Notes	Sheets included	Sleeping bag liner required

Communal showers.



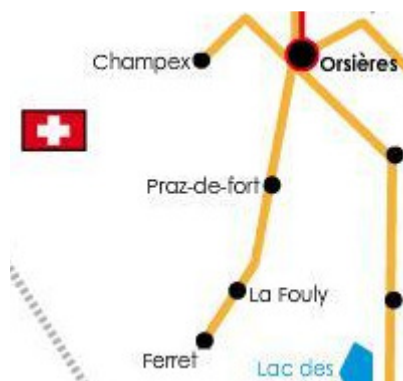
Bus: Ferret -> La Fouly -> Orsières -> Champex

Fare: Adult CHF 13.20, youth CHF 6.60

www.sbb.ch

←	41	43	47	49	51	53	55	57	59
Ferret	7 16	8 15	10 15	13 00	15 25	17 25	18 35	19 45	15 21 20
Le Clou/Les Granges	7 18	8 17	10 17	13 02	15 27	17 27	18 38	19 48	21 23
La Fouly VS	7 20	8 20	10 20	13 05	15 30	17 30	18 40	19 50	21 25
La Seiloz	7 23	8 25	10 25	13 10	15 35	17 35	18 43	19 53	21 27
Prayon	7 27	8 28	10 28	13 13	15 38	17 38	18 47	19 57	21 31
Praz-de-Fort o	7 36	8 35	10 38	13 23	15 48	17 48	18 56	20 06	21 40
Praz-de-Fort	7 36	8 38	10 38	13 23	15 48	17 48	18 56	20 06	21 40
Issert	7 39	8 40	10 42	13 27	15 52	17 52	18 59	20 09	21 43
Som-la-Proz	7 42	8 45	10 46	13 31	15 56	17 56	19 02	20 12	21 46
Orsières, gare o	7 44	8 48	10 50	13 35	16 00	18 00	19 04	20 15	15 21 49

→	4	6	8	10	12	14	16	18	20
Orsières, gare	6 45	7 45	9 00	12 00	13 50	16 40	18 05	19 05	15 20 45
Som-la-Proz	6 49	7 49	9 04	12 04	13 54	16 44	18 09	19 09	20 49
Champex, Lac	7 10	8 09	9 25	12 25	14 13	17 05	18 30	19 30	21 10
Champex, télé	7 12	8 11	9 27	12 27	14 15	17 07	18 32	19 32	15 21 12
Champex, d'en-Haut			9 30			17 10			
Champex, d'en-Bas o			9 34			17 14			



Au Club Alpin

1938 Champex
Phone: +41.27.783.11.61
www.auclubalpin.ch

Per Night	Dormitory	Room
1 person	30 CHF	62 CHF
2 people		84 CHF
3 people		114 CHF
4 people		152 CHF
5 people		175 CHF

Breakfast: 11 CHF, Supper 28 CHF

3.5% supplement for payments by credit card.



Hôtel du Col de la Forclaz

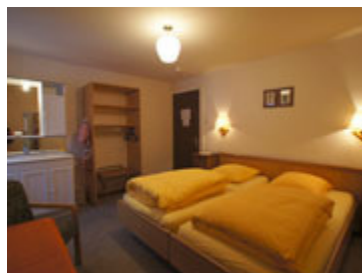
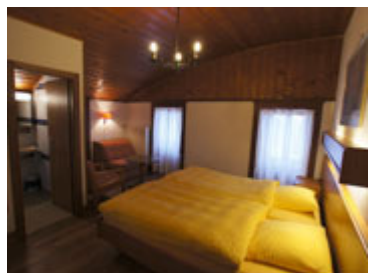
Tél. 027 722 26 88
 colforclazhotel@bluewin.ch
 www.coldelaforclaz.ch

Gîte: 38 places across four dormitories.
 Dormitories equipped with duvets, showers, and toilets.

Height: 1,527m



Per Night	Hotel			Gîte
	Room w/ bathroom	Room w/ washbasin	Room	Dormitory
Single person				23 CHF
Single person w/ breakfast	80 CHF	60 CHF	50 CHF	36 CHF
Two people w/ breakfast	130 CHF	106 CHF	86 CHF	
Single Person w/ half board	111 CHF	91 CHF	77 CHF	59 CHF
Two people w/ half board	182 CHF	160 CHF	140 CHF	

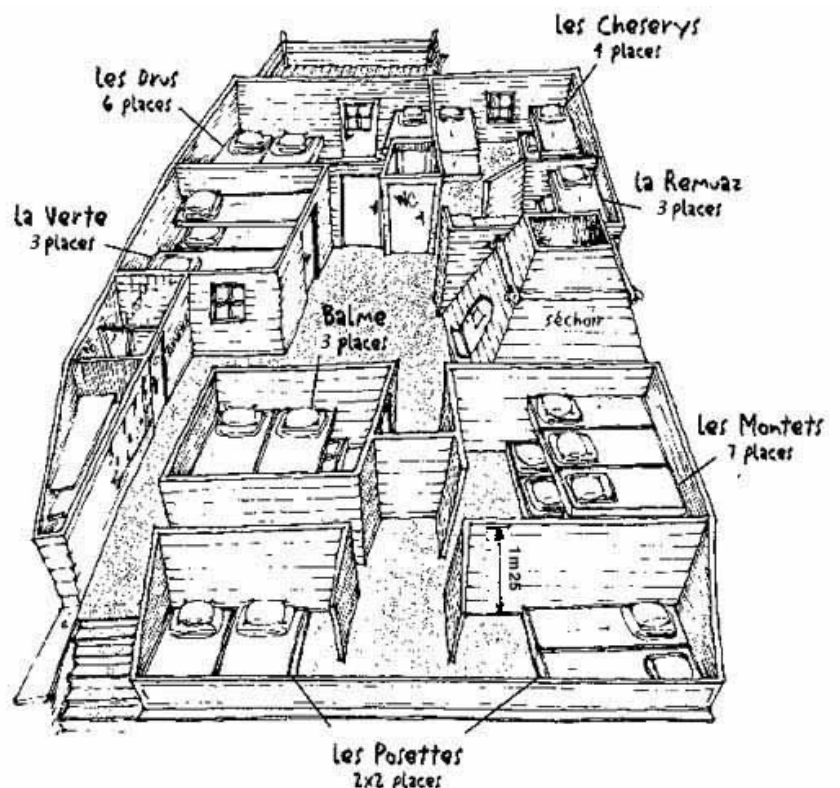


Refuge La Boerne

288 Tré-le-champs
74400 Argentiere

tel : 04 50 54 05 14
www.la-boerne.fr
contact@la-boerne.fr

29 beds in total.
7 small bedrooms with 4-7 beds each.
Dining rooms, corner kitchen, showers and log-fire.



Refuge Lac Blanc

Jean-Charles Sage

Tel: 04.50.53.49.14

refugedulacblanc@gmail.com

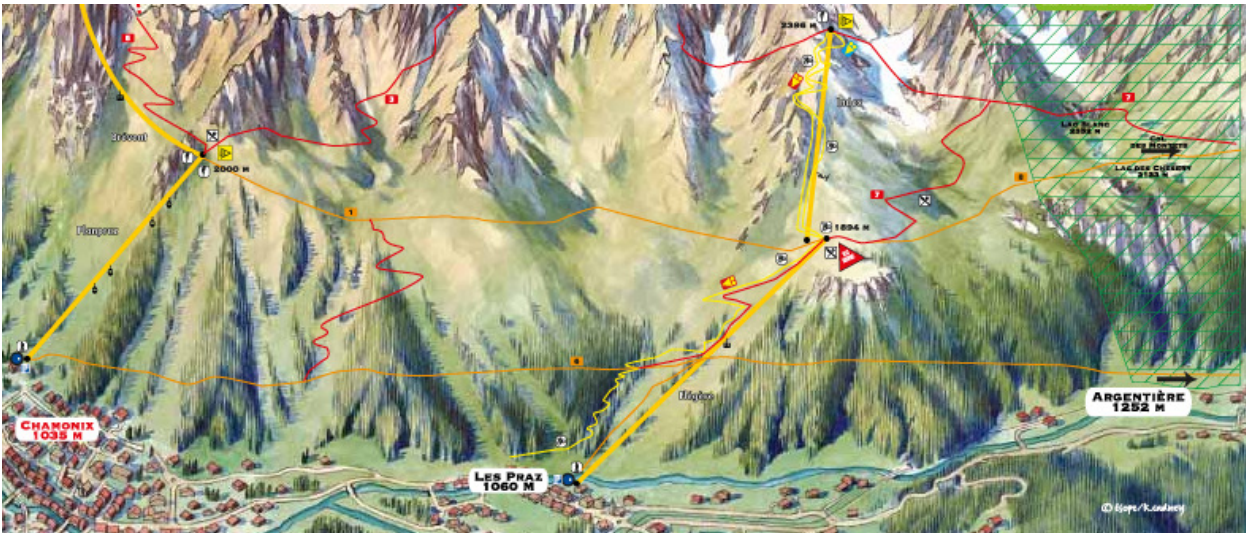
Deposit of €120 paid by postal order.



La Flegere Cable Car

First departure from Flégère: 8:00am

Cost (one-way): €12.20, €10.60 (age < 16)



Rock Climbing

Robin Jarvis, IFMGA Mountain Guide
www.highmountainguides.com
Mobile: +33 (0) 6 70 81 92 50
Tel: +33 (0) 4 50 53 56 08
Skype Name: robjarvis

June 12, 2012

"How about I meet you at Flegere on the morning of Friday 13th July. By the time you have had breakfast at the refuge Lac Blanc and walked down to the Flegere lift system I could be there waiting with all the rock climbing equipment (you would just need your rock climbing shoes in addition to the hiking gear you already have). We could then spend the day multi-pitch rock climbing in the Aiguilles Rouges."

June 26, 2012

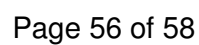
"Hi Allan, many thanks for the transfer - I have received the full amount and look forward to climbing with you both next month.

Details below all copied, that is fine - I can pick up the rock boots that morning from the Hotel Crets Blanche.

I will text to confirm the evening before but shall we say 0900 at the Chalet Flegere - at the top of the Flegere telecabine? You will then have to buy a ticket for the Index chairlift to access the rock climbing higher up.

If the weather is poor I will text to confirm plan but then it will be best if you come down the lift and we climb lower in the valley.

Hope that sounds like a plan. Give me a shout with any questions / variations - other wise look forward to climbing with you then."

July 11th - 13th, 2012

Shuttle from Chamonix to Geneva

We hereby confirm you that we've booked a minibus VW Crafter (11seats) for your transfer to Chamonix to GVA airport (9-10pax) on **July 15th, 2012**

Pick-up time: 09:00am(Flight Dep LX0354 - 12:35) at (*Hotel Les Crêtes Blanches, Impasse des genepy, Chamonix*)

The journey time : **1h15**

The price is **250.00euros**, to be paid directly to the driver

We will transmit you the driver's name and phone number 3 day before the transfer

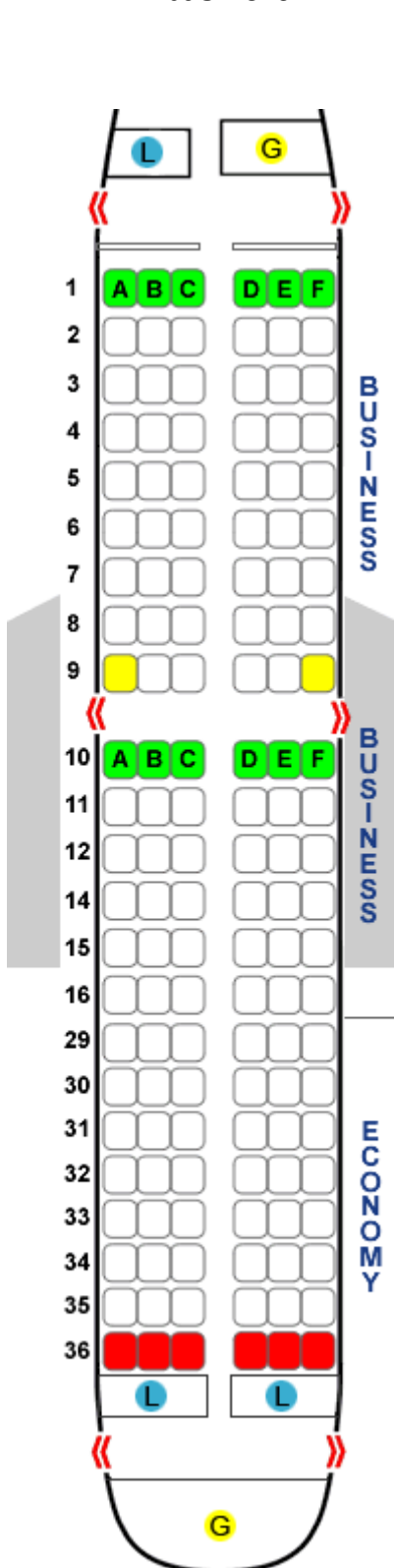
Regards

Alioune Gaye
0041.78.629.47.27

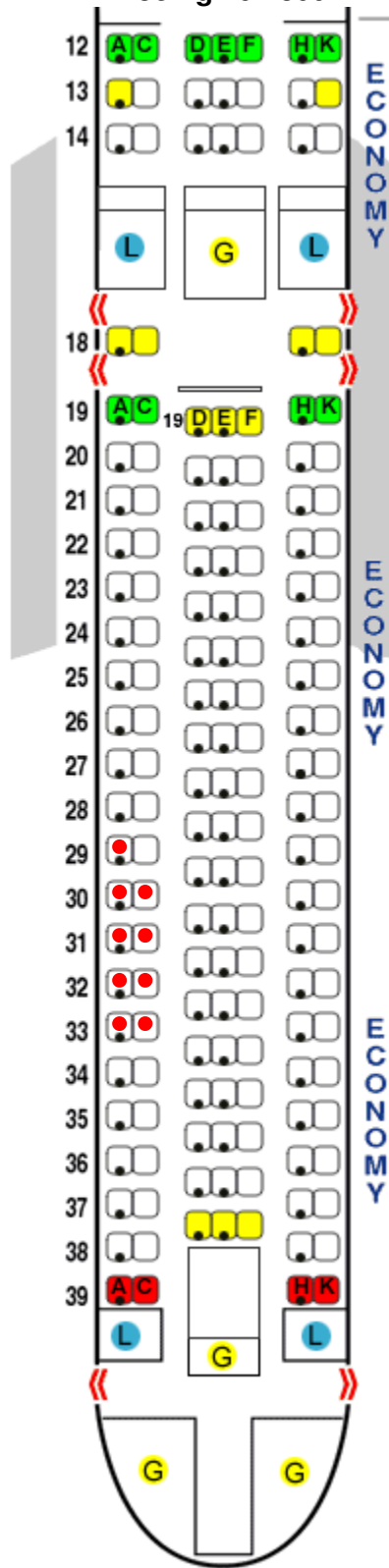
Note: *the pick-up time 09:00am should be fine, but you can change if you want to be pick-up earlier*

Seating Assignments (Return)

GVA -> LHR
Airbus A319



LHR -> YOW
Boeing 767-300



Seatmap Key

Good Seat	Power Port
Some Drawbacks	Emergency Exit
Poor Seat	Overhead TV
Standard Seat	Galley
Blocked Seat	Lavatory
Crew Seat	Closet

Seat Assignment (●)

GVA -> LHR

TBD

LHR -> YOW

30A/C, 31A/C, 32A/C, 33A/C

Airport Codes

GVA	Geneva
LHR	London Heathrow
YOW	Ottawa