

## Mont Blanc Ascent

Ref # FRMB

### Europe, France

The Mont Blanc mountain range and its summit at 15,774 feet are emblematic of Chamonix and the Alps. Climbing Mont Blanc with our Chamonix based mountain guide and reaching the top of it, that is our goal!



## TRIP SUMMARY

### About France

France is the most visited country in the world, for it's chic, it's charm, it's "je ne sais quoi"! Very varied landscapes, customs, traditions and characteristics over an area equal to half of Colorado. From the Mont Blanc glaciers to the green pastures of Savoie, all the way down to the sea, the mountain regions are charged with history, excellent food, great wines and character, definitely not a "déjà vu".

### About the Adventure

A serene arrival at the roof top of Europe, that is our goal! Ideal preparations for reaching our double objective: altitude acclimatization and acquisition of useful, safety techniques. Professional guides there to listen to your needs and rope party companions to accompany you up the ascent of the Alps highest summit (15,774 feet).

### Itinerary

- **Day 1/** Arrival in Geneva, transfer to Chamonix
- **Day 2/** Hike (Flégère) with panoramic views on the mountains
- **Day 3/** Mer de Glace, Requin hut
- **Day 4/** Mer de Glace (glacier walking), Couvercle hut
- **Day 5/** Walk on the glaciers (Charpoua), Chamonix
- **Day 6/** Up to Tête Rousse hut
- **Day 7/** Up to Goûter hut
- **Day 8/** Mont Blanc (15,774 feet)
- **Day 9/** Relaxing in Chamonix
- **Day 10/** Transfer to Geneva for flight home.

### Highlights:

- A very accessible program.
- A peaceful progression towards the top.
- Training on the Mer de Glace (glacier) during three days.
- Nights in "hotels of charm" at the center of Chamonix.
- A progressive ascent via the common route in a three day span
- Groups limited to 6 people.
- One guide for every two people for the ascent of Mont Blanc.



Level: 1 2 3 4 5 6 7 8 

**Duration:** 10 days

**Group size:** 4 to 6 persons

### Available Dates and Costs:

06/20/2009 - 06/29/2009	\$3325
08/15/2009 - 08/24/2009	\$3325
06/19/2010 - 06/28/2010	\$3425
08/14/2010 - 08/23/2010	\$3425

### Services + :

Arrive Sooner - Stay Longer  
Single Supplement

### What's included:

- Meeting/assisting at airport
- Experienced Mountain World Travel English speaking professional high mountain guide (UIAGM); one for 2 customers (Mont Blanc ascent)
- Lodging in mentioned hotels, or similar, based on double occupancy; 4 nights in refuge (shared accommodation)
- Full board during the entire trip (from dinner Day 1 to breakfast Day 10), pack lunches from Day 2 to Day 8, mineral water included (restaurant, refuge)
- All transfers as indicated, private minibus or taxi
- Cable car, mountain train



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- All mentioned visits in Parks and sites as written on the itinerary.

## DETAILED ITINERARY

### About France

#### The Adventure

Mont Blanc is our objective! A summit and an emblematic mountain range of the Alps.

Unnecessary, in fact, to brag about such a site! This roof of Europe was conquered first on August 8, 1786, by Jacques Balmat and Michel Paccard, marking the birth of alpinism and the beginning of the conquest of the summits.

Summits which reveal a natural inheritance of an exceptional character. Alive valleys also testify to a culture, predominantly mountain oriented. After an incursion into the middle of the mountain range, slowly, the ascent begins! Two nights in a refuge in the Mer de Glace ("Sea of Ice") area, an impossible basin to circumvent where the Leschaux and Tacul glaciers come together, precede our return to Chamonix, the incredible mountain village dominated by mountain summits and fantastic needles. Then comes our three day ascent via the traditional Mount Blanc route and by the Tete Rousse and Gouter huts. A summit, which forecasts an unforgettable memory!



### Itinerary

#### Day 1/ Geneva - Chamonix

Reception at Geneva airport with shuttle transportation to hotel. Settle in at the "Prieure" hotel in Chamonix or the "Croix Blanche", evening meal at the restaurant in the hotel while enjoying a panoramic sight onto Chamonix and the surrounding glaciers. (Guaranteed spectacle!).

#### Day 2/ Chamonix - Flégère - Chéserys - Chamonix

Return to Chamonix in the afternoon to organize our technical material and to prepare for our departure! Quiet evening in the middle of the city to dine and to take stock on the activities planned for the next few days.

4/5 H hike

#### Day 3/ Chamonix - Mer de Glace - Requin Hut

Departure for the Montanvers mountain train up to the higher train station (6,263 feet), which gives access to the Mer de Glace (glacier) and the

### Lodging

In Chamonix (5 nights), we book hotels, inns, or similar, of excellent standard, 3 stars, based on double occupancy and according to availability at the time of reservation. We choose these hotels, not only for the excellent price/quality ratio, but also for their cordiality and hospitality.

- 4 nights in mountain hut, shared dormitory accommodation. The names of accommodations (hotels, lodges, etc...) when they are indicated, are only indicative. Depending on availability, accommodations (hotels/Lodges, etc...) may be replaced by another equivalent type.

It is possible that accommodations may change without prior notice due to a number of factors.

### Food and Beverages

Downtown: Breakfast and dinner at the hotel restaurant.

In the mountains, we want to be able to provide you with well balanced/hearty meals to keep you well fueled during your exertions, but at the same time keep the weight in the bags that we carry to a minimum.

- Breakfasts are prepared by our hosts in the huts.

- Lunch: picnic, in the form of sandwiches, cheese and fruits.

- Energy food (an assortment of chocolate bars to accompany you in the effort) provided by Mountain World Travel.

Drinks: mineral water provided  
Save a bit of room in your bag to split carrying some of our food supply.

### Luggage Tips

Day 2, each participant walks with a light back pack, carrying only the personal items necessary for the day (water bottle, camera, protective clothing, etc).



Chamonix valley, an impossible site to circumvent. We climb us this glacial valley to a place called the Moulins, before continuing towards the Tacul glacier. Some metal ladders help with our arrival at the Requin hut (8,255 feet). Orientation by the program's guide on the equipment and safety techniques. Meal and overnight at the hut.

5 H hike - Ascent = 2,790 feet - Descent = 500 feet.

#### **Day 4/ Requin Hut- Mer de Glace Balcony path - Couvercle hut**

Return to the Tacul glacier, opportunity to work on our « glacier technique » once again. Then, climbing up a succession of splendid « ladders » to the Couvercle Hut (8,816 feet).

4. 30 H hike - Ascent: 1,150 feet - Descent = 1,650 feet.

#### **Day 5/ Couvercle Hut - Mer de Glace Balcony path - Montenvers - Chamonix**

Crossing under the "ecclesiastical" needles: the Monk, the Nun, the Bishop and the Cardinal. Plumb? with the refuge with Charpoua, redescend on the glacier by another series of "ladders". Short ascent to Montenvers and return in to the valley by the hooked railroad tracks train. Settle in at the hotel in Chamonix. End of the day and diner. Night in 3 \*\*\* hotel.

4 H hike - Ascent = 500 feet - Descent = 3,110 feet.

#### **Day 6/ Chamonix - Nid d'Aigle - Tête-Rousse Hut**

Bus transfer to the Houches, where we go up to Bellevue with the cable car. Then, the Mont Blanc tram leads us to the Nid d'Aigle view point (7,782 feet). Easy walk to access the Tete Rousse hut (10,390 feet). Meal and night at the refuge.

2 H 30 hike - Ascent = 2,630 feet.

#### **Day 7/ Hut Tête-Rousse - Goûter Hut**

Relaxing departure in the morning. More mountain guides join our group and the rope parties are established for the ascent to the top. Delicate traverse of a "couloir's" traverse, exposed to falling stones. Our night in altitude the previous day allowed us a favorable rest prior to our progression. The obliged passage of the "normal" Mount Blanc route brings us to the Le Gouter refuge (12,674 feet), spectacularly attached to the mountain. Meal and early to bed!

OR a reserved day: in case of bad weather announced for the following day, it is possible to climb directly up to the Mont Blanc summit that day, after a short pause at the Le Gouter hut. This decision will be made by the main guide, according to the conditions and the level of the participants.

2. 30 H hike - Ascent= 2,300 feet.

#### **Day 8/ Goûter Hut - Mont-Blanc - Goûter Hut - Nid d'Aigle - Chamonix**

At 3 a.m, the head lamp already lights our first steps on the dome of Le Gouter. The dawn accompanies us to the Vallot refuge (14,311 feet), a hut perched in full sky. The cold is accentuated on the summit route, starting

From Day 3 to Day 5, and Day 6 to Day 8, you carry all of your personal belongings plus your daily picnic and energy food. Your bag contains the essential minimum for the circuit, and can not exceed 18 to 22 pounds.

#### **Staff**

The guide

- experienced Mountain World Travel English speaking professional high mountain guide (UIAGM); one guide for 2 customers during 2 days Mont Blanc ascent.

#### **Transportation**

Ground Transportation by private mini buses or taxi, cable car and mountain train.



with the "Bosses" steep ridge (19,918 feet). After Tournette's rocks, the peak makes the back round and the overhead traverse springs above the northern face of the glacial spaces. The Mount Blanc top at 15,774 feet (updated during the last measurement of in December 2005) is reached around 7-8 am and the achievement provides a unique emotion. A panoramic, circular glance on all of the mountains of the Alps, from Mount Viso to the Matterhorn and further... In the foreground, the most prestigious summits of the mountain range are under our feet: Grandes-Jorasses, Aiguille of Midi, Tooth of the Giant. We return 6 hours on the same route for our descent, again requiring as much vigilance. Separation at Chamonix around 5 pm.

10 H hike - Ascent = 3,280 feet - Descent = 8,038 feet.

**Day 9/ Day Off in Chamonix « take it easy »**

Free or potential spare day. Festive meal at the panoramic restaurant celebrating our Mount Blanc ascent.

**Day 10/ End of the stay**

Return shuttle to Geneva airport.

**Itinerary Notes**

- The hiking/climbing time schedules are given only as an estimate.
- For different reasons involving trip organization, daily schedules and planned altitude gains (ascent or descent) may be modified without any prior notice.

**Additional Information**

Although we are an experienced adventure travel company doing our best to respect the itinerary schedule as presented on this detailed itinerary, there is always the possibility that we may need to modify it for different reasons beyond our control. Please read the Registration Conditions: Terms and Booking conditions - Limitations of Liability.

## IMPORTANT INFORMATION

### Services +

#### Arrive Sooner - Stay Longer

Mountain World Travel circuits are provided with the following services:

- "Rendez-Vous" at the airport on Day 1, welcome and transfer to hotel
- Airport transfer on last day

For numerous reasons, one may want to arrive sooner for a trip or stay longer.

Perhaps, you wish to explore the city of arrival/departure more thoroughly, you may decide to arrive a day or two earlier and/or extend your trip after the tour and then return later.

Mountain World Travel is at your disposition for:

- helping you to book extra nights in any arrival or departure towns
- handling your airport-hotel transfer (private vehicle)

#### Extra nights

Chamonix, 3 star hotel (Vallée Blanche, Le Prieuré, or similar)

Price/person/night, \$	BB	HB	Single
(double occupancy room)	125	150	90

BB (Bed & Breakfast): night and breakfast

HB (Half Board): dinner, night and breakfast

FB (Full Board): dinner, night and breakfast, lunch

Double occupancy room: you have two people sharing a room (you must register together).

Single: supplement for a single room, which is mandatory if you register alone.

This service is subject to availability at the time of your reservation.

#### Airport transfer

Shuttle transfer Geneva - Chamonix, one way: \$ 75 per person

Price/person, \$	1	2	3
one way	150	75	50

You only need to specify your desired arrival/departure dates and the requested services at the time of your registration.

In the event that you do arrive sooner or stay longer, the meeting or separation with your group occurs at the arrival or departure hotels specified to you on your confirmation.

#### What's Not Included

- International flights in/out Geneva
- All services mentioned in Services +/extensions /options
- Personal medical & Travel Insurance
- All items not expressly mentioned in "What's included".

#### Extra Costs

- Drinks (except mineral water at restaurant)
- Personal expenses.
- Tips for guide
- All items not expressly mentioned in "What's included".

#### Equipment

**Attention to cold temperatures at the top of the summit amplified by the wind.**

#### Basic Equipment

- Thermal underwear (fast drying)
- Thin thermal fleece turtle neck
- A warm fleece jacket in fleece (light weight/well insulated).
- A mountaineering jacket and a down jacket .
- Mountaineering pants.
- Thermal long underwear.
- A ski hat and a neck gaiter.
- A cap or a hat to protect from the sun.
- Very good ski sunglasses with side protections.
- A ski mask for the summit.
- A pair of warm/waterproof technical mountaineering Gore-Tex gloves (double lawyer of down)) or a pair of Gore-Tex over-mittens and warm under-gloves.
- A pair of replacement gloves.
- A rain poncho
- A survival blanket (reinforced model).
- A water bottle (no Camelback, as tube will freeze).
- Hand and foot warmers

## Single Supplement

Mountain World Travel trips are based on double occupancy rooms/double occupancy tents.

When you are booking a trip alone, you will share a room/tent with another person from the group (regrouping males together, and females together). However, for your convenience, on most of our destinations, you can choose to upgrade your lodging on all of the nights of your trip by choosing an individual room/tent.

Single Supplement (\*): \$550 for the entire trip (\*\*)

\* Subject to availability at the time of booking.

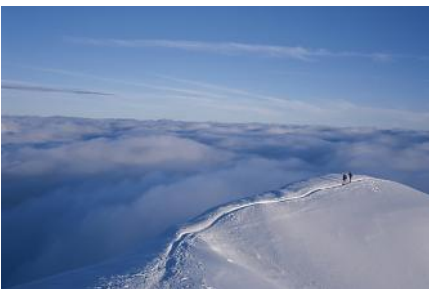
\*\* Except Day 3, 4, 6,7 (shared accommodation in a mountain refuge)

## Air Travel

As airfare is NOT included in our adventures, please check if your trip is "a guaranteed departure" before confirming your own airline travel arrangements. You can check your trip status at the Mountain World Travel website or contact the Mountain World Travel office at 1 888-MWT-TREK (698-8735).

Our preferred airlines to fly to Geneva, Switzerland

- Swiss, the national company, operates daily to Geneva in cooperation with Star Alliance
- Skyteam (Delta, Northwest, Continental, Air France - KLM), operates daily flights from anywhere in the States to Geneva, through Amsterdam or Paris.
- Star Alliance (United, Lufthansa) operates daily flights from anywhere in the States to Geneva, through Frankfurt or Munich
- Oneworld (American, British) operates daily flights from anywhere in the States to Geneva, through London.



## Foreign-Entry Requirements

Formalities for US, Canada, Australia, NZ passport travelers: a valid passport; US citizens are admitted to France for up to 90 days. US citizens, please check with the US Government Travel Entry Exit Requirements

## Shoes and technical material

- Mountaineering shoes with rigid soles compatible for crampons.
- Thermal Socks
- A head lamp.
- Waterproof/breathable Over-pants (Gore-Tex).
- A pair of gaiters.
- A pair of telescopic walking poles (optional).
- A pair of crampons with "antibottes" (rubber plates preventing snow from balling up underfoot).
- An ice axe.
- Mountaineering helmet.
- An adjustable, light and compact harness, adapted for walking.
- A locking carabiner, for rope maneuvers.
- Slings and cordelettes.

## Sleeping

- A bed sheet only (blankets are provided by the huts)
- For all of the night (s) in hut (s), Mountain World Travel provides a new recyclable bed sheet to each participant.

## Pharmacy

- You own small "pharmacy" to have validated by your Doctor. It should contain: sun lotion, bandages, sterile strips and double skin, anti diarrhea medication, pain killers, an anti inflammatory, a muscle relaxant, eye lotion, cough drops, a broad spectrum antibiotic, disinfectant, tweezers, personal ear plugs, and personal drugs. And anything else indicated on the "Trip Details" page or in "Important Information" (including necessary items to treat altitude sickness).
- However, it is preferable to consider, with your doctor, a preventive treatment against altitude sickness (Diamox) and to check your capacity to evolve in altitude (specific tests may be considered).

France

Switzerland

For other nationalities, please contact the French and Swiss embassies in your country.

### Health and First Aid

No vaccine is obligatory. We advise you, however, to be up date for traditional vaccinations: Diphtheria - Tetanus - Poliomyelitis, Typhoid fever. Vaccination against hepatitis A and B is recommended.

### Health hazards

- Heat: protect your eyes and your skin against the sun, as it is more intense with altitude.
- Cold: plan on packing protective clothing against the cold (jackets, fleece, gloves, hat), especially in relevance to the activity.
- Dehydration: drink and nourish yourself sufficiently and correctly throughout the effort.
- Small wounds: blisters, tendonitis...bring along band aids, an antiseptic and another cream for muscle aches. They will take up a bit of room, but well worth the space.

**Altitude sickness:** can be felt at around 8,000 feet and above and can come on quickly (after just one night spent in altitude). Hard to predict and varies completely from one person to another. Good hydration is necessary, progressive altitude acclimatization and Aspirin can all help in preventing the unpleasant side effects of altitude sickness.  
Please visit: <http://wwwn.cdc.gov/travel/yellowBookCh6-AltitudeIllness.aspx>

### Physical Preparation

LEVEL 4

3 months prior: Hike 10 to 12 miles every weekend or on two consecutive days OR if you are regularly committed, on an annual basis, to another sports activity that develops stamina (jogging, cycling or swimming) for a cumulative duration of 2 to 3 hours per week (without excessive shortness of breath or exceptional fatigue), you should be up to speed.

### Luggage

- A robust and technical back pack of a capacity of 11 to 14 pounds

### Miscellaneous

- A pair of replacement shoe laces
- A dop-kit and a bath towel.
- Toilet paper.
- A pocket knife
- Some plastic bags to protect your belongings.
- Duct tape
- A small pocket anti-theft protection device, to always keep on yourself, along with your identity papers, money, certificate of insurance.

### Some advice

During your flight your back pack should contain fragile and useful items that you might need while on the plane (camera, memory cards, jacket, books, magazines, medication, dop-kit etc).

- Temperatures can be icy at the top, even in the middle of the summer. Plan on bringing winter mountain equipment.
- If you wish to rent mountaineering shoes, ice axe, crampons, harness, helmet, please inform us at the time of your booking. As Mountain World Travel does not itself rent out this kind of material, we will direct you to our partner store at location (you will be offered a discount). The confirmation that you receive after booking will specify directions to the rental shop.

On the day of arrival (and depending on his/her availability), your guide will be able to help you for choosing your rental equipment.

Here is an idea of pricing for crampons, ice axe, harness and helmet:

- \$ 70 for a 3 to 5 day duration,
- \$ 100 for a 6 to 9 day duration.



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A deposit is required when renting material (credit card imprint).



## ABOUT FRANCE

### Country

France is the most visited country in the world. It has everything that you could ever want to see on your adventure travel holidays: romantic villages, good beaches, more monuments than any other country, lovely nature and incredible mountain scenery. France is also a very pleasant place to stay. It has haute cuisine, great wines and people enjoy their lives. The South with its lovely nature, good food, roman ruins and of course the Riviera draws a lot of visitors every year. The Provence is dotted with pleasant bucolic charming villages.

French Alps are great for skiing in winter and hiking in summer. The Alps French mountain range stretch out to four "departments", from north to south, on a total surface of 10,255 square miles: Haute-Savoy, Savoy, Isere and the Hautes-Alpes.

Haute-Savoy: the frontier of Italy and Switzerland, with Chamonix and its glaciers at its heart. Chamonix is the alpinism and hiking capital which surrounds Mont Blanc in the Aravis mountain range and in the Aiguilles Rouges or Dents-Blanches natural reserves. Our circuits are designed to exceed French borders and to travel from one country to another (Switzerland, Italy), discovering different cultures.

Savoy: from the Préalpes of the Bauges region to the Vanoise national park, at the very end of Tarentaise, while passing by the Maurienne valley, an ensemble of singular mountains where the limestone of the Prealpes (at an average altitude lower than 7,000 feet) contrast with the high summits of Vanoise, such as the Grande-Casse which culminates at 12,638 feet. Savoy is land rich in tradition and farming at the junction of Maurienne and Tarentaise.

Isere: the high plateaus of Vercors and their natural reserves, Chartreuse and its splendid fir plantations constitute the richness of the French Préalpes. Lesser known mountain ranges, Belledonne and the Roussets, mark the transition with the South and with Savoy in the north.

Hautes-Alpes: at the foot of the Ecrins, while slipping towards Provence, tumultuous rivers run. It is also the meeting point of authentic, wild valleys, not far from Italy: Queyras, Ubaye, the valley of Névache.

And so our trips will lead you from Europe highest peak, the Mont Blanc (15,780 feet) down to the Mediterranean Sea, you just have to choose which one suit your needs and desire.

### Highlights

- Our French partner established in the Alps for more than 30 years, cooperate with Mountain World Travel based in Colorado USA to conceive and organize adventure travel trips all over the alpine mountain range. At the head of the organization, Mountain World Travel is surrounded by mountain travel specialists to answer your requests as precisely as possible.
- A network of mountain leaders, guides and professional logistic specialists for each mountain range.
- A complete offering of guided treks, biking trips etc... from the Northern Alps to the Southern ones, for you to take off to with your friends, family or by yourself to join in on a group.
- Mountain climbing is also our specialty: for good walkers and sportsmen athletes who wish to experience intense moments in the mountains while practicing climbing and trekking the glaciers.

### Profile

- **Population** 64 millions habitants
- **Surface** 260,558 square miles
- **Capital** Paris
- **Main Cities** Lyon, Marseille, Toulouse, Bordeaux
- **Peaks** Mont Blanc (15,780 feet)
- **National Parks** Vanoise, Ecrins, Mercantour
- **Official Language** French
- **Religion** Catholicism
- **Head of State** Nicolas Sarkozy
- **Political Status** Unitary Semi-Presidential Republic
- **Time Shift**  
<http://www.worldtimezone.com/utc/utc.html>

### Respect of Customs and Habits



## Climate

### Climate in the Alps

Weather changes quickly in the Alps, an aspect to be taken seriously while choosing and organizing your trek. All on the same day, depending on the altitude, you can profit from splendid sun and summer temperatures, but also undergo icy temperatures and snowstorms. As paradoxical as that may seem, this unforeseeable climatic change is also one of the Alps' assets.

The relief has a major impact on the changing weather conditions from one area to another and, at the same time, also impacts the landscapes on these massifs and the organization of life in these areas (social, cultural and economic). The mountains, according to their altitude, have the capacity to retain the clouds and to force precipitations in certain valleys and to preserve them in others. As a consequence, you will cross verdant valleys and others that are drier. You will encounter astonishing microclimates which protect plant species and remarkable animals.

The northern and the Eastern Alps region, where the most beautiful glaciers are located, is an area with the most amount of precipitation. Here run splendid rivers, torrents which transport the glacial waters and carry rocks along. For example, Beaufortain is recognized as being one of the most "sprinkled" mountain range of the Alps. These generous rains lend to its very unique characteristics, as it is in its lush mountain pastures where the traditional Beaufort cheese is manufactured, a cheese of great fame!

The Southern Alps, under the influence of the Mediterranean, in general offer a softer climate, a more mineral universe, increasingly remarkable as one approaches Provence. The regional natural reserve of Queyras is a good example of these sunny mountains where you can breathe in the freshness which is diffused by a forest of larch. With each area having such distinct characteristics, diversity is a major driving force for those wishing to voyage to the Alps: an area to be discovered non-stop and without having "d  j   vu" impressions.

### Weather

Be prepared....abrupt changes in temperature during an excursion are always possible. When you leave for the mountains, it is imperative that you carry a back pack with a minimum of equipment to protect yourself against cold and sun. Your guide is a good adviser, but before leaving, we suggest that you read all of the information on our "Trip Details" page.

The French are truly notorious when it comes to their rules and regulations regarding their food. Most French chefs will take umbrage if you add condiments to a dish before even tasting it and it is also considered as being a grave insult if you ask for ketchup. This is because you are basically then telling the chef that their cooking is unsatisfactory, and it is unnecessary to add any flavoring to meals in France for the most part anyway because they are usually so well prepared.

### Some Advice

Nearly all restaurants include tax and a 15 percent service charge (service compris) in their prices. If a meal or service has been particularly good, leaving additional change is customary, as is leaving the small change from your bill when you pay in cash. In hotels, tip porters per bag and chambermaids per day. Taxi drivers should be tipped 10-15 percent of the fare.

U.S. residents who stay in France less than six months can get a refund of the value-added tax (TVA, in France) on purchases of 200    or more. Ask stores to complete a TVA refund form, then submit them to customs upon your departure. Refunds from 13% to 19.6% will be credited to your credit card or mailed to you within a few months.

French shops are usually open weekdays from 8:30 am to 7:00 pm but they will be close for an hour or two at lunchtime.

US electrical devices are not compatible with French-Italian-Swiss electrical plugs. We recommend that you carry an adapter, because the plugs are



### Temperatures

Average temperatures (day maximum/night minimum) in Fahrenheit degrees:

	Jan	Feb	March	April	May	June
<b>Paris</b>	43/34	45/34	51/38	57/42	64/49	70/54
<b>Marseille</b>	51/37	53/38	58/42	63/47	70/54	78/61
<b>Chamonix</b>	39/23	45/27	50/27	59/37	64/43	72/48
	July	August	Sept	Oct	Nov	Dec
<b>Paris</b>	75/58	75/57	69/52	59/46	49/39	45/36
<b>Marseille</b>	84/66	83/65	77/60	68/52	58/44	53/38
<b>Chamonix</b>	72/48	70/48	70/45	59/36	49/32	39/23

### Currencies

The currency is the Euros (€).

Which currency to bring and where to exchange it?

We advise you to carry dollars in small increments that you can exchange with no problem in main cities. Credit card payment is widespread. There are ATM machines in all the cities and even the small ones, most take Visa and Master Card. ATMs often offer the best exchange rates.

### Travel Warnings

As an organizer of worldwide trips, Mountain World Travel is concerned for our guest's safety and security. We always keep ourselves up to date with current travel warnings and always consider the government's safety advice while organizing and preparing our different trips.

We recommend that participants consult the security instructions distributed by government authorities and the traveling recommendations made by government officials; available on websites specific for each country.

US citizens, please check with: US department of State

### Our Story

It all began back in 1995 when Grisha UIAGM / IFMGA professional mountain guide, based in Chamonix France, began to work part-time for the French Allibert-Trekking adventure travel tour operator. During this time, Grisha led some Allibert-Trekking clients, to the summit of Mont Blanc, Mont Rose etc... and was sent all over the world for climbing, expedition and technical trekking trips. A great relationship has since emerged between Grisha, his wife Catherine and the Allibert-Trekking travel team which led Grisha to make a proposition to them. The proposition was to create adventure travel trips adapted to the American and Anglo-Saxon clientele. Hence, in 2007, a partnership was created. Established as Mountain World

220/230 volts in most Europe.

### Safeguarding the Environment

French Alps mountain ranges, where we would all like to happen upon ibex around each turn; therefore, we need to make sure not to scare them away from their original habitat. The marmot is always nearby, but this does not give us a reason to feed them.

Don't get too close to the animals even to photograph them!

What a delight to discover hidden Edelweiss or the ground covered with spring Gentians (famous local flower): leave them on the ground...it is better to take a photo of them than to pick them!

In the Alps, you are never really far from a valley. It is not very complicated difficult to return all of your trash down there. This is not the responsibility of the hut's guard.

Our stays often take you along to discover National parks and Reserves: they are protected and regulated spaces.

We all prefer a respected and preserved environment. We all need to be attentive to this!



**MOUNTAIN  
WORLD TRAVEL**

Travel, the company takes roots in Aspen, Colorado where Grisha and Catherine, now play and work. The two came to Aspen, 15 years ago from Chamonix, France, when they first fell in love with the area. They began their days here as ski instructors, with Grisha also working as a mountain guide and a tandem paragliding flight pilot.

### **Responsible Approach**

For a long time, our French partner and Mountain World Travel has functioned in a very responsible manner throughout the world including, of course, in the Alps.

1993: restoration of Saint-Christophe-in-Oisans mill (helping the Oisans of Saint-Christophe association).

2003, 2004, and 2005: Cleaning off Mount Sauveur in Mercantour with Mountain Wilderness and the National Park of Mercantour.

Since 2004: Since 3 years: we do not forget the region where our main office is based and it's regional natural reserve by organizing, each year, an operation of maintenance and cleaning off the paths of "The Reserve des Hauts de Chartreuse" (Savoy-Isere) in partnership with the park, the reserve and the association holding the same name. In 2007, this event will be held in Chartreuse, around the Mount Granier (mountain in the neighborhood).

### **Some Useful Words**

The spoken language in France is French. English is spoken by those in tourism related work. Learning some French keywords will enable you to gain the respect of your interlocutors and to facilitate your exchanges with French people.

Do not hesitate to use the following expressions:

Hello: *bonjour*

How are you: *comment allez-vous?*

Thanks: *merci*

Please: *s'il vous plait*

Goodbye: *au revoir*

You can ask your guide how to pronounce these key words; your voyage will only be richer by your attempting to speak the local language! And smile, it is often the best means of having good contacts!

## HOW TO BOOK

To realize your dreams, we offer several ways to book your future trip:

**From the website: [www.mountainworldtravel.com](http://www.mountainworldtravel.com)**

On the internet, discover our destinations and make your choice, book and pay your trip on line. Prepare for departure

### Advantages

- A fast reservation 24 h/24 and 7/7.
- A payment 100% protected.

### To register yourselves:

- Select your trip
- Click on "Book a Trip".
- Check for availability
- Specify the number of participants, last names and first names as written on passport, address, phone numbers and e-mail addresses... .
- Select any additional Extensions and/or "Services +"
- Sign up for travel insurance and cancellation insurance
- Agree to the booking conditions and the limitations of liability
- Bank routing number or credit card number necessary for 30% down payment for registration.
- Money orders also accepted.
- You will automatically receive an invoice with an acknowledgment of your payment, which will be charged after validation of your file by an adventure travel adviser
- 90 days before departure, payment of the balance due

### By e-mail: [info@mountainworldtravel.com](mailto:info@mountainworldtravel.com)

and one of our adventure travel advisers will respond to you and will guide you through the booking process

### By calling or faxing us at:

Toll Free Number 1-888-MWT-TREK (1-888-698-8735)

### Advantages

Our travel advisers will be happy to answer all of your questions;

- will insure you that this trip is sure to go;
- will give you all of the explanations that you need,
- will check availability of your desired individual lodging, extensions, extra services etc
- will insure you of the cost
- will book your space



**MOUNTAIN  
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### **By postal mail:**

Mountain World Travel  
PO BOX 1264  
ASPEN COLORADO 81612 – USA

Ready to pack your bags? Nothing simpler than registering by mail:

- you just have to send us your booking form,
- accompanied by your 30% down payment.

You will receive:

- the confirmation of your registration;
- the invoice; the formalities file (obtaining visa if necessary, etc...)
- and 90 days before the departure, we ask for you to pay the remaining balance of your trip.

### **Ready ? Go !**

Last minute preparations before our Rendez-vous at the airport: To get ready, consult the detailed itinerary, in particular the necessary medical and administrative formalities and the list of necessary equipment. Don't forget to stay in shape!

In the 15 days preceding your trip, you will receive a convocation specifying:

- the place and time of the Rendez-vous
- the appointment with your guide.

### **We wish you a very happy trip on the trails of the world!**

Questions, call custom Toll Free 1-888-MWT-TREK (1-888-698-8735)  
E-mail: [info@mountainworldtravel.com](mailto:info@mountainworldtravel.com)

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