



Global Footprints Trek Information Form

Destination	France		
Name of Trek	Gold DofE Expedition Tarantaise Valley, French Alps	Number of Days	4
Logistics	Description of availability and who will provide.		
Provider	Global Footprints		
Guides	1 Guide per 2 teams		
Porters	N/A		
Accommodation	Camping in 3 person tents, a mixture of wild camping and camping next to refuges. Basic facilities only at the refuges.		
Food	Cooked by clients in line with DofE requirements		
Other costs e.g. Park fees, permits	Camping fees outside of refuges.		
Extra equipment needed	GF Leaders carry safety kit - rope, karabiner, sling, blizzard bag, medical kits. GF Leaders will have access to a hire car to assist with checkpointing.		
Any further notes	Transfers required to & from base in Bourg Saint Maurice at the beginning and end of the expedition.		
Maps (scale, accuracy)	IGN 3532 ETR Les Arcs La Plagne Waterproof Maps provided to clients.		
Guidebooks/other useful sources of information	Local knowledge provided by GF Leaders. Routes are well marked and signposted with Savoie Region yellow signs		
Trek Description			
Area and location	Bourg Saint Maurice Tarantaise Valley, Savoie Region, France		
Start point and access	Sainte Foy Tarantaise Village – Minibus transfer from Bourg Saint Maurice		
End point and details on how to return to town	Viclaire – Minibus transfer to Bourg Saint Maurice		
Day	Route Description/Information		
Day 1	Daily Route	First day of the trek. Transfer from campsite in Bourg Saint Maurice to Sainte Foy Tarantaise Village at 1046m. From the start ascend via forest paths to the ski resort of Sainte Foy Tarantaise. From here you will walk through the historic farming hamlet of Le Monal before ascending to	Highest Altitude
			2374m
			Sleeping Altitude
			2374m

		your wild camp close to Lac du Clou above the ruined village of Le Clou with amazing views of two hanging Glacier des Balmes and the ski resorts of Val d'Isere and Tignes in the far distance. The 15.2km trek will take 8 hrs which includes rests, lunch and exploration as part of your aim.	
	Daily Casevac/ Exit route	The route has multiple opportunities for access by vehicle, mainly via the ski resort of Sainte Foy and the alpine villages that this route takes. The nearest hospital is in Bourg Saint Maurice. There is a car park 2km north west of the village of Le Monal, which is 4km away from the wild camp. Emergency vehicles are able to access Le Clou and it is a 40-minute drive to Bourg Saint Maurice where the main hospital is located. Helicopter rescue is provided by the PGHM (Peleton Gendarmerie du Haute Montagne).	

Day		Route Description/Information	
Day 2	Daily Route	From the wild camp you will climb up past Lac du Clou up to the Col de Aiguille at 2600m. This is where you will be afforded your first view of Mont Blanc. Descend down through the ski runs of Sainte Foy before entering forest paths that will lead to a small lake close to the Refuge de L'Archeboc at 1932m. The lake is a perfect location for a wild camp, providing shelter and close to fresh running water. This 11.5km route will take 8 hours which includes rests, lunch and exploration as part of your aim.	Highest Altitude 2600m Sleeping Altitude 1932m
	Daily Casevac/ Exit route	The route has a number of opportunities for access by vehicle in order to get closer to an injured party. The nearest hospital is in Bourg Saint Maurice. A car park at Le Crot is 6km away from the Refuge de L'Archeboc. In summer emergency vehicles are able to drive to the Refuge de L'Archeboc and it is a 40-minute drive to Bourg Saint Maurice where the main hospital is located. Helicopter rescue is provided by the PGHM (Peleton Gendarmerie du Haute Montagne).	

Day		Route Description/Information	
Day 3	Daily Route	After leaving the wild camp you will climb steadily past the Refuge de L'Archeboc and then up to the stunning Lac Noir, a perfect place for lunch. From here you will go over the Col du Monseti 2500m, where once again you will have amazing views of Mont Blanc. You will then descend down to the beautiful hanging valley and a camp outside the Refuge du Ruitor at 2063m. There will then be an opportunity to walk up to the Italian border and past the small lakes of Lac du Petit and Petit Lac du Petit at 2400m. You will camp outside of the refuge on the hanging valley floor below the	Highest Altitude
			2500m
			Sleeping Altitude
			2063m

		Glacier de l'Inverne The 13.3km trek will take 8 hrs, which includes rests, lunch and exploration as part of your aim.	
	Daily Casevac/ Exit route	The route has multiple opportunities for access by vehicle. The nearest hospital is in Bourg Saint Maurice. A car park at Pierre Giret is 3km away from the Refuge du Ruitor. In summer emergency vehicles are able to drive to the Refuge du Ruitor and it is a 30-minute drive to Bourg Saint Maurice where the main hospital is located. Helicopter rescue is provided by the PGHM (Peleton Gendarmerie du Haute Montagne).	

Day 4	Daily Route	Follow the route from the camp at the Refuge du Ruitor and descend to the villages of Le Miroir then La Masure, following the stunning alpine valley through historic farming hamlets, many of which are no longer inhabited. After Le Miroir you will descend steeply through an Alpine Forest and down to your finish point in the village of Viclaire. Minibuses will then transfer you back to the campsite in Bourg Saint Maurice. The 12km trek will take 8 hrs which includes rests, lunch and exploration as part of your aim.	Highest Altitude
			2063m
	Daily Casevac/ Exit route	The route has multiple opportunities for access by vehicle. The nearest hospital is in Bourg Saint Maurice. A car park at Pierre Giret is 3km away from the Refuge du Ruitor. In summer emergency vehicles are able to drive to the Refuge du Ruitor and it is a 30-minute drive to Bourg Saint Maurice where the main hospital is located. Helicopter rescue is provided by the PGHM (Peleton Gendarmerie du Haute Montagne).	Sleeping Altitude
			870m
Altitude/illness Plan of Action		GF leader will monitor each individual team member on their medical conditions, fitness, AMS signs and general wellbeing. Each case will be looked at separately depending on the severity of the signs and symptoms and past medical conditions. An appropriate plan of action will be discussed with the link teachers and local guides.	
Insurance		Global Footprints has public liability Insurance through..... Global footprints also take out Premier Travel insurance for each individual which covers you for (Main points) £10 million in Emergency medical and associated expenses; including search and rescue, dental and an in-patient benefit payment. It also covers personal possessions up to £1,500 and all activities undertaken	
Risk Assessment		The Gold DofE trek has been fully risk assessed by Andy Bevan for Global Footprints. The trek is regularly reviewed and updated. Footpaths are well maintained and inspected in the Savoie Region by the local authority and any diversions are well signposted if there are any issues affecting the paths, e.g. fallen trees. It is vital that the GF leader undertakes ongoing, dynamic risk assessments in the field taking into account the local conditions at the time.	