



Vallee Blanche information sheet

Skiing the Vallee Blanche is one of the most precious memories you can take away from your holiday in Chamonix. It really is a fantastic day out and a very popular choice for many of our guests.

However, you are skiing off-piste on a glacier so it's important to read our safety guide below to ensure you are full prepared for your experience. It's good to know that the route takes between 4-6 hours depending on conditions and group level. If you have booked this in advance with us then print this sheet to take to Chamonix.

You will need:

- **Ski or snowboard equipment** - Your snowboard/skis and poles and boots.
- **A helmet** - We strongly advise you wear a helmet, if you have one bring it or hire one for the day.
- **Warm clothing** - This is essential as the weather can change dramatically within hours. You particularly need this when you start your journey on the arête – this is an exposed area and so can be windy and particularly cold in the mornings. Fleeeces, layers and Gore Tex clothing that is breathable is a good option.
- **Food and drink** – Always make sure you are fully hydrated so bring at least 1 litre of water with you. Bring some snacks to keep your energy levels up throughout the day too. It is also quite common to stop at the 'Salle a Manger' at midday so bring a packed lunch.
- **Goggles and sunglasses** – The snow reflects the sun and at higher altitudes this means that you need to be fully protected with adequate sun cream. You will also need lip protection and of course sunglasses or light reflective goggles. Please bring your goggles with you in your rucksack even if it's a clear day at the conditions may change.
- **Retractable poles** – if you are a boarder then we strongly advise to bring retractable poles as it will be very hard work for you on the flats if you are without. Bear in mind that you will not be allowed up unclip your board on the glacier.
- **Harness and avalanche transceiver** - You must have these to ski the Vallee Blanche. These are provided by your guide but if you wish to bring your own please do so.
- **Rucksack** – If you have a rucksack that can carry your skies then this will make your walk along the arête much easier. Also if the conditions are right and you are skiing all the way down to the valley you will also need to carry your skies again to reach 'La Cabane Mottes'. You will then ski down to the Planards slope in Chamonix. The guide may carry skies of those who cannot carry them themselves but obviously he can only carry so many so if you are able to purchase one of these or have one with you then bring it along.

You will also need with you your Mont Blanc Unlimited ski pass. You will require this when you take the telecabin up to the top of the Aiguille du Midi but also if you finish your journey at the Mer de Glace. The Montanvers train will take you back down to the centre of Chamonix. Where you finish is dependent on snow conditions.

Meeting arrangements and cancelations

- **Meeting point** - It takes approximately 30 minutes to reach the top of the Aiguille du Midi. You therefore have to meet your guide promptly at the bottom of the lift (usually by the Vertical Café, just inside the cable car building) so that you keep to your schedule. The standard meeting time is 8:30am, this will be confirmed when you book with us.
- **Cancellations** – on some occasions the trip can be cancelled should your guide feel the weather is not suitable. In this instance you will be contacted by either Chamonix All Year or your guide directly. Alternative plans can then be made depending on the forecast. Refunds can be given in instances where the trip cannot take place at all.
- **No shows** – if you change your mind, are severely late or decide the weather is not suitable you will still be charged. It is only the guide who decides when the weather is not suitable.
- **Insurance** – please make sure you have adequate off-piste insurance.

Finally, the Chamonix All Year team wish you a great day on the mountain and don't forget to bring your camera too!

**For any further questions regarding in-resort activities with Chamonix All Year please contact us at
relax@chamonixallyear.com**