

TARENTAISE TOUR SAFARI

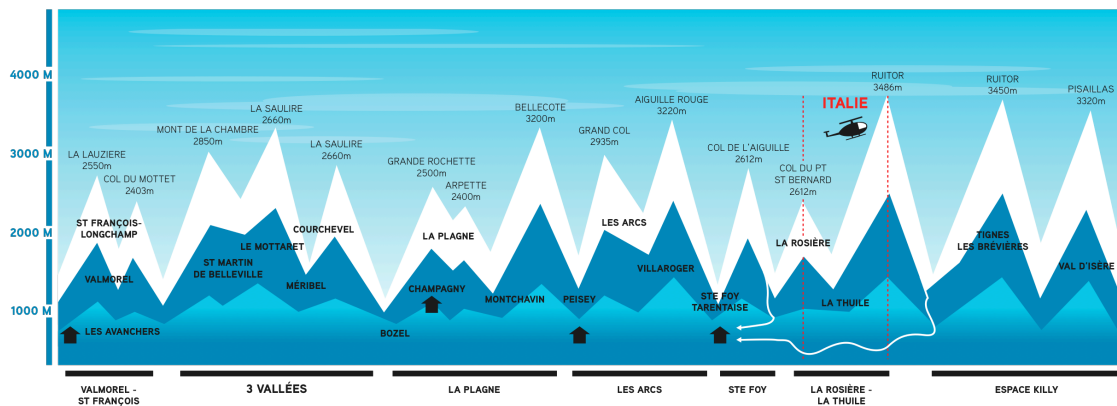
>> DISCOVERING THE TARENTAISE

With the world's largest network of ski lifts, belonging to about 20 ski resorts, skiing from one valley to the next in the region of the 1992 Winter Olympics.

After more of 30 years and over 200 Ski Safaris, we still haven't been everywhere and we always find new routes to ski with you... This is why each safari is unique. Every day, your guide chooses the best itineraries to make the most of each area, depending on prevailing snow and weather conditions and on the ability of the participants.

Improvisation guarantees the best of each day.

So come and join us for a great ski adventure!



>> WHAT WILL YOU DO DURING THE SKI SAFARI

- Explore undeveloped mountain sides and descend 1500 to 2000 vertical metres in untracked snow.
- Discover the wild regions of the beautiful Tarentaise, which have been preserved by the Vanoise National Park.
- Ski off-piste for six days discovering the highest peaks and new valleys with small villages each day, without going by the same itinerary twice.
- Experience a night in a mountain hut.
- Drink a glass of wine with the locals and taste their "savoyard" specialities and produce.

>> PROGRAMME

- DAY 1: Participants and guides meet at 6pm at Hotel Le Monal in Sainte-Foy to check the equipment and learn about the Avalanche beeper and its use. Welcome drink thereafter
- DAY 2: It's a 5 minutes minibus ride to take the lifts in Villaroger to ski the best of Les Arcs. In good weather, high-altitude adventure from the Aiguille Rouge (3200 mts) with descents of 2200 vertical mts. Picnic-lunch: buffet made up of specialities brought by the participants from their homeland. Last run down past Villaroger to the Isère River. 10 min walk back to Hotel Le Monal.
- DAY 3: We are only 15 to 20 minutes away from Sainte-Foy ski resort, Tignes-val d'Isere, La Rosiere-La Thuile. Wherever conditions are best, we'll ski.
Optional Heliskiing in Italy, proposed by your guide if conditions are good...
At 5:30pm, a taxi will drive us to Valmorel, at hotel du Bourg.
- DAY 4: Untracked itineraries in the Valmorel / Saint-François-Longchamp area. Ski right down to Valmorel at the end of the day. Second night at hotel du Bourg.
- DAY 5: Tree skiing in the magnificent forest of Valmorel. Save some energy for the last run, the wild itinerary called les 2 Nants will end up to a comfortable hut where we will spend the night without baggage. Shower available, sleepers provided.
- DAY 6: A taxi ride will bring us to the gondola in Champagny. After few lifts, we will reach the top of La Plagne to ski the famous north face of Bellecôte. We will then aim to the top of Aiguille Rouge in Les Arcs and ski down various long couloirs to end up in Villaroger. Back to hotel le Monal.
- DAY 7: You can't miss the huge north face of Folietta in Sainte Foy, followed by a Pigette or Monal itinerary, you will then have discovered the best off-piste of this wild Tarentaise area.
- DAY 8: Departure after breakfast.

Programme subject to change, in order to make the best of prevailing weather and snow conditions.

>> HOW WILL WE FIND UNTRACKED ROUTES

The Tarentaise valley can be traversed without any climbing, but...the most beautiful itineraries are to be found on the backsides of the resorts, which remain undeveloped because they are in the Vanoise National Park. From the top of a ski lift, we traverse or climb to reach a ridge, which allows us to ski down the other side. If the access is close and visible from the ski lift, then it is often tracked.

But as soon as we go a little further away and out of sight, we find secret passages with their virgin slopes. Skiers who make the effort of climbing with touring skis for at least half an hour will be immediately rewarded by becoming the only beholders of majestic snow covered peaks, in the realm of mountaineers.

>> SKI TOURING OPTION

With touring skis and skins, one can experience total liberty. This equipment makes it possible to discover many unknown routes after sliding gently uphill on skins. It gives a whole new dimension to off-piste skiing. You may give it a try with « alpine trekkers » or « securafix » adapted to your own bindings and a pair of skins... All the freeride skis rented by Safari 9V are equipped with Diamir touring bindings ; ideal for carving and skinning.

If the members of your group are ready for this option, many magnificent summits of the Vanoise Massif may be reached in 1 to 3 hours with skins from the top of the lifts.

>> ADDITIONAL OPTIONS

FURTHER PAYMENT REQUIRED (UNLESS BOOKED IN ADVANCE)

- HELI-SKIING in Valgrisenche: Two days heliskiing in Valgrisenche with a night spent in the Panorama hotel.
- VALLEE BLANCHE: Courmayeur and Chamonix - Access on skis by La Rosière / La Thuile. 2 nights spent in the valley of Courmayeur make it possible to ski the Toule Glacier and Vallée Blanche from Punta Helbronner plus off-piste skiing in Courmayeur-Val Vény.

>> INCLUDED IN THE PRICE

- MOUNTAIN GUIDE: Full-time Safari 9V guide for 6/7 skiers (registered professional mountain guide or ski instructor), equipped with radio and safety equipment.
- ACCOMMODATION: Breakfast and dinner, half board. Twin rooms in hotels** for 6 nights and one night in a comfortable mountain hut .
- LIFT PASSES: 6 days ski passes on all the ski resorts we crossed.
- TRANSPORTATION: During the safari, participants and bagages.
- 2-WAY AVALANCHE “BEEPER”: provided for each participant, if you have your own bring it!
Must be worn under your jacket and turned on at all times while skiing

>> NOT INCLUDED IN THE PRICE

- RESCUE INSURANCE is compulsory (for mountain rescue, assistance, transportation to nearest hospital,...).
- CANCELLATION INSURANCE may be subscribed privately for cancellation before the trip or interruption due to accident and repatriation. Highly recommended, as all subsisting costs will be charged in case of absence. Payment by credit card, Visa Premier or Gold MasterCard, may provide cancellation insurance. Check your contract.

- **SINGLE ROOMS:** Advise on the booking form, with extra cost.
- **WIDE SKIS:** Advise on the booking form with extra cost.
- **ABS BACKPACK:** To rent, for the whole week 90€ or per day 15€.
- **DRINKS:** Skiing makes you thirsty ! For dinner, all the hotels have good wine. Usually, the participants make a kitty to pay for wine at the table.
- **LUNCHES:** Often picnics on the mountain when sunny, enhanced by specialities brought by the participants to be shared. Or home cooking in mountain villages. The guide's lunch expenses shall be funded by all participants during the safari.
- **ADDITIONAL OPTIONS:** To be quoted during the safari, unless you have booked in advance.

>> INDIVIDUAL EQUIPMENT

- **SMALL RUCKSACK** for daily necessities. 32 liters will be a good choice.
Inside your pack you should have:
 - Goggles with double anti-fog screen orange for bad weather and mirror lens for sun.
 - Scarf or neck-warmer to protect against wind, cold, sun or powder.
 - Sun screen for lips and face (high protection).
 - Pocket knife for picnics.
 - Foil Blanket in case of accident (or even chair lift breakdowns).
 - Spare glove if you fall often!
 - Beverages, dried fruit, nuts, chocolate, muëсли bars...
 - Shovel and probe. If you have your own, bring them. Your guide may give you such equipment to carry on.
 - Optional: Camera, video or binoculars.
- **ALPINE SKI BOOTS**, which are comfortable enough to walk with. Or:
- **ALPINE TOURING BOOTS**, have vibram soles and a « walk » position..
- **BINDINGS:** None of the connections make it necessary to use skins, but touring bindings enable you to climb easily to places where no other skiers go! Many short climbs in this area (1/2 to 1 hour) lead to very rewarding descents. *We recommend touring bindings.*
- **ALL-TERRAIN SKIS, FREERIDE CATEGORY:** There are many new models on the market. They make it much easier to enjoy deep snow and less tiring. If you are inexperienced you will learn more quickly. If you are an expert you will have more fun and an enhanced experience.
Safari 9V guides use and recommend freeride skis that make all kinds of deep snow fun, allow you to carve on piste and on any hard snow, are light enough to use with touring bindings to go uphill with skins. We like them with Diamir Fritschi® bindings, excellent for carving and for skinning. You may use your own alpine ski boots with these bindings.

>> GROUP EQUIPMENT (PROVIDED BY 9V)

- **TWO-WAY AVALANCHE BEEPERS:** Must be worn by each participant at all times off-piste. Our beepers work with all other recent 2-way devices. *If you have your own, please bring it. Indicate whether or not on booking form.*
- **SAFETY & RESCUE EQUIPMENT:** Each guide will have all that is necessary for the safety of his group in his rucksack : radio or mobile phone, first aid kit, tools for repair, space blanket, rope, shovel, avalanche probe...). The guide may ask you to carry such equipment in your rucksack. *If you are an experienced mountaineer with your own equipment, bring it with you.*

>> WHAT YOU SHOULD BRING

- **BAGGAGE** (Please travel light!): As you will be staying in 3 different places during the Safari, make sure that your baggage is practical, quickly packed and easy to carry. It will be transported from one hotel to the next, but there are no "porteurs" to and from the rooms, and please think of the bus driver who will be loading and unloading all the baggage. *Please, only one baggage per person to be transported and no loose belongings likely to get lost.*
- **CLOTHING:** Remember that most of your time will be spent in ski wear. At any time of the season, weather can be sunny and warm, or bitterly cold, windy, snowy or rainy. If properly equipped, you'll enjoy the skiing, whatever the weather. We ski in all conditions. Bring bad weather gear with you, as during major snowstorms we ski fantastic powder in the forest. Plan to have extra clothing and gear in your rucksack each day, which will enable you to adapt to all changes in temperature and weather. Temperature varies with altitude about 10°C. per 1000m. Therefore, the difference in temperature between the valley and the summits will be about 20°C., and even more considering wind chill factor.
- **SPECIALITIES FOR THE "GRAND 9 VALLÉES BUFFET":** On Sunday, lunch will be made up of all the specialities brought by the participants, from the homeland or elsewhere. All will be spread out on a table to share. They must be transportable in your rucksack and edible without cooking or drinkable. This lunch will be one of the finest meals you can imagine. Share your favorite local specialities, as anyone who arrive empty handed may be asked to pay the bill for whatever is lacking.

>> HOW TO REACH HOTEL MONAL - F 73320 - SAINTE-FOY TARENTOISE, FRANCE

- **BY CAR:** Follow direction ALBERTVILLE → MOUTIERS → BOURG ST MAURICE. You will find SAINTE FOY 10 km after Bourg St Maurice on the way to Tignes / Val d'Isère. The hotel "Le Monal" is on the left hand side of the main street.
- **BY PLANE:** Fly to Lyon or Geneva. From these airports there are regular bus connections to Tignes / Val d'Isère. Buy ticket to Sainte Foy (about 10 km after Bourg St Maurice and 20 km before Tignes / Val d'Isère) and tell the bus driver you want to get off there at Hotel Le Monal.
- **BY TRAIN:** Get off at end of the line, Bourg Saint Maurice, which is only 10 Km away from Sainte Foy. Regular bus connection to Val d'Isère / Tignes, buy ticket for Sainte Foy and advise the bus driver.
- **SKI RESORTS BUSES FROM / TO:** LYON airport : <http://www.satobus-alps.com>
GENEVA airport : www.alpski-bus.com