

# Conference Outing

The conference outing will take place in Chamonix Wednesday 3rd September in the afternoon (1 hour drive from Geneva). Three options are offered, namely the “Mer de Glace”, the “Aiguille du Midi” or a visit of Chamonix. All options are equally exciting; the excursions will be organized in small group accompanied by a local guide. At end of the afternoon, we will all get together in two close-by typical restaurants in the heart of Chamonix offering a typical Savoy menu.

## *Mer de Glace*

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A 25 minute journey on the little red Monteverns train will take you up to the Mer de Glace via an old rack and pinion railway track, constructed in 1909. The main interest here is the high alpine environment, the scenery and the glacier.

From Monteverns, a short walk will take you to the extraordinary natural spectacle of the Mer de Glace. With a surface area of 40 km<sup>2</sup> and 7 km long, the Mer de Glace is the biggest glacier in France.

Its width varies between 700 and 1950 metres. The ice is 200 metres thick in average, but can exceed 400 metres thickness.

From there, one can reach the crystal gallery with its ice jewels and the Glaciorium, a new space entirely dedicated to glaciers and their life cycle.

The tour of the “Grotte de Glace” (Ice Cave) takes visitors into the very heart of the glacier. Re-sculpted every year, it describes the life of mountain people in the early 19<sup>th</sup> century.

It can be accessed by a 15 minutes’ walk including 300 stairs and a short gondola lift.

Participants will be required to bring along warm clothing, appropriate shoes, sunglasses and sunscreen.

The visit will be guided in English (one guide for 20 participants).



## Aiguille du Midi

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In 20 minutes, the Aiguille du Midi cable car, the highest in Europe, climbs more than 2700 m and offers a unique journey between the ground and the sky to reach the panoramic terraces where you can put your finger on the World of the High Mountains.

At the summit, the terrace from its height of 3777m offers an exceptional 360° view over Mont- Blanc and the main peaks of over 4000 m. From here, you can look at the roped mountaineering teams en route for Mont Blanc.

A small exhibition will enable you to have a taste of some of the most extreme sports practiced in the area.

The visit will be guided in English (one guide for 20 participants).

Participants will be required to bring along warm clothing, appropriate shoes, sunglasses and sunscreen.

Note: Tour not recommended for children under the age of 3 and for people suffering from altitude sickness (Acute Mountain Sickness =AMS). For most people, AMS will give mild symptoms such as headaches, nausea or dizziness. These symptoms will disappear after going back down to lower altitude.



For those of you who prefer to admire the mountains from the valley, we offer a guided walk through the streets of Chamonix.

You will stroll through the narrow alleys of the old town, and listen to the stories around the development of the small mountain town to a major centre of tourism and mountaineering.



You may also have the chance to visit some of the museums presenting Chamonix and its history.

The visit will be guided in English (one guide for 20 participants).



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