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ITINERARY & PROGRAMME



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DEGLI STUDI
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CARLOW
Institiúid Teicneolaíochta Cheatharlach



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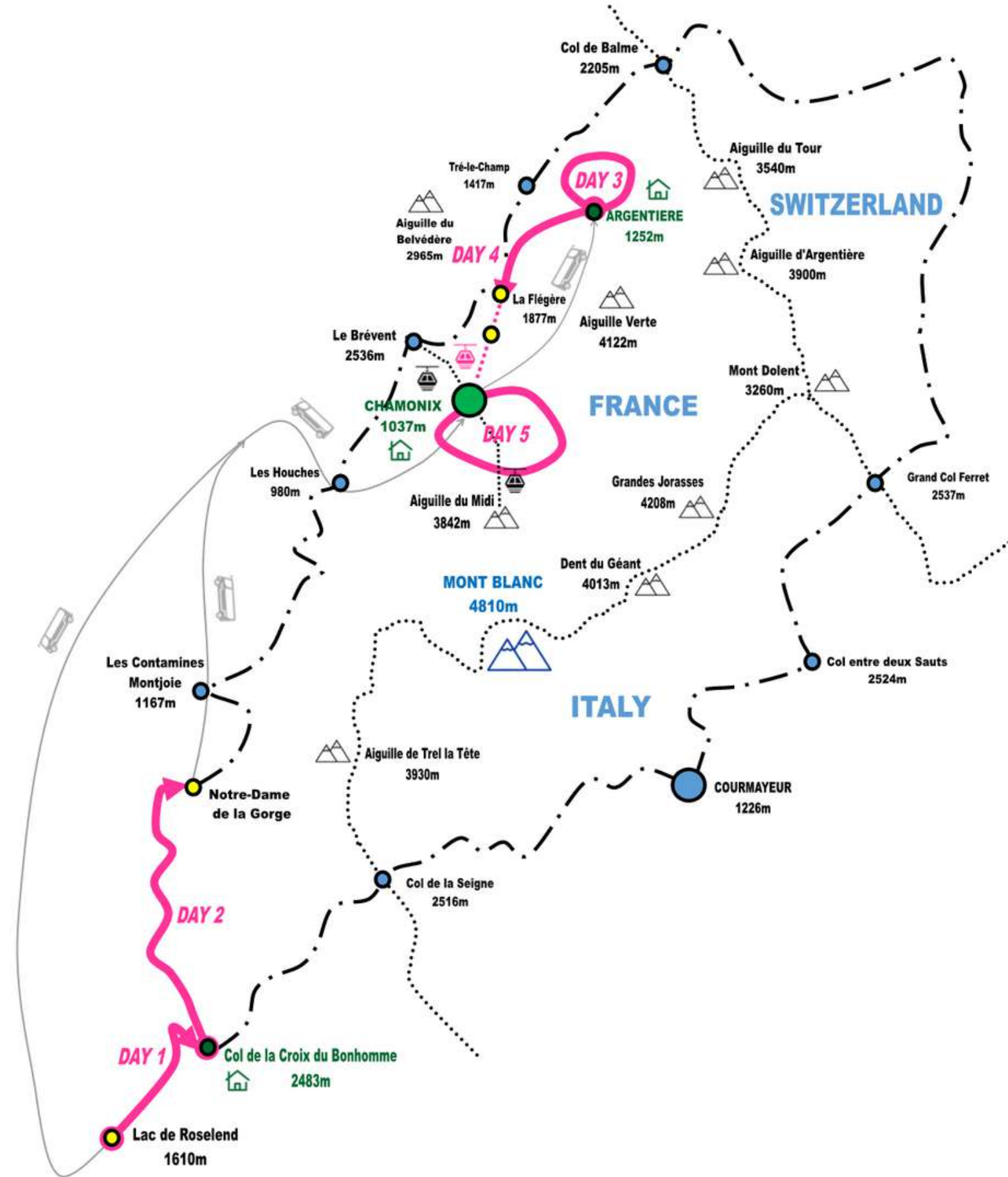


UNIVERSITÉ
DE PAU ET DES
PAYS DE L'ADOUR

DEGREE OF DIFFICULTY:



PROGRAMME





PROGRAMME

SATURDAY
05/06/2021

2:00pm: **Official welcome of the participants in Chamonix**
3:00pm: General briefing of participants in Chamonix
7:00pm: Dinner and overnight stay on site

SUNDAY
06/06/2021

8:00am: Transfer by bus to the **starting point of the trail (Lake Roselend - Beaufortain Valley)**

approx. 2.5hrs of transportation + 4 hrs walk - picnic on the way

3:00pm: Expected arrival at the Refuge du Col de la Croix du Bonhomme, dinner and overnight stay there

Height difference : + 1'165m / - 343m



Distance: 10.2 km

MONDAY
07/06/2021

8:00am: **Continuation of the trail to les Contamines-Montjoie**

approx. 6 hrs walk - picnic on the way

2:00pm: Expected arrival at les Contamines-Montjoie

3:00pm: Transfer by bus to Argentière (*approx. 1hr of transportation*)

4:00pm: Arrival at the Hotel, dinner and overnight stay on site

Height difference : + 1'030m / - 2'000m



Distance: 19.4 km

TUESDAY
08/06/2021

Day in Argentière (FR)

9:00am-12:00pm: Teamwork on the realization of the videos

12:00pm: Lunch at the hotel

2:00pm: Cooperative orienteering (so called the "*drawing pin challenge*")

7:00pm: Dinner and overnight at the Hotel



PROGRAMME

WEDNESDAY

09/06/2021

8:00am: Departure from Argentière to **continue the trail to the "Lac Blanc" and La Flégère**

approx. 7 hrs walk - picnic on the way

5:00pm: Arrival at Chamonix

7:00pm: Dinner and night at the Chamonix Youth Hostel.

Height difference : + 1'450m / - 1'777m



Distance: 14.8 km

THURSDAY

10/06/2021

8:00am: **Day trip** - Walk up to the "**Plan de l'Aiguille - Montenvers**"

approx. 7 hrs walk - picnic on the way

Information session on the changing landscapes mainly due to the climate change

4:00pm: Descent to Chamonix by train

7:00pm: Dinner and night at the Chamonix Youth Hostel.

Height difference : + 1'500m / - 500m



Distance: 12 km

FRIDAY

11/06/2021

Restitution & final day in Chamonix (FR)

8:00am - 12:00pm: Editing of the videos in a dedicated room

12:00pm: Lunch in town

2:00pm - 6:00pm: Presentation of the students' productions, debriefing and farewell drink

6:00pm: End of activities

7:00pm: Dinner and night at the Chamonix Youth Hostel.

SATURDAY

12/06/2021

9:00am: **Transfer to Geneva Airport to return home**



CHAMONIX

Nights 1, 5 & 6

**Auberge de Jeunesse Chamonix
Mont-Blanc** (Youth hostel)

shared bedrooms



COL DE LA CROIX DU BONHOMME

Night 2

**Refuge du Col de la Croix du
Bonhomme** (Mountain refuge)

dorms



ARGENTIERE

Nights 3 & 4

**Les Rives d'Argentière + Hôtel
de la Couronne** (Hotels)

shared chalets & bedrooms