

English Version May 2022

Club Alpin Français du Haut Doubs

Chalet refuge du Gros Morond



To join us

By mail : gardien.grosmorond@gmail.com

By phone or SMS: **06 72 58 28 27**

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Important phone numbers

Fire brigades : 112

Emergency medical service (SAMU) : 15

Doctors :

Saulnier Nadine 03 81 46 76 08 Les Hopitaux Neufs

Daniel Guy 03 81 49 10 81 Les Hopitaux Neufs

Volunteers to help you:

Michel Dornier 07 87 65 14 04

Annie Courtois 06 84 06 82 76

Martine Debarle 06 74 15 03 57

Raymond Jeanniard 06 48 83 47 65

Présentation :

The Refuge **Gros Morond** is managed by the Club Alpin Français du Haut-Doubs. People in charge of your stay exclusively include volunteers.

The Refuge is located in a privileged situation in the nearby of alpine or cross-country ski runs and mountain bike trails, in the well-known touristic station of Métabief.

It is nearby the "free flight site of the Mont d'Or" close to the hiking trail GR5 and the GTJ (Great crossing of the Jura) in winter.

The preserved « Refuge » atmosphere includes a comfortable staying in the best conditions. You will benefit of a great and sunny living room for 40 persons, a terrace and two spacious and well-equipped kitchens.

The 4 dormitories can receive 30 persons: in the ground floor, the room Morond for 4 persons with double bunk beds. Upstairs, 12 beds in room Paradis, 6 in room Bellevue, 8 in room Troupézy .

The refuge is heated by a central gas heater and warm water is available in the showers. A wood-burning stove will make you more comfortable in the living room.

If you arrive wet and muddy, a cloak room with all size of « interior shoes » is at your disposal. A dry device will dry your wet clothes.

In the warm season you can arrive directly to the Chalet by a forest road, but as soon as the first snow falls, the Refuge is isolated and only accessible by cross country skiing, or with snowshoes in half-an-hour, or by ski using the ski lifts.

The Chalet Refuge functions in autonomy, everyone has to preserve it.

It is essential to book in advance.

For reasons of security and health, children less than 5 are not admitted during the winter season. (1st December to 30 march)

Animals are not allowed.

How to pay your nights

Ladies and gentlemen, we are counting on your honesty.

On the notice board you will find:

- Prices for the nights (from 4pm to 10am the next day) according to your status (CAF memberships and not, young people, children).
- Price for a day pass (using the great room and kitchen to picnic)

Get an envelope, enter your details,
calculate the price, put the cash or the cheque inside and
introduce the envelope in the green box.
Cheque payable to : **Club Alpin Français Gros Morond**

CLUB ALPIN FRANÇAIS - GROS MOROND

NOM: []	
↓	
DATE: []	
↓	
ADRESSE: []	
↓	
SECTION CAF: []	
□	
Plein-tarifX.....nuitées.....X.....personnes.....€
De 8 à 18 ansX.....nuitées.....X.....personnes.....€
CAF plus de 25 ansX.....nuitées.....X.....personnes.....€
CAF de 8 à 25 ansX.....nuitées.....X.....personnes.....€
Taxe de séjourX.....nuitées.....X.....personnes.....€
Passage de jour [] (hors-sac)X.....personnes.....€
↓	
TOTAL	□
□	
Enfant de moins de 8 ans: Gratuitenuitées.....X.....personnes.....0€
Brevetés CAF: Gratuitenuitées.....X.....personnes.....0€

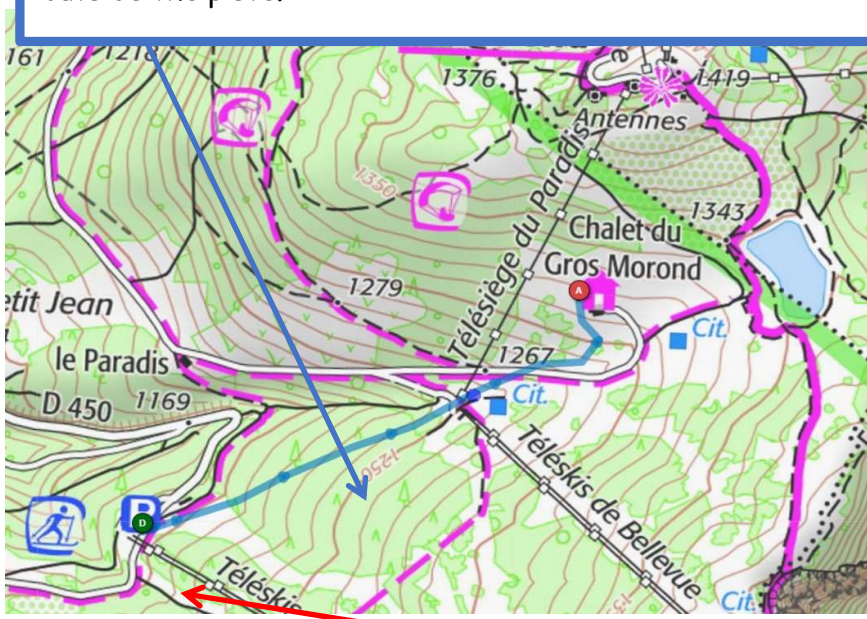


Access in Summer or Winter:

In summer the road is opened and you have the permission to use it as local residents (don't mind the barrier and the no-entry sign)



In winter you can access by car from Longevilles up to the parking of Super Longevilles. Then you have to climb by country skis or snowshoes along the ski pistes.
Imperatively stay on the left board of the piste « Fraisier » and thereafter run outside the piste.



Parking area of Super-Longevilles:
Don't park in front of the restaurant « Le Flocon »

You are in the entrance hall. How to enter?

The main door located on the left side of the chalet is always opened. In the entrance hall you will find, behind the phone, a trunk with the key inside. Pull the panel where the phone is hanged and read the instructions. There is a light to help you.



The code of the trunk has been sent to you when you book.
The key is hanged to a chain and after use it must return in the trunk.

Finally you are inside the refuge !!.. Light

The electric circuit breaker is just behind the door on your right at the top ...



When arriving :

Switch the red lever upward.
The electricity is on.

When leaving :

- Switch the red lever downward
(Light go out)
- Press 5 seconds on the little button
of the box named
« **EXTINCTION BLOCS SECOURS** »

You are in the main entrance

- On the left : room Morond, toilets, cloakroom, and shower rooms
- Straight ahead: the great living room and the kitchens
- On the right upstairs: the dormitories, Paradis, Troupezy, Bellevue

The cloakroom



You will find house shoes (recommended in the dormitories), and you can dry your things



Dining and Living Room

9 tables and 18 benches



In the living room you will find 2 tables near the stove and 7 in the lower part. Please don't move the tables from the lower to the upper place or outside since they are heavy and fragile.



After leaving the refuge don't forget to lock the door leading to the terrace.

Don't smoke in the refuge

The terrace

If you want to eat on the terrace never use the tables or bunks of the dining room. Use those located in the stairs coming from the first floor and leading to the terrace (emergency exit)



Dormitories

BEDSHEET OR SLEEPING BAG ARE REQUIRED



Never eat in the bedrooms

Room Morond

Downstairs on the left before
the cloak room.

- 2 double beds for 4 persons
- 8 blue blankets



Room Bellevue

Upstairs on the right

- 6 beds
- 12 blue blankets



Room Troupézy

Upstairs on the right

- 8 beds
- 16 dark-gray blankets

Room Paradis

Upstairs on the left:

- 12 beds
- 24 beige blankets



Don't hesitate to use the vacuum cleaner located in the hall upstairs



The kitchens

There are two kitchen rooms.

The first one, near the great room, contains all furniture to dress the tables or to put the meal (pans, salad bowls, table wares, bowls, glasses, plates etc....).

It is also dedicated to dish washing.



In this kitchen you will also find a closet containing all the cleaning equipment. Don't use too much cleaning product to wash the floor because "it sticks".

You will also find two vacuum cleaners one downstairs and the other upstairs.

Water comes from a tank.

It is filtrated and treated with UV, and often controlled.

It is drinkable.

Please use water with moderation

The other kitchen is dedicated to meal cooking. It contains a gas stove with 4 burners and an oven. There is also a microwave oven and a fridge.

It is possible to prepare a « fondue » with the famous cheese "Comté". There are 3 caquelons/cookstoves, but bring your combustible

When you leave the Refuge please leave the doors of the fridge opened (fridge and freezer)



Two shower rooms (women and men)

Located downstairs after the cloakroom



There are 3 sinks and 1 shower per room

Toilets

Downstairs before the cloakroom and
upstairs near the dormitories



- 3 WC
 - 2 urinals
- Keep the toilets clean

Central heating

The operating button is above the sink in the kitchen.

When arriving, turn the button on position « MARCHE »

- Turn the timer to the right (maxi 12h)

- Put the thermostatic valves in the occupied rooms on position « 3 ». Don't force the valves.

When leaving, shut off all the valves and turn the button on position « ARRET »

Never turn the timer to the left.

In summer the central heater is stopped.



Wood burning heating



The chalet is heated with a central heater but you can make fire in the wood stove.

Wood and little wood are stored in the attic.

The stairs leading to the attic are in the back of the first kitchen.

Please don't remove the ashes from the stove



Electric breakdown

The EDF circuit breaker is located in the kitchen above the fridge.

Except if necessary never turn out the circuit breaker because some circuits have to stay in function.

All other circuit breakers are in the technical local facing the trunk.

In case of problems the key is hanged above the fridge.

Please alert the guardian in case of current cutting-off.



Water breakdown

In case of problems on the water system: leak, out of order, tap etc ... you may cut off the water:

- turn off the principal intake valve
- disconnect the booster
- alert the guardian 06 72 58 28 27



Water intake valve

Plug of the booster



In Winter



Luggage transport by snow mobile from the station

One free round trip of luggage transport is offered by the station of Métabief. The package has to be ready in advance. Extra-trips will be charged 80€/h. These conditions have to be verified.

You need to contact Sylvain Authier, (manager of ski pistes) 06.75.12.96.79 at least 24h in advance.

Access by chair lift:

Both municipal and police regulations prohibit nordic skiing on the alpine ski domain.

However, you will be authorized, as local residents, to use the green pistes Renard et Fraisier that start from the parking of Super-Longevilles.

Access to the Morond chair lift is allowed with a pedestrian ticket.

You need to hold your nordic skis or snow shoes in your hands

Last recommendations

We wish you a pleasant stay in the Gros Morond refuge.

As in all collectivity you will have to respect the guide lines:

During you stay

- Never make fire around the Refuge
- Never smock in the Refuge.
- Use water with moderation.
- Put tables and banks in the main room according to the notice board. Don't get them outside.
- Use inside shoes
-

When leaving

- **Pay the local tax and the nights by using the envelope**
- **Keep the refuge clean**, do the dishes, scrub the tile downstairs, use the vacuum cleaner for the rooms and corridors.
- **Go back with your household waste**
- **Disconnect the fridge** and keep the doors opened.
- **Cut off the gas in the kitchen**
- **Cut off the central heater in the kitchen and put the thermostatic valves on "hors-gel"**
- **Disconnect the electricity and the "electricity security block"**
- close the door of the Refuge and put the key in the trunk

Leave your comments in the logbook of the refuge.

A little SMS to the guardian will be welcome to tell him that all is correct with the Chalet

Thanks a lot for your coming and we all hope to see you soon ...

The guardian and volunteers in charge of the Refuge

Secours : appelez le
Emergency : call
Hilfe : rufen Sie



112

**Utilisez le téléphone à l'entrée ou dans la salle principale.
Sortez pour utiliser votre téléphone mobile (appel gratuit).**

*Use the phone at the entrance or in the main room. Go outside to use your mobile phone.
Verwenden Sie das Telefon am Eingang oder im Hauptraum. Geh nach draußen, um dein Handy zu benutzen*



CONSIGNES DE SECURITE
CONDUITE A TENIR EN CAS D'INCENDIE



Compte tenu de l'absence de secours immédiats, votre sécurité repose sur votre comportement :

- prévenir les risques de départ de feu (ne faites pas sécher vos affaires près du poêle) ; limiter la propagation de fumées et des gaz chauds en maintenant les portes fermées ;
- utiliser les extincteurs ;
- évacuer et mettre en sécurité les occupants en cas d'incendie ;
- alerter les secours.

En cas d'incendie et si vous ne pouvez pas maîtriser le feu :

- prenez des vêtements chauds et votre lampe de poche ;
- quittez le local en refermant bien la porte ; dans la fumée, baissez-vous : au niveau du sol, la fumée est moins dense et la température plus supportable.
- donnez l'alarme ;
- sortez du bâtiment ;
- alertez les secours (téléphone fixe à l'entrée ou téléphone portable à l'extérieur) ;

En cas d'audition du signal d'alarme :

- prenez des vêtements chauds et une lampe de poche s'il fait nuit ;
- quittez le local en refermant bien la porte ; dans la fumée, baissez-vous : au niveau du sol, la fumée est moins dense et la température plus supportable.
- sortez du bâtiment ;
- alertez les secours (téléphone fixe à l'entrée ou téléphone portable à l'extérieur).



SAFETY INSTRUCTIONS BEHAVIOR IN THE EVENT OF FIRE

Given the lack of immediate help, your safety depends on your behavior:

- prevent the risk of fire starting (do not dry your things near the stove);
- limit the spread of smoke and hot gases by keeping the doors closed;
- use fire extinguishers;
- evacuate and secure the occupants in the event of a fire;
- alert the emergency services.

In case of fire and if you cannot control the fire:

- take warm clothes and your flashlight;
- leave the room by closing the door securely; in the smoke, lower yourself: at ground level, the smoke is less dense and the temperature more bearable.
- sound the alarm;
- exit the building;
- alert the emergency services (landline at the entrance or mobile phone outside);

If the alarm signal is heard:

- take warm clothes and a flashlight if it is dark;
- leave the room by closing the door securely;
- exit the building;
- alert the emergency services (landline at the entrance or mobile phone outside).



SICHERHEITSHINWEISE VERHALTEN IM BRANDFALL

Da es an sofortiger Hilfe mangelt, hängt Ihre Sicherheit von Ihrem Verhalten ab:

- Vermeiden Sie die Entstehung von Feuer (Trocknen Sie Ihre Sachen nicht in der Nähe des Ofens);
- die Ausbreitung von Rauch und heißen Gasen durch geschlossene Türen begrenzen;
- Feuerlöscher verwenden;
- im Brandfall die Bewohner evakuieren und sichern;
- alarmieren Sie die Rettungsdienste.

Im Brandfall und wenn Sie das Feuer nicht kontrollieren können:

- Nehmen Sie warme Kleidung und Ihre Taschenlampe mit;
- den Raum durch festes Schließen der Tür verlassen; im Rauch, senke dich ab: am Boden ist der Rauch weniger dicht und die Temperatur erträglicher.
- Alarm schlagen;
- das Gebäude verlassen;
- den Notdienst benachrichtigen (Festnetz am Eingang oder Mobiltelefon draußen);

Wenn das Alarmsignal ertönt:

- nehmen Sie warme Kleidung und eine Taschenlampe mit, wenn es dunkel ist;
- den Raum durch sicheres Schließen der Tür verlassen;
- das Gebäude verlassen.
- den Notdienst benachrichtigen (Festnetz am Eingang oder Mobiltelefon draußen);

Abris en cas d'incendie et de mauvais temps Shelter in case of fire and bad weather Unterschlupf bei Feuer und schlechtem Wetter



