

## 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    |                 |
| Dionne, Nick    | Youth | Fluent | With Group      | With Group    |                 |
| Gale, Calvin    | Youth | Some   | With Group      | With Group    |                 |
| Kerr, Aidan     | Youth | Some   | With Group      | With Parents  |                 |
| Savage, Lochlan | Youth | None   | With Group      | With Group    |                 |
| Yates, Heather  | Youth | Fluent | With Group      | With Group    |                 |
| Yates, Laura    | Youth | Fluent | With Group      | With Group    |                 |
| Hamill, Stew    | Adult | Some   | With Group      | With Group    |                 |
| Yates, Allan    | Adult | Mostly | With Group      | With Group    |                 |
| Yates, Cheryl   | Adult | None   | On Own          | With Group    |                 |

## 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     |          |            |          | 780-498-8000           |
| Dionne, Nick    |          |            |          | 519-742-1342           |
| Gale, Calvin    |          |            |          |                        |
| Kerr, Aidan     |          |            |          | 519-742-1342           |
| Savage, Lochlan |          |            |          | 905-816-2562 (collect) |
| Yates, Heather  |          |            |          | 202-296-7493 (collect) |
| Yates, Laura    |          |            |          | 202-296-7493 (collect) |
| Hamill, Stew    |          |            |          |                        |
| Yates, Allan    |          |            |          | 202-296-7493 (collect) |
| Yates, Cheryl   |          |            |          | 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 &lt;ice\_cream91@hotmail.fr&gt;

+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          |
| <b>Total</b>                             |          | € 786 |         | <b>\$2,856</b> |

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)<br>Train from airport to Paris<br>Send postcard home<br>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<br>Arrive in Chamonix, 3pm<br>Sightseeing<br>Send postcard home  |           |           | Train               | Café      | Chamonix                   | Hôtel Les Crêtes Blanches         |
| Mon Jul 2  | Chamonix<br>Aiguille du Midi<br>Sightseeing   |           |           | Café                | Café      | Chamonix                   | Hôtel Les Crêtes Blanches         |
| Tue Jul 3  | Train to St. Gervais<br>Tramway du Mont Blanc<br>Start hike   | 6:00      |           | Chalets de Miage    |           | Les Contamines             | Club Alpin Français               |
| Wed Jul 4  | Hike  | 5:30      |           | Homemade            |           | Col de la Croix de Bonhome | Refuge Col de la Croix de Bonhome |
| Thu Jul 5  | Hike (via Col des Fours)<br>Hike up to Tête Nord des Fours<br>Beaufort cheese tour at Ville des Glaciers<br>Donkeys from Les Mottets? | 4:00      |           | Picnic              |           | Refuge des Mottets         | Refuge des Mottets                |
| Fri Jul 6  | Hike<br>Lac du Miage?   | 5:15      |           | Picnic              |           | Col Chercrouit             | Maison Vieille                    |
| Sat Jul 7  | Rest Day<br>Free time<br>Send postcard home   | 1:45      |           | Café                |           | Courmayeur                 | <b>Hôtel Bouton D'Or</b>          |
| Sun Jul 8  | Hike  | 7:00      |           | Homemade            |           | Rifugio Bonatti            | Rifugio Bonatti                   |
| Mon Jul 9  | Hike<br>Bus from La Fouly to Champex<br>Send postcard home  | 6:30      |           | Picnic              |           | Champex                    | <b>Au Club Alpin</b>              |
| 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<br>Cable car to Chamonix<br>Free time in Chamonix  | 1:00      |           | Chamonix            |           | Chamonix                   | Hôtel Les Crêtes Blanches         |
| Sat Jul 14 | Rest Day<br>Free time<br>Celebration dinner   |           |           | Café                |           | Chamonix                   | Hôtel Les Crêtes Blanches         |
| Sun Jul 15 | Bus to Geneva<br>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

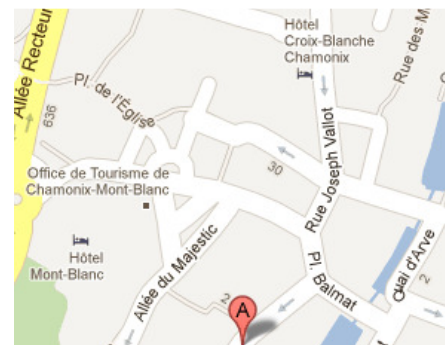
- In the hotels, breakfast is often included with the room. If not, we may find a café.
- In the mountain huts, we will have half board; this includes both breakfast and supper.
- Lunches can be any of:
  - Packed lunch purchased from the mountain hut where we stayed the night.
    - Recommended: Sausage, 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 Fourre => 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 &amp; 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

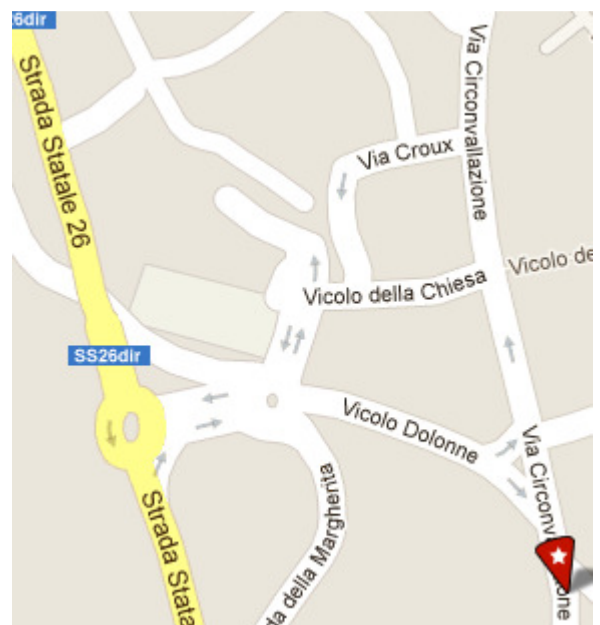
“There are 2 Laundromats in Chamonix that I know of. I saw another post but did not know how to add to it so I just wanted to update. The other laundry is in Cham Sud, on a dark corner that is hidden but if you are looking at Technique Extreme, turn right then take your first left and it will be on the 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.”

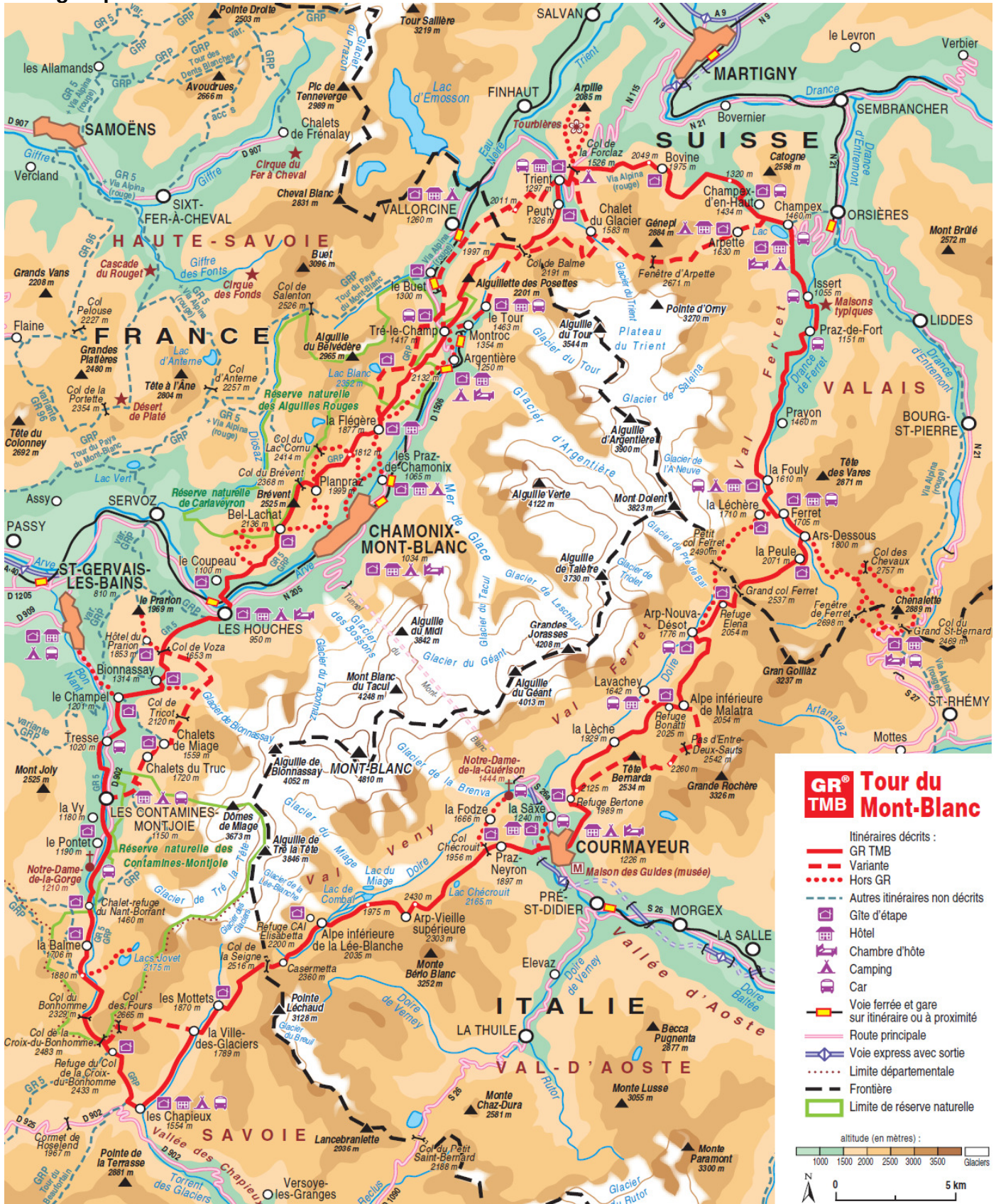
“There's one on the Avenue Aiguille du Midi just south of the river. Walking distance from the center of town.”

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

Use Graval as a sleeping aid on the flight.

**Carry-On Baggage**




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

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

**All destinations**

**Checked Baggage**



### Economy Class

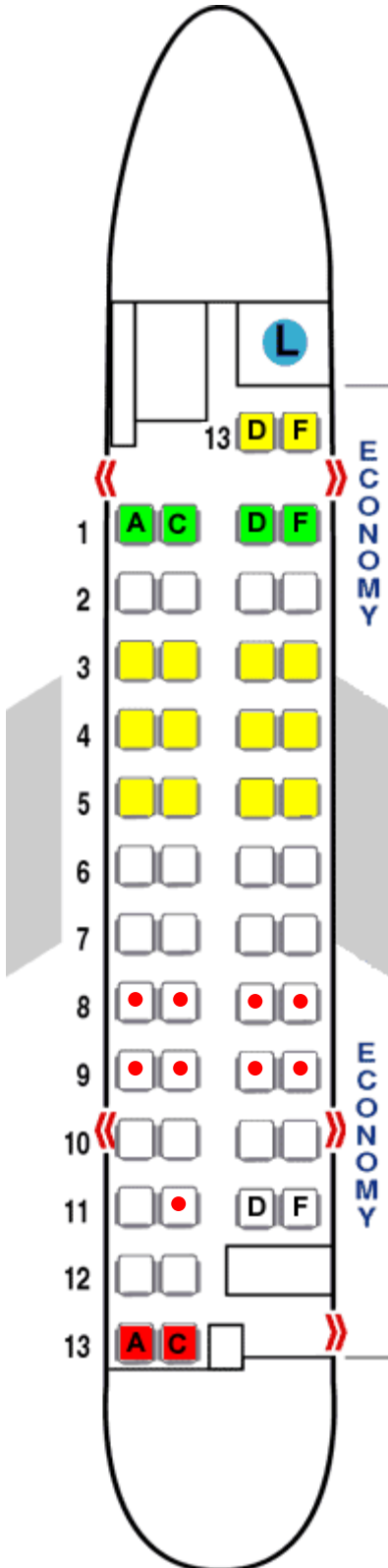
Includes Air Canada Tango, Tango Plus and Latitude fares, and Aeroplan Economy, Air Canada Vacations Economy and Air Miles Economy tickets

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

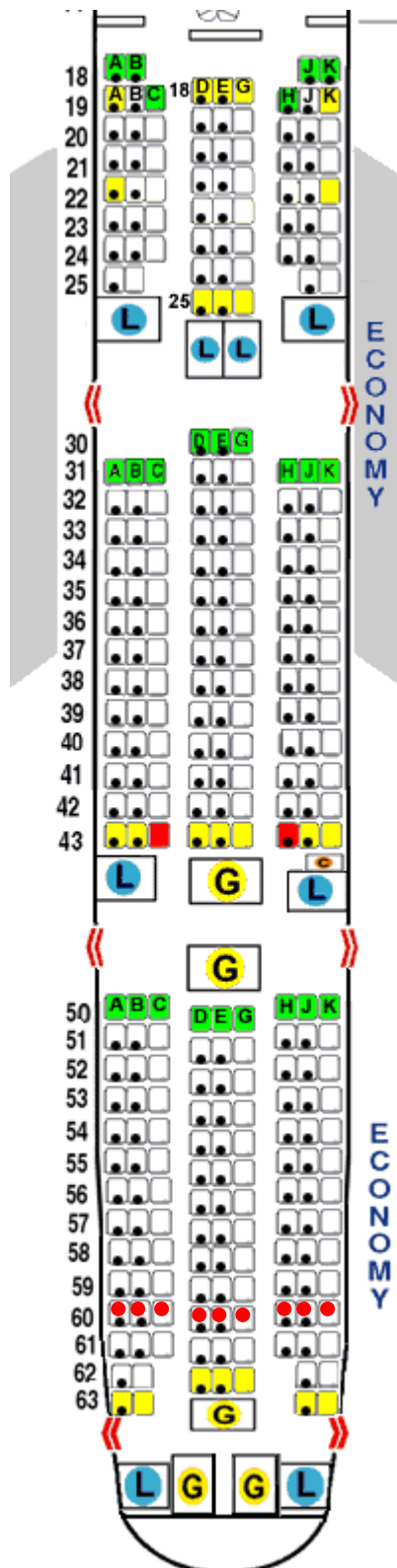
**Regular baggage allowance**

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



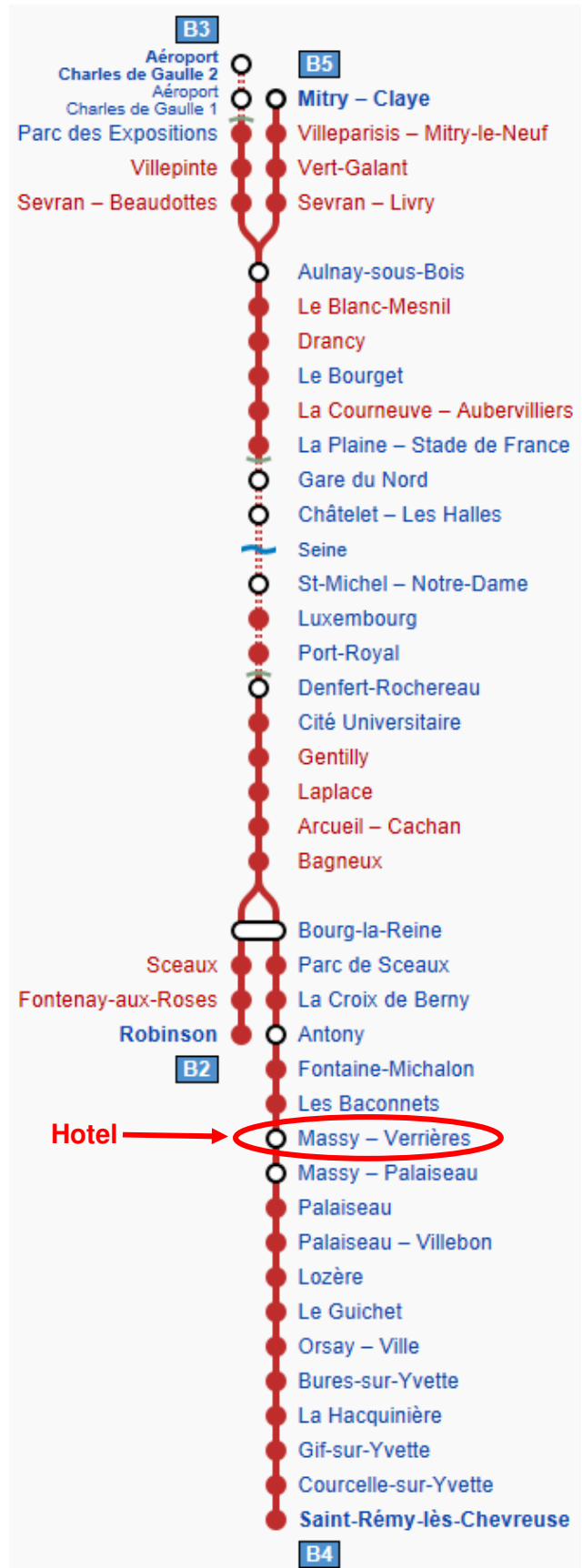
**Paris Train from Airport to Hotel**

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 <sup>(1)</sup> | -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

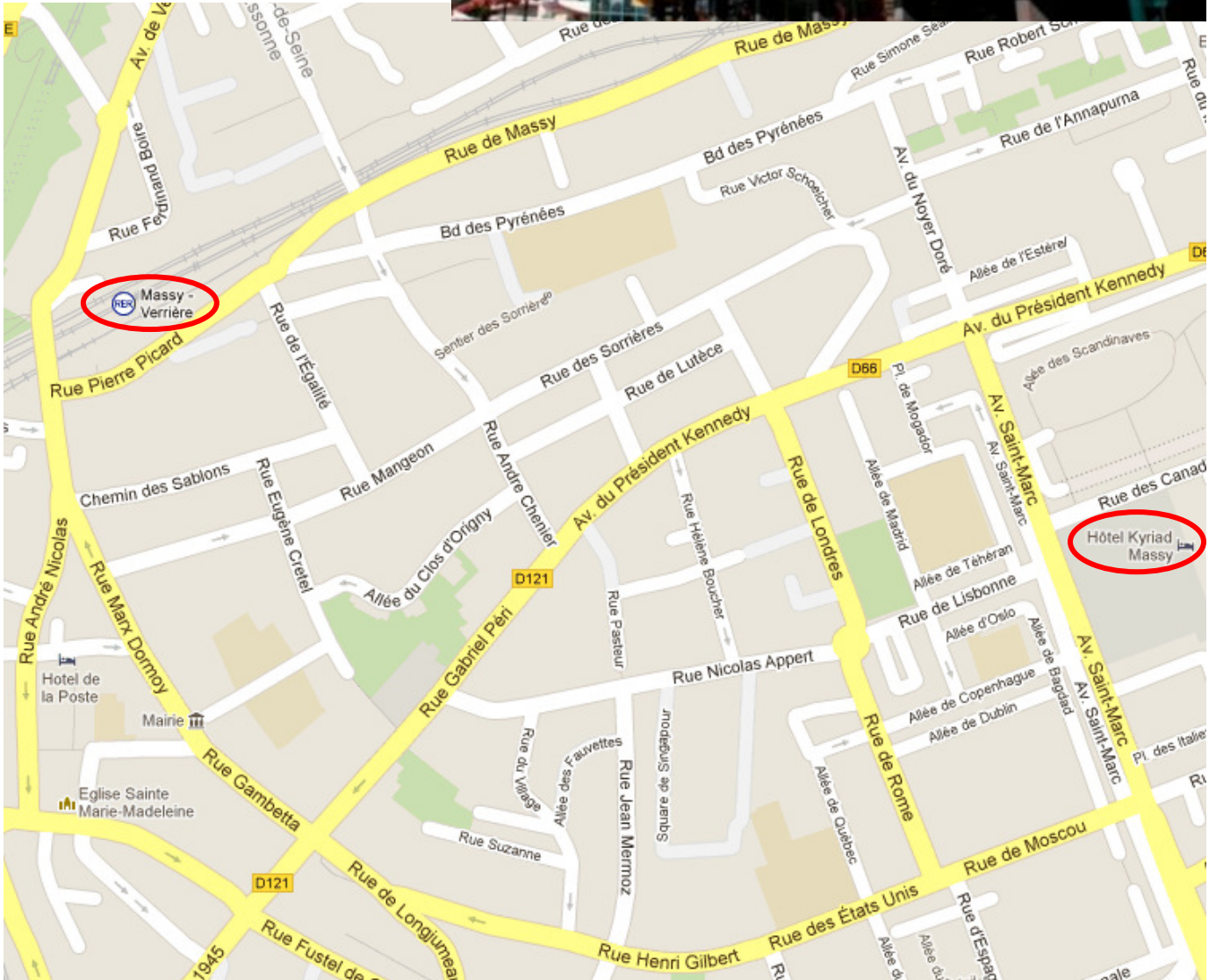
www.kyriad-massy-opera.fr  
kyriad.massy@shfrance.com  
+33 1 60 11 55 54

Breakfast: Buffet from 6.30 am to 9.30.

June 27<sup>th</sup> - July 1<sup>st</sup>

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](http://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](http://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:

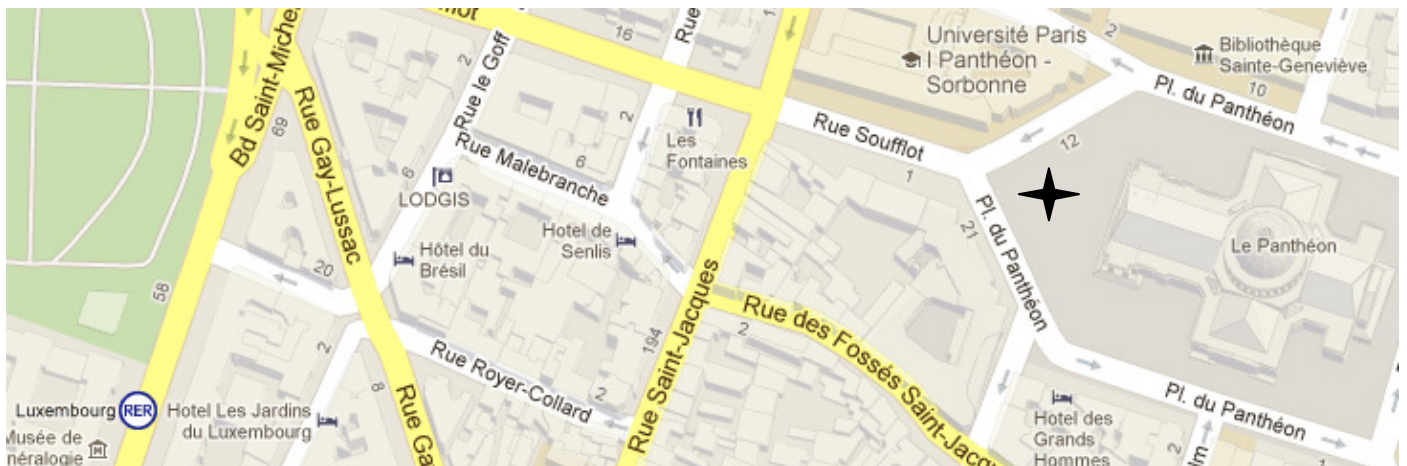
This tour meets in the middle of the plaza in front of the Pantheon (RER: Luxembourg, line B). Your guide will be holding a Classic Walks sign.

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

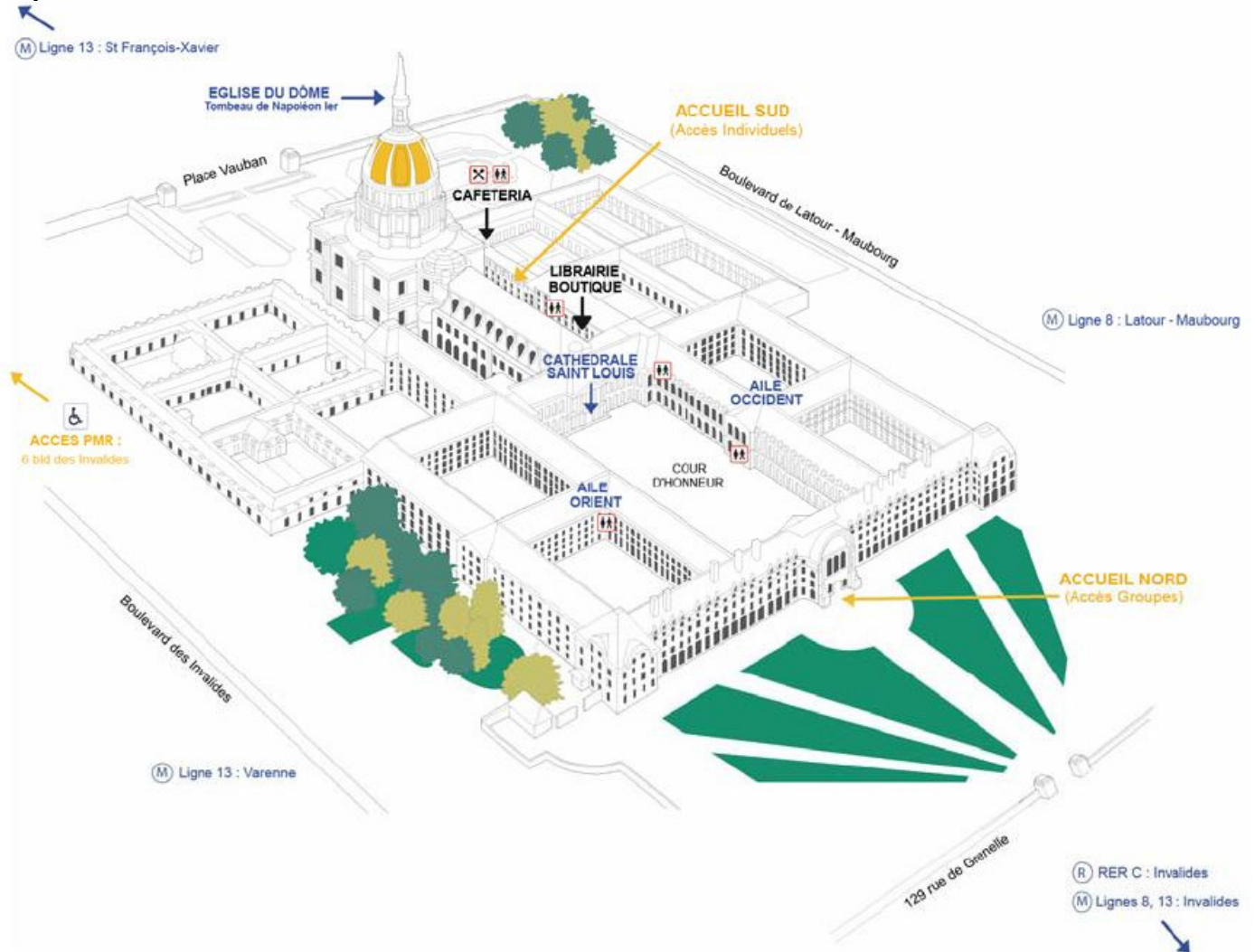
Line 13: Varenne, Saint François-Xavier

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](http://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.

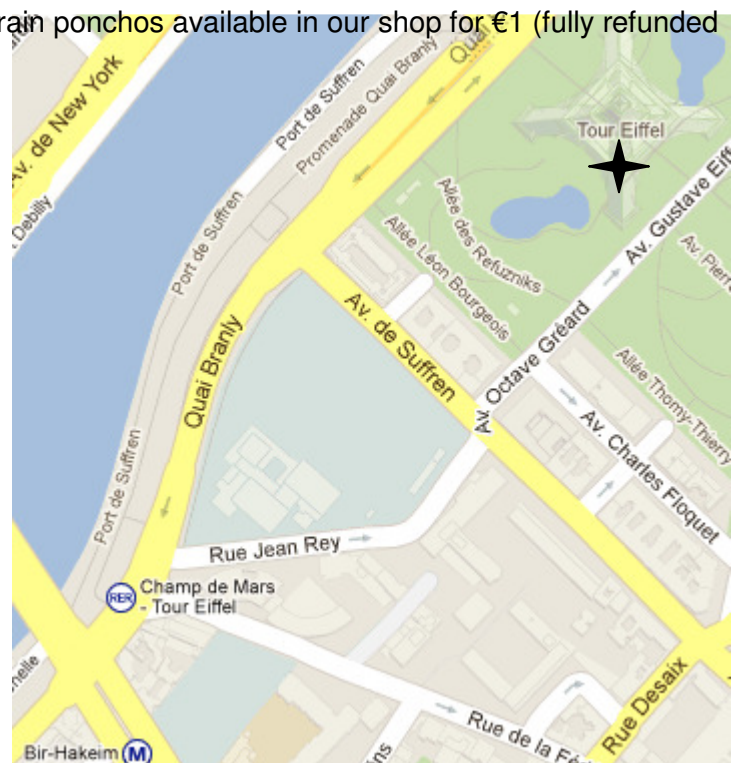
Please plan to arrive 5-10 minutes early for your scheduled tour.

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)



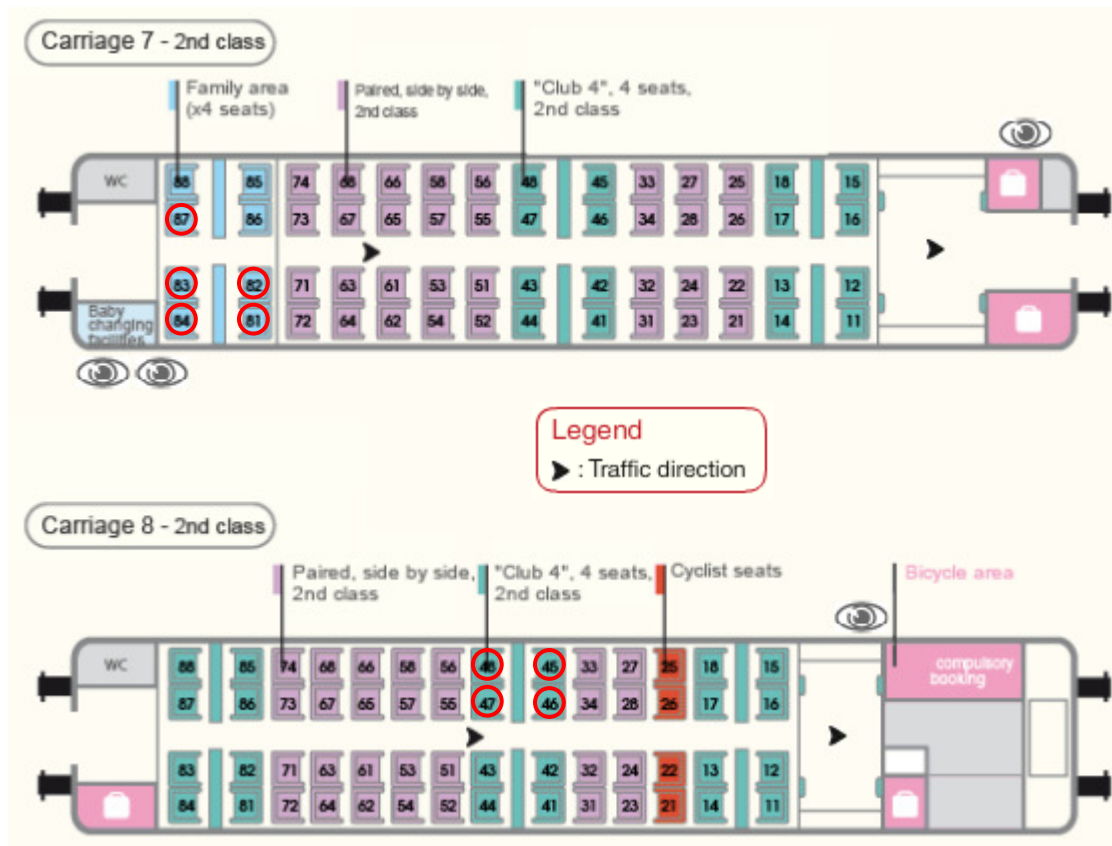


**Train from Paris to Chamonix**

|       |                    |           |   |                          |                               |
|-------|--------------------|-----------|---|--------------------------|-------------------------------|
| 07h57 | PARIS GARE DE LYON | TGV Lyria | 9261  | 2 <sup>e</sup><br>Classe | <b>Dimanche 1<br/>Juillet</b> |
| 11h44 | LAUSANNE GARE      |           |  |                          |                               |
| 12h20 | LAUSANNE GARE      | Train     | 1725  | 2 <sup>e</sup><br>Classe |                               |
| 13h07 | MARTIGNY GARE      |           |   |                          |                               |


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<br>Le Châtelard-Frontière            | Sun, 01.07.2012 | from 13:41<br>to 14:23 | 40       | R 26220     | Regio,  |
| Le Châtelard-Frontière<br>Chamonix-Mont-Blanc | Sun, 01.07.2012 | from 14:45<br>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

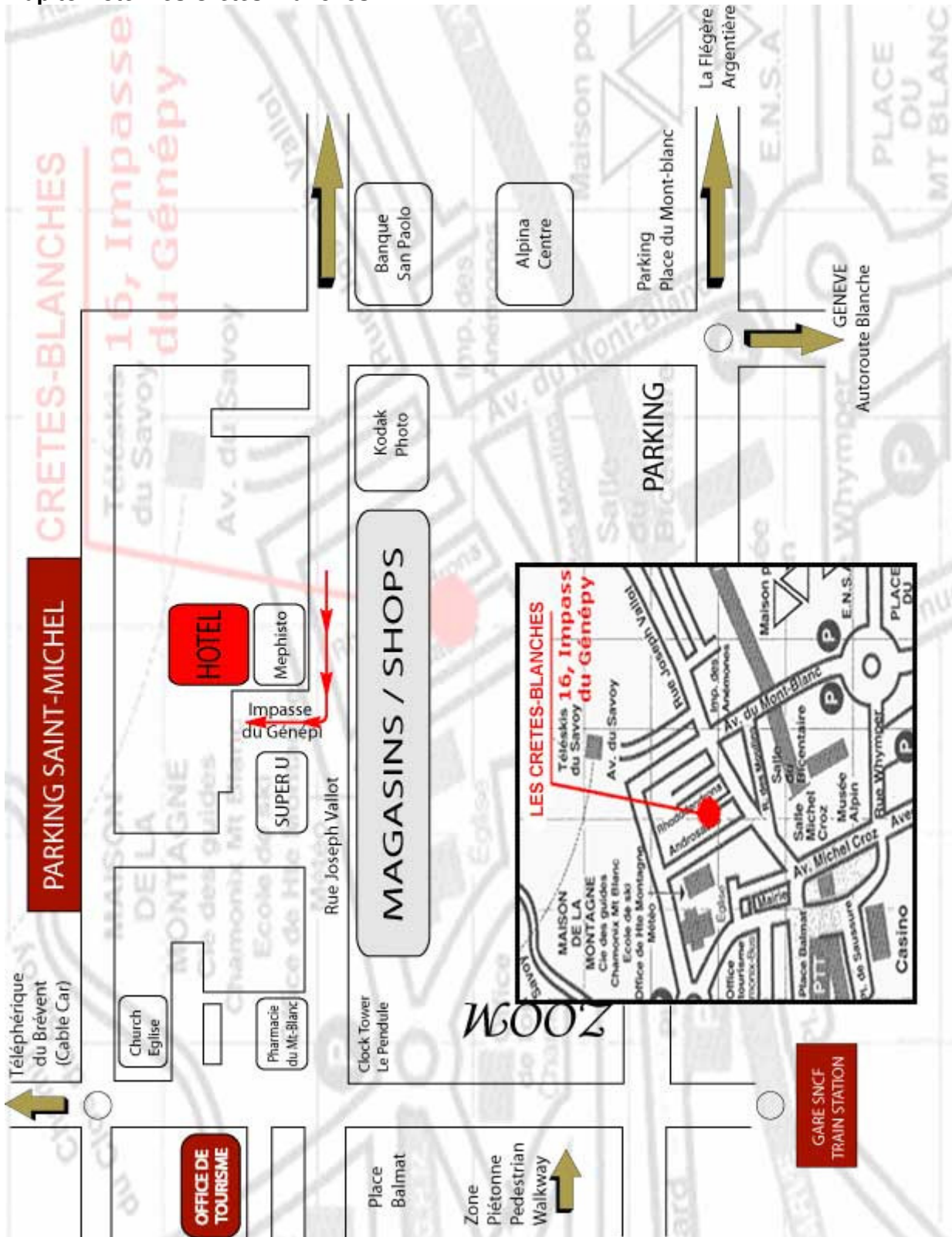
Breakfast: €9

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

| NON<br>CONSECUTIVE<br>DAYS | ADULT<br>+16 years old | CHILD<br>4-15 years old | FAMILY<br>2 adults<br>+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 9<sup>th</sup>)  
 Last return: 6:30pm (until July 8th), 6:00pm (from July 9<sup>th</sup>)

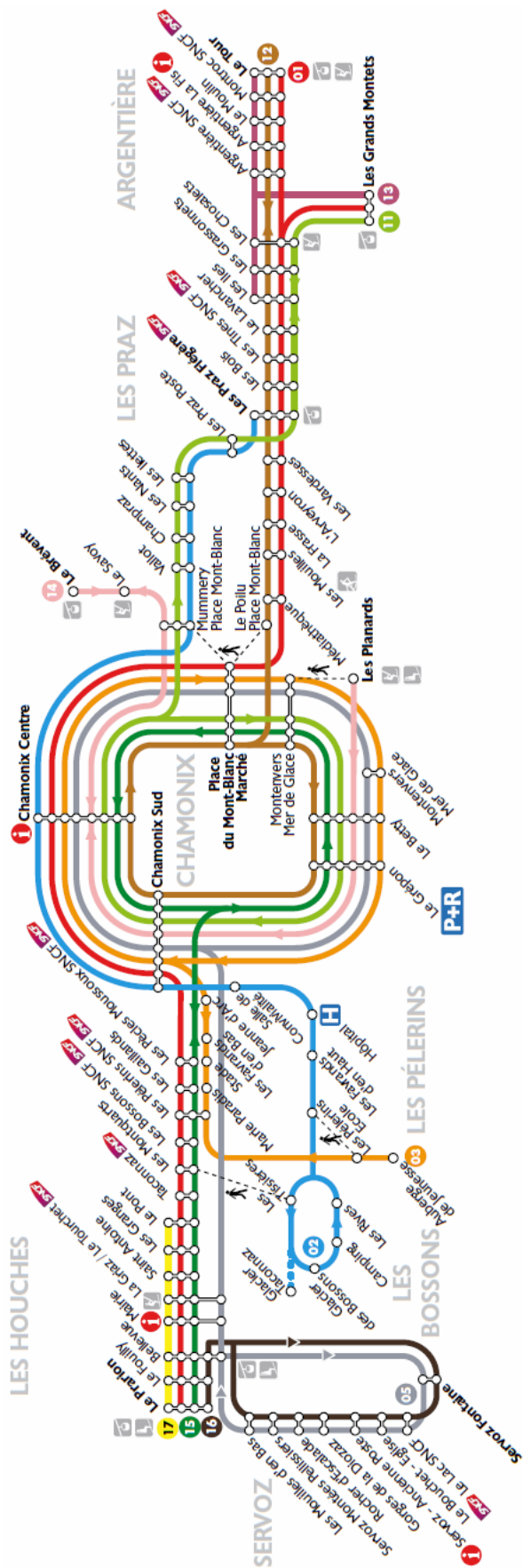
Chamonix to Aiguille du Midi (return): €45.60, €38.50 (< age 16), €79.10 (family)  
 Chamonix to Helbronner (return): €70.00, €59.20 (< age 16)

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

Reservations available 7 days in advance.





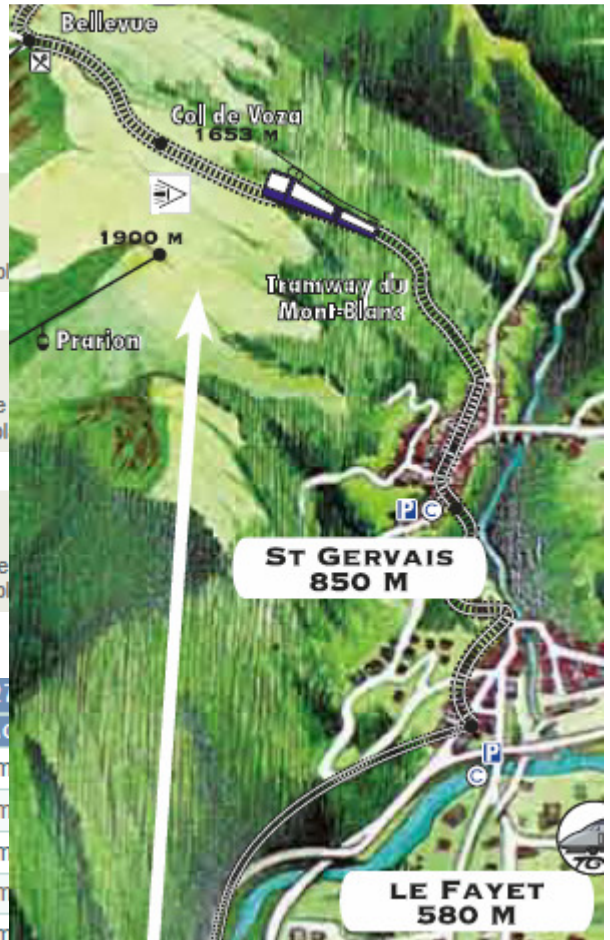




**Train: Chamonix to St. Gervais Les Bains - Le Fayet**

Adults: €10.20, Youth: €7.70-€10.20

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



**Tramway du Mont Blanc**

FROM JUNE 9TH TO JULY 6TH, 2012 AND FROM AUGUST 2

| 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          |
|----------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <b>LE TOUR</b>                   | -           | -           |             | -           |             | <b>7:20</b> | -           | -           | <b>7:55</b> | <b>8:25</b> |
| Montroc SNCF                     | -           | -           |             | 6:45        |             | 7:23        | 7:16        | 7:45        | 7:58        | 8:28        |
| Argentière 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        |
| <b>Place Mont-Blanc Marché *</b> | <b>5:11</b> | <b>6:11</b> | <b>7:00</b> | <b>7:11</b> | <b>7:35</b> | <b>7:44</b> | <b>8:11</b> | <b>8:11</b> | <b>8:19</b> | <b>8:49</b> |
| ChamoniX Centre                  | -           | -           | 7:02        | -           | 7:37        | 7:46        | -           | -           | 8:21        | 8:51        |
| <b>ChamoniX sud *</b>            | -           | -           | <b>7:04</b> | 7:13        | <b>7:39</b> | <b>7:48</b> | 8:13        | 8:13        | <b>8:23</b> | <b>8:53</b> |
| 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        |
| <b>LE PRARION</b>                | -           | -           | <b>7:22</b> | -           | <b>7:57</b> | <b>8:06</b> | -           | -           | <b>8:41</b> | <b>9:11</b> |

  No services Saturdays, Sundays and Public Holidays

**Bellevue Cable Car**

**Fare**

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

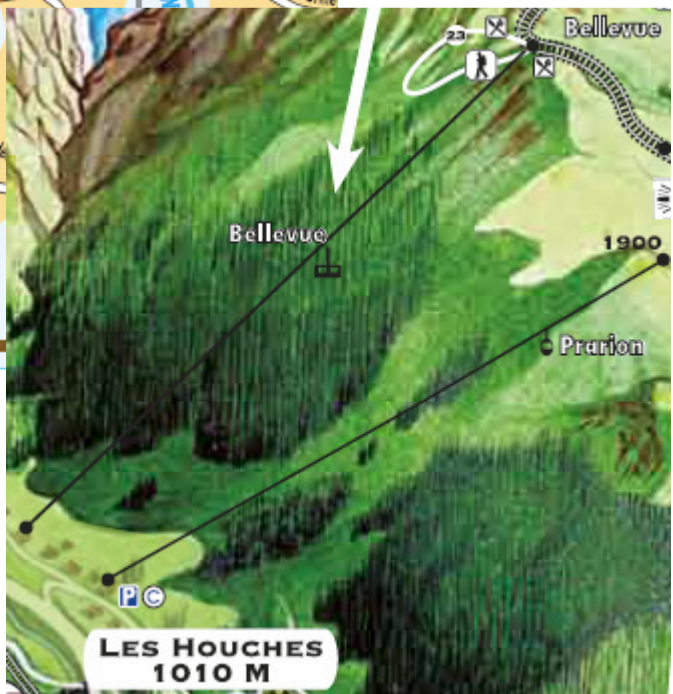
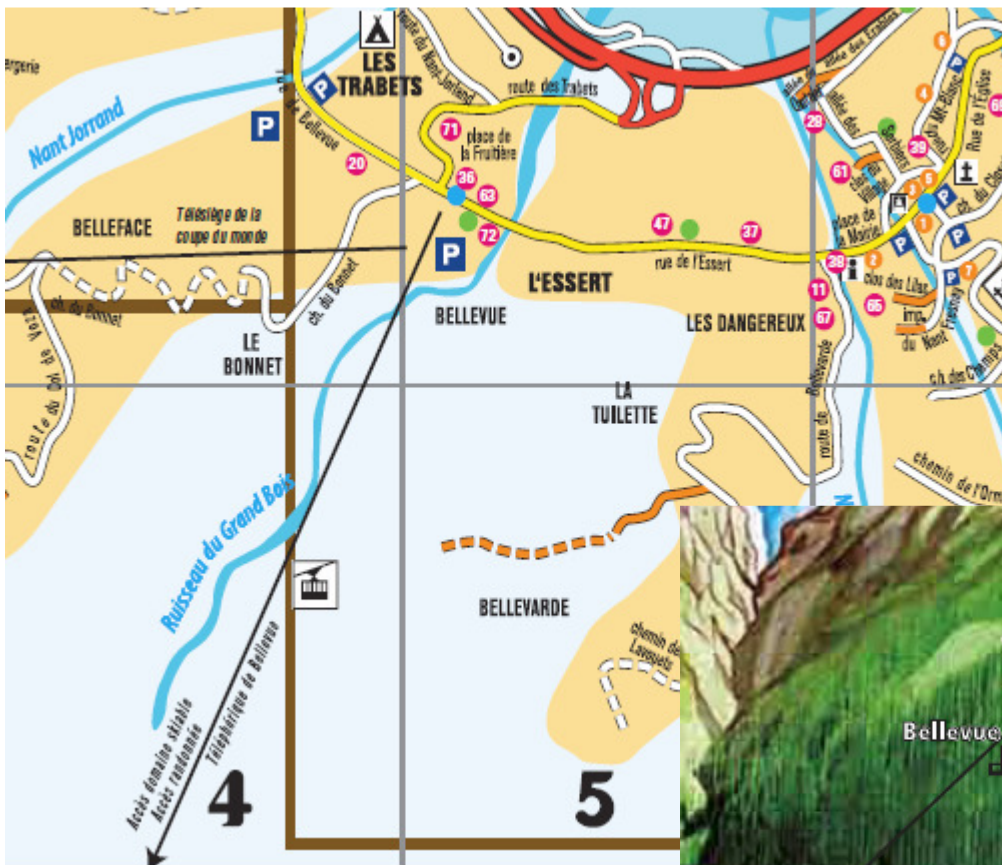
**Hours of Operation**

June 9<sup>th</sup> to July 6<sup>th</sup>: 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

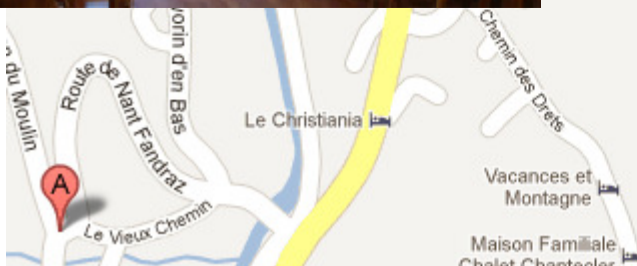
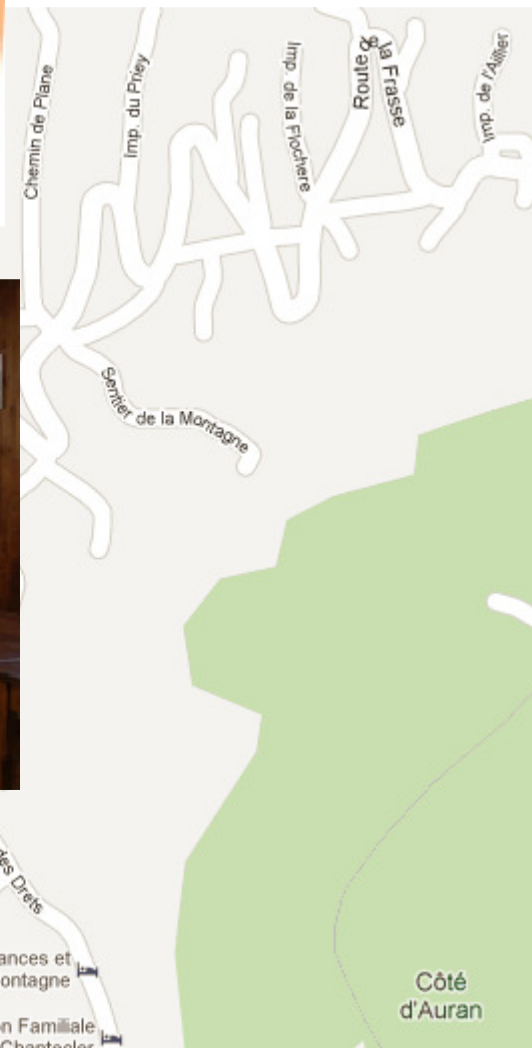
Half board (non-CAF): €42  
 (group >8): €39



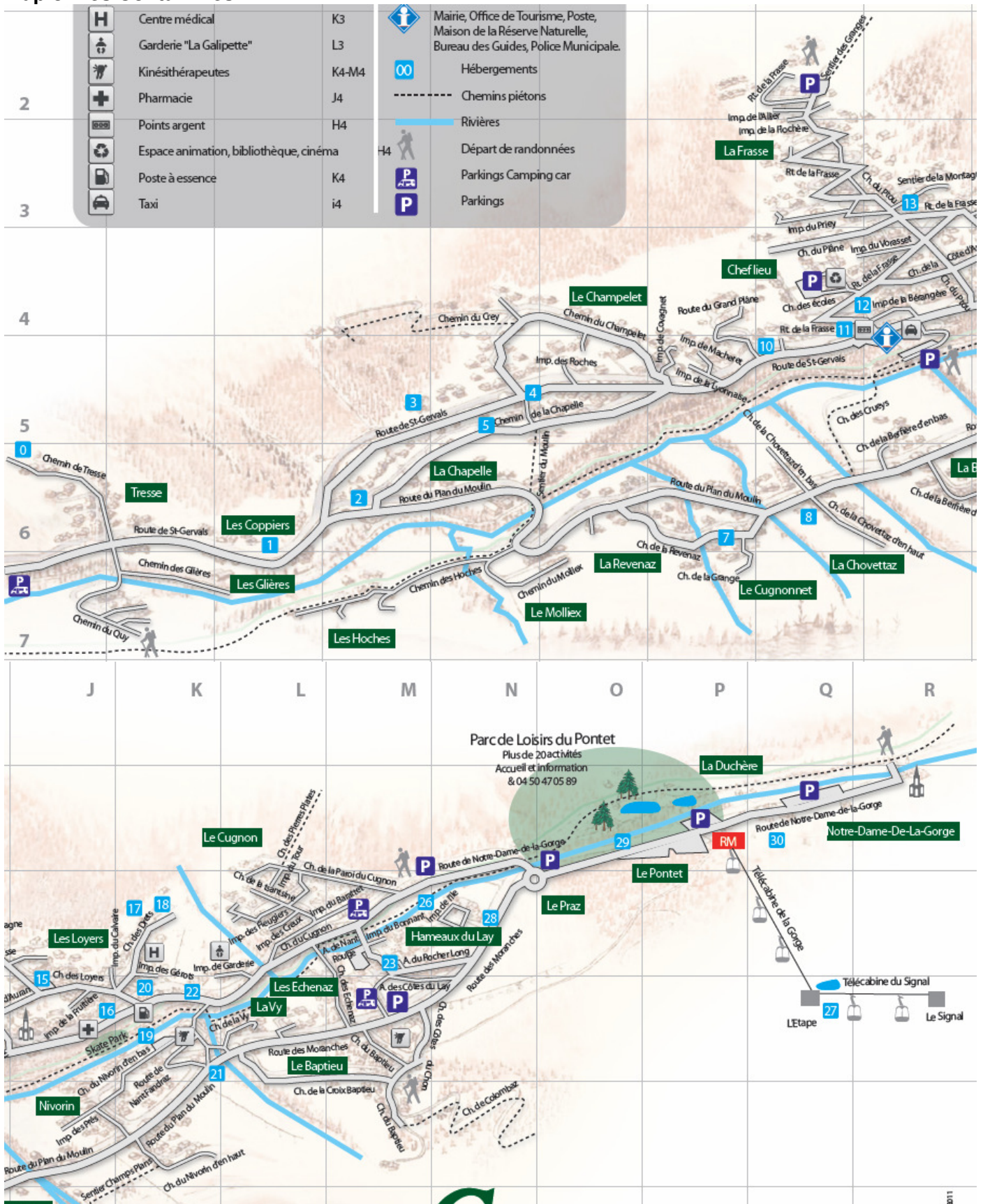
Half board



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  | -           | <b>9:26</b>  | <b>10:11</b> | <b>10:41</b> | <b>11:41</b> | -            | <b>14:11</b> | -            | <b>16:41</b> | <b>17:11</b> | <b>17:41</b> | <b>18:26</b> | <b>18:56</b> |
| 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   | <b>8:45</b> | <b>9:30</b>  | -            | -            | <b>11:45</b> | -            | <b>14:15</b> | -            | -            | -            | <b>17:45</b> | -            | -            |
| 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  | <b>8:55</b> | <b>9:40</b>  | -            | -            | <b>11:55</b> | -            | <b>14:25</b> | -            | -            | -            | <b>17:55</b> | -            | -            |
| 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   | <b>9:00</b> | <b>9:45</b>  | <b>10:15</b> | <b>11:15</b> | <b>12:00</b> | <b>13:45</b> | <b>14:30</b> | <b>16:15</b> | <b>16:45</b> | <b>17:15</b> | <b>18:00</b> | <b>18:30</b> | <b>19:00</b> |
| 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                                      | <b>9:03</b> | <b>9:48</b>  | <b>10:18</b> | <b>11:18</b> | <b>12:03</b> | <b>13:48</b> | <b>14:33</b> | <b>16:18</b> | <b>16:48</b> | <b>17:18</b> | <b>18:03</b> | <b>18:33</b> | <b>19:03</b> |
| 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 - Chemenez - Nemea                                  | <b>9:06</b> | <b>9:51</b>  | <b>10:21</b> | <b>11:21</b> | <b>12:06</b> | <b>13:51</b> | <b>14:36</b> | <b>16:21</b> | <b>16:51</b> | <b>17:21</b> | <b>18:06</b> | <b>18:36</b> | <b>19:06</b> |
| 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                        | <b>9:08</b> | <b>9:53</b>  | <b>10:23</b> | <b>11:23</b> | <b>12:08</b> | <b>13:53</b> | <b>14:38</b> | <b>16:23</b> | <b>16:53</b> | <b>17:23</b> | <b>18:08</b> | <b>18:38</b> | <b>19:08</b> |
| Parc de Loisirs - Lac de Baignade - Camping                | <b>9:10</b> | <b>9:55</b>  | <b>10:25</b> | <b>11:25</b> | <b>12:10</b> | <b>13:55</b> | <b>14:40</b> | <b>16:25</b> | <b>16:55</b> | <b>17:25</b> | <b>18:10</b> | <b>18:40</b> | <b>19:10</b> |
| Télécabine de la Gorge                                     | <b>9:11</b> | <b>9:56</b>  | <b>10:26</b> | <b>11:26</b> | <b>12:11</b> | <b>13:56</b> | <b>14:41</b> | <b>16:26</b> | <b>16:56</b> | <b>17:26</b> | <b>18:11</b> | <b>18:41</b> | <b>19:11</b> |
| Notre Dame de la Gorge                                     | <b>9:15</b> | <b>10:00</b> | <b>10:30</b> | <b>11:30</b> | <b>12:15</b> | <b>14:00</b> | <b>14:45</b> | <b>16:30</b> | <b>17:00</b> | <b>17:30</b> | <b>18:15</b> | <b>18:45</b> | <b>19:15</b> |

Navette été 2012 du 1er juillet au 31 août

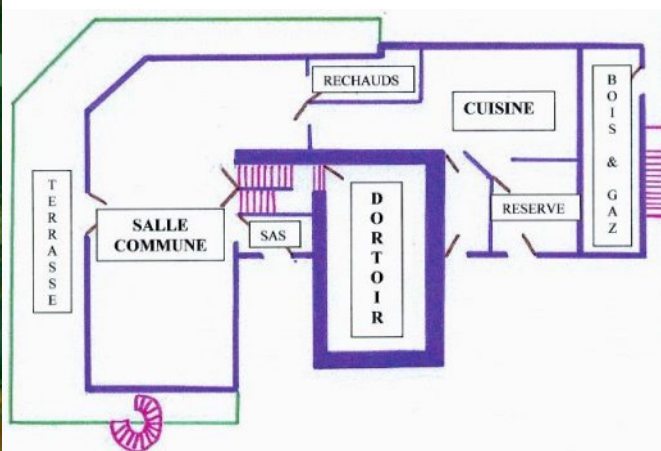
### Refuge du Croix de la Col du Bonhomme

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.com](http://www.lesmottets.com)  
[refuge@lesmottets.com](mailto:refuge@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.com  
info@maisonvieille.com  
lucianacastell@tiscali.it

1/2 board  
Dormitory and showers  
Dinner  
Breakfast

Deposit of €150 paid by bank transfer.

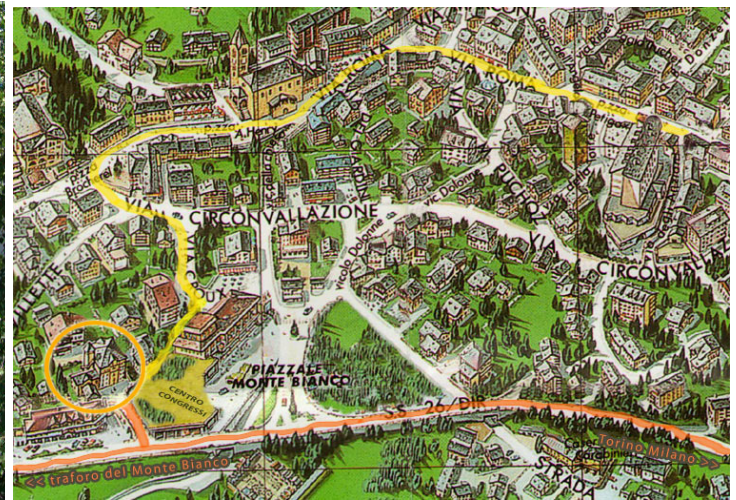


**Le Bouton d'Or**

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

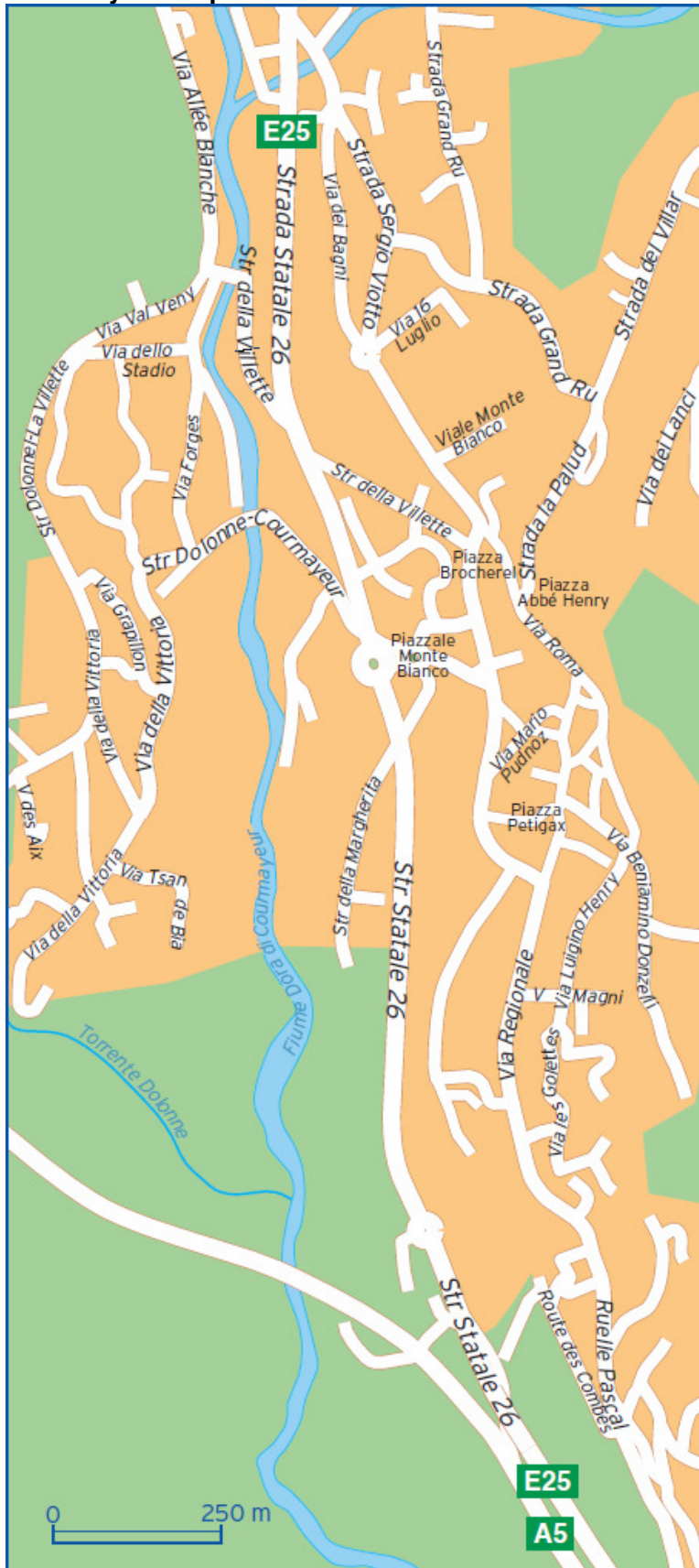
| single room   | double room    | apartment for three persons | apartment for four persons |
|---------------|----------------|-----------------------------|----------------------------|
| minimum: 80 € | minimum: 130 € | minimum: 170 €              | minimum: 220 €             |
| maximum: 95 € | maximum: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



Courmayeur Map



Courmayeur Map



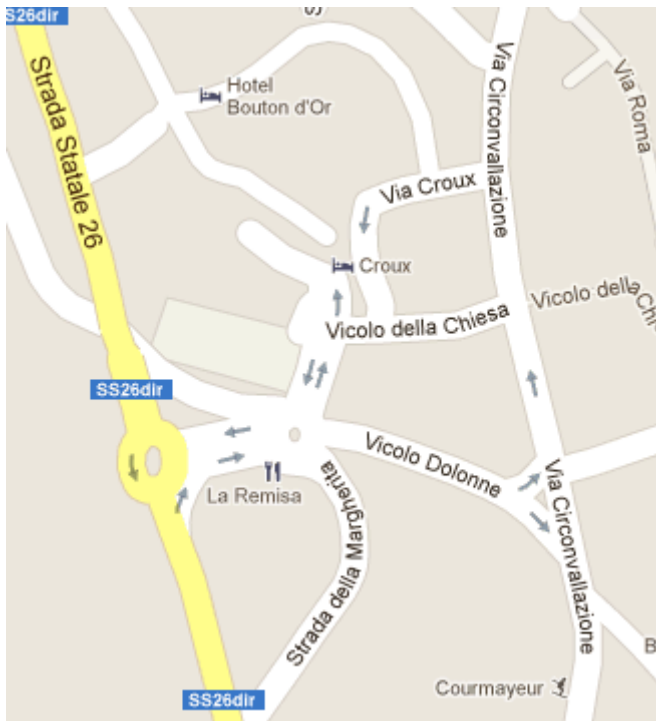
**Cadran Solaire**

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



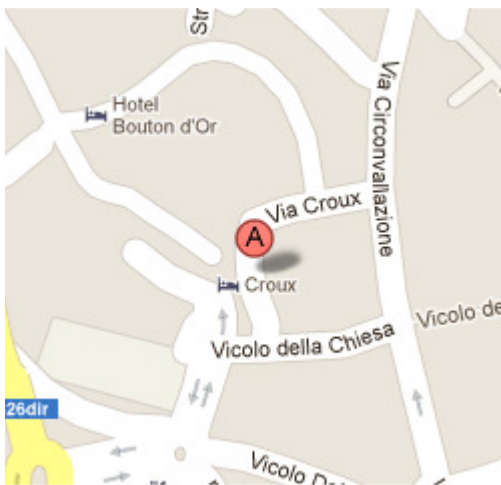
**L'ANGOLO PIZZA AL TAGLIO**

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       |
|-------------------------|------|------|-------|-------|-------|-------|-------|-------|----------|
| <b>Ferret</b>           | 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  |
| <b>Praz-de-Fort</b> ○   | 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  |
| <b>Orsières, gare</b> ○ | 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       |
|----------------------------|------|------|------|-------|-------|-------|-------|-------|----------|
| <b>Orsières, gare</b>      | 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 |       |       |          |
| <b>Champex, d'en-Bas</b> ○ |      |      | 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**

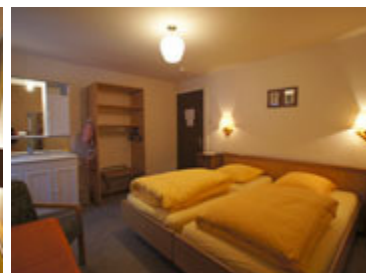
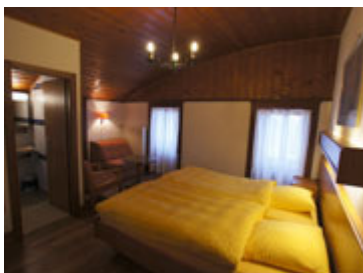
Tél. 027 722 26 88  
 colforclazhotel@bluewin.ch  
 www.coldelaforclaz.ch

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 |           |

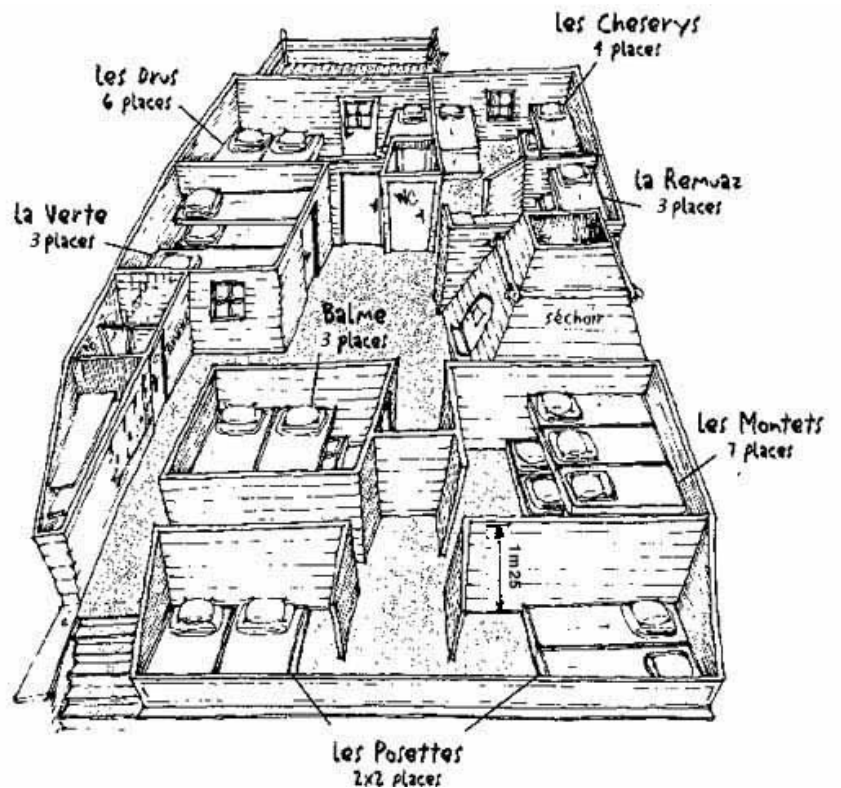
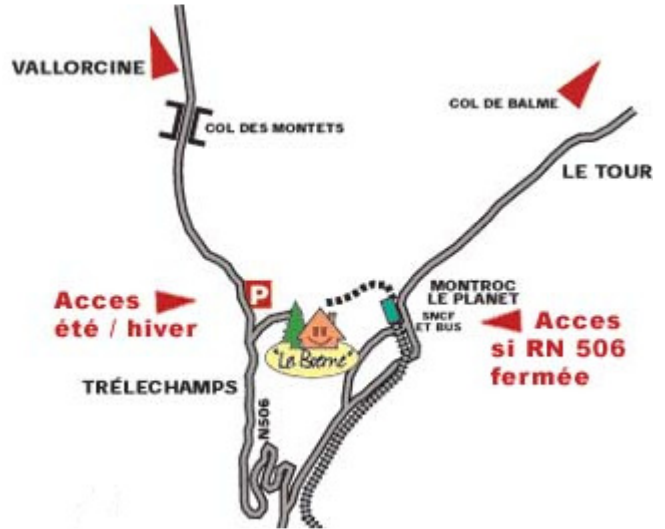


**Refuge La Boerne**

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

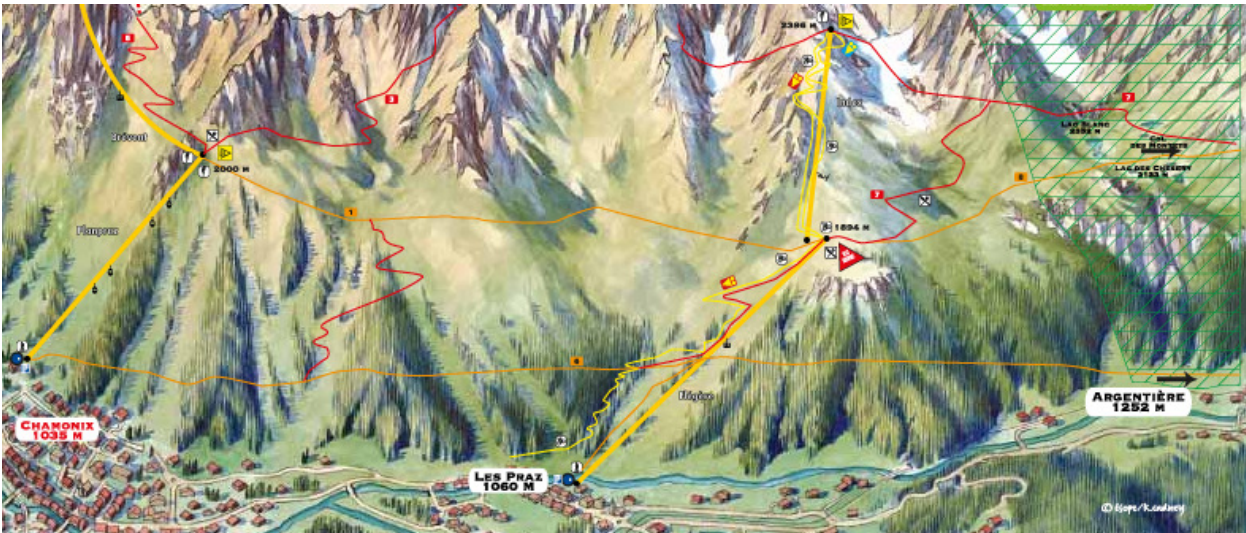
Deposit of €120 paid by postal order.



**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.

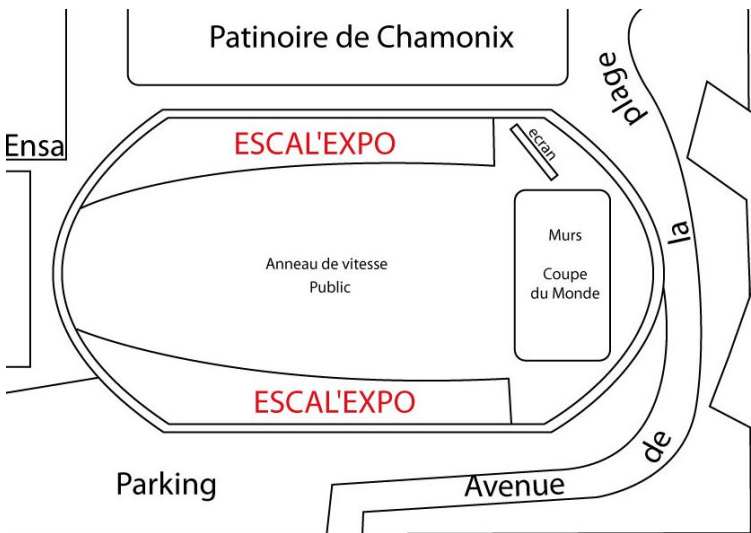
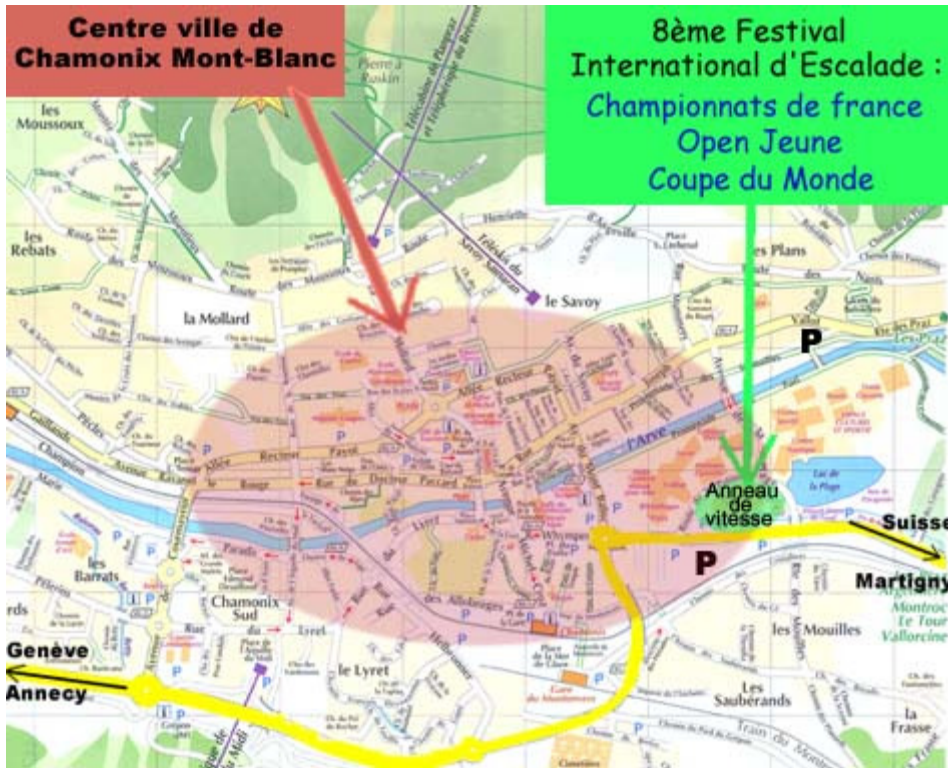
Details below all copied, that is fine - I can pick up the rock boots that morning from the Hotel Crets Blanche.

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.”

Climbing World Cup  
July 11<sup>th</sup> - 13<sup>th</sup>, 2012





**Shuttle from Chamonix to Geneva**

We hereby confirm you that we've booked a minibus VW Crafter (11 seats) 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

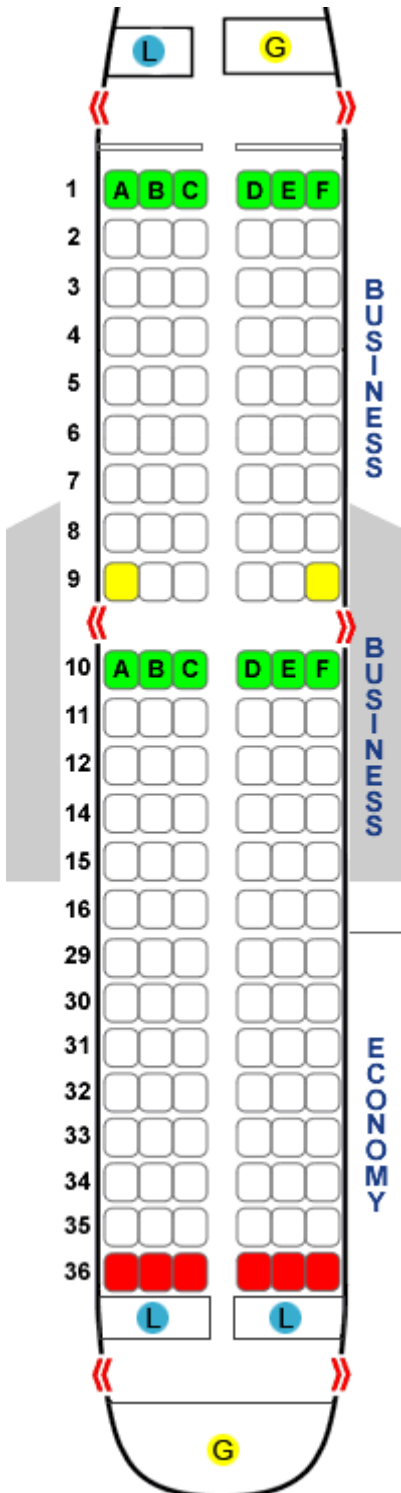
Alioune Gaye

**0041.78.629.47.27**

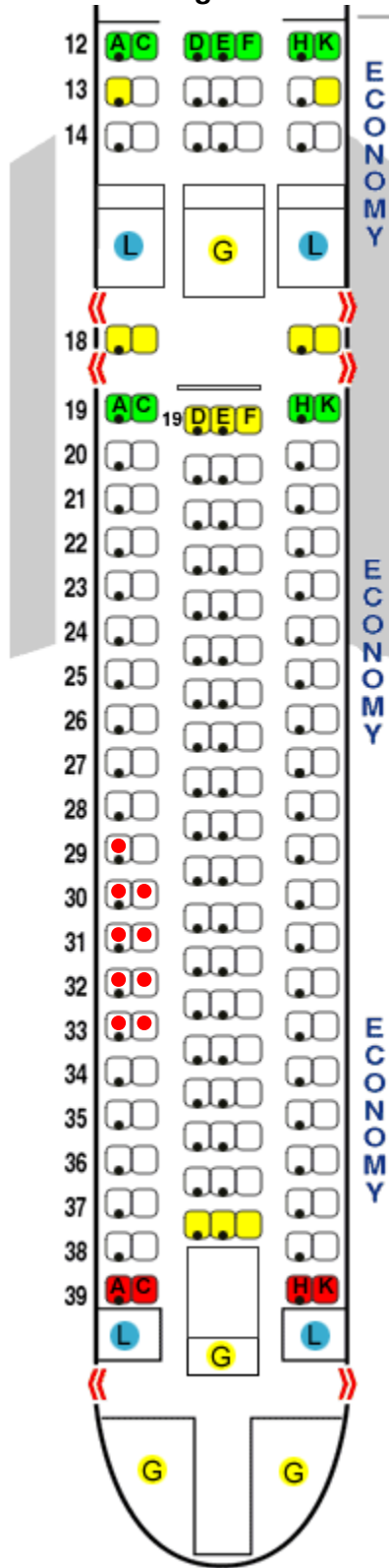
**Note: the pick-up time 09:00am should be fine, but you can change if you want to be pick-up earlier**

Seating Assignments (Return)

GVA -> LHR  
Airbus A319



LHR -> YOW  
Boeing 767-300



Seatmap Key

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