

Recommended equipment

Clothes

- 1 pair rain proof trousers
- 1 hat or cap
- 1 comfortable suit for the accommodation
- T-shirt - 1 pullover - 1 anorak
- gloves (2 pairs)
- 1 pair of warm hiking boots

Diverse

- A backpack for your gear
- Camera
- Sun cream - sunglasses
- A pocket knife for the picnic
- Thermos bottle
- Change of underwear
- Toiletries
- A warm mountain jacket or an anorak
- A small first-aid kit
- Toilet paper
- Gaiters
- Telescopic walking or ski sticks
- Half-price or full-year ticket
- Picnic for Saturday and Sunday's lunch
- Torch or head torch

Take what you think is necessary (in a reasonable quantity) and do not forget the good mood... It would be a pity.

A night at Grand Saint-Bernard's Hospice Start on March 13th, 2010

Mythical Grand Saint-Bernard. The one night stay experience, at a period where this place cannot be accessed by the crowd, is simply unforgettable.

The hospice is a highly contrasted world since outside there is often a severe winter's cold, where inside, one finds comfort and warmth. This tour is also an easy snowshoes outing, that makes possible to get in touch with the winter world of the high mountain.



The Grand Saint-Bernard's hospice

Destination Montagne

1233 Bernex

Phone.: +41 22 757 67 57

Fax: + 41 22 757 67 58

Mobile: +41 79 629 02 62

E-Mail: lehmann.charles@destination-montagne.ch

<http://www.destination-montagne.ch>

Day 1

It is more or less following the summer road track that we will climb to the hospice.

While climbing, one has to have a thought to all people that had to cross that pass in all seasons. This travel activity legitimised the building of a hospice and a souste. During the evening, I will tell you the Saint-Bernard's barrel tale.

(550m, 3h, shower, hospice)

Day 2

Depending on conditions, we will climb, on this day, the west pass of Barasson, which has some magnificent views on the Mont Blanc's range. To climb up there, we will have to go down first the Combe des Morts, in order to reach the Combe de Barasson. The arrival at the west pass of Barasson is a marvel, since one cannot think there could be a broader view than the one of the Mont Mort.

(600m)

Price: CHF 200.-, € 135.- (adult) / CHF 180.-, € 120.- (child, student, retiree)

This price includes everything except:

Transportation charges from the place of residence to the appointment's place and back.

Transportation by the organiser (minibus) from Bernex to Super Saint-Bernard: CHF 35.-

The cancellation fees insurance: CHF 10.- (optional, must be asked for at registration).

Beverages, personal expenses.

Shower at the hospice (optional): CHF 2.-

Picnic for Saturday and Sunday noon.

Level: 2 days snowshoes hiking

The level is easy. This tour is allocated for people that want to get closer to the high mountain in winter.

Accommodation and meals: Hospice with half-board. Picnic is taken in the rucksack. Beverages are not included.

Topographic maps: CN 1:25 000 no. 1365 Gd. St. Bernard
CN 1:25 000 no. 1366 Mont Vélán

Registration deadline: March 5th, 2010

Appointment

Will be defined 48h before the start.

If you come by train

Bus from Martigny/Orsières.

Timetable on the Internet: <http://www.cff.ch>

If you come by car

Highway exit Martigny. Then take toward Grand Saint-Bernard. The car can be parked at Super Saint-Bernard's parking lot.

End

At about 3:00 PM in Super Saint-Bernard

If you wish to come the day before or to extend your stay

Auberge de Valsorey +41 27 787 11 76

Auberge du Petit Vélán +41 27 787 11 41