Compagnie des Guides de Chamonix

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MOUNTAINEERING - INTRODUCTION TO MOUNTAINEERING

Duration: 1 | Fitness: ▲▲▲▲▲ | Technique: ▲▲▲▲▲ | Price from: 200 €

INTRODUCTION TO MOUNTAINEERING ON THE MER DE GLACE

Discover the essential skills needed for future alpine adventures during this introduction to mountaineering on the Mer de Glace. Accompanied by a certified mountain guide, you will learn or revise the fundamental techniques of mountaineering, including the use of crampons and an ice axe. Reached from Montenvers (1,913 m) by the historic Montenvers rack railway and the Glacier gondola, the Mer de Glace provides the perfect environment to learn the fundamentals of mountaineering on a glacier. This activity is suitable for beginners and requires no previous mountaineering or cramponing experience.

DISCOVER THE MER DE GLACE AND ITS GLACIER ENVIRONMENT

This day on the Mer de Glace is also an opportunity to better understand how glaciers evolve. You will observe crevasses, moraines and glacial meltwater features while discovering the visible effects of climate change on the glaciers of the Mont Blanc massif. The consequences of global warming in the Alps are the subject of extensive scientific research. Several members of the Compagnie des Guides de Chamonix are actively involved in this field of research. As part of a partnership with the Chamonix Town Hall and the National Union of Mountain Guides (SNGM), a booklet explaining the impacts of climate change in the Alps was published in 2021.

GROUP BOOKING

The group formula associates people who do not necessarily know each other. It is ideal for people looking for group friendliness and attractive prices.

Dates for group booking
See on-line booking

Meeting point for group booking
- 8:15 a.m. at the Montenvers station ticket office until August 30, 2026
- 9 :15 a.m. at the Montenvers station ticket office from August 31, 2026

Guiding policy for group booking
Up to 6 people per guide. Minimum 15 years old accompanied by a parent

Departure for group booking
The departure is guaranteed with a minimum of 4 registered participants

Price 2026 for group booking
200€ per person based on a minimum of 4 participants

This price includes
- mountain guiding services
- lift pass / train tickets

This price does not include
- technical equipment : high mountain boots with a rigid sole, crampons, ice axe, helmet & harness
- picnic

PRIVATE BOOKING

A private booking is the historical relationship that binds a mountain guide to their clients. It allows you to be alone or in your own group with your mountain guide who will meet your specific needs. It is undoubtedly the ideal formula realise your projects because it guarentees you a maximum amount of comfort.

Dates for private booking
See on-line booking

Meeting point for private booking
Your guide will call you the evening before your trip around 6.30pm to organize the meeting time and place

Guiding policy for private booking
Between 1 - 6 people per guide. Minimum 12 years old accompanied by a parent

Prices 2026 for private booking
Group from 1 to 2 people : 450€
Group from 3 to 4 people : 490€
Group from 5 to 6 people : 530€

This price includes
- mountain guiding services

This price does not include
- technical equipment : high mountain boots with a rigid sole, crampons, ice axe, helmet & harness
- lift passes
- transfer
- picnic & snack

FURTHER INFORMATION

In this section, find all the information about this activity. For further information, please contact our advisor.

Duration
5 - 6 hours

Location
Mer de Glace glacier

Ability level
The mountaineering basics are for people who practice regular physical activity. It do not require any previous mountaineering experience.

Formality
Make sure you have valid individual liability insurance for the practice of this activity without any location or altitude restrictions, including assistance, search and rescue, and repatriation

EQUIPMENT

We recommend that you take special care in choosing your equipment because it contributes greatly to the success of your trip. As alpine conditions can be highly variable with sudden changes, it can get very cold in altitude, it is preferable to have numerous layers rather than one thick piece of clothing

Equipment
- Back pack 25/30 liters
- Mountaineering boots with a rigid sole
- Crampons
- Ice axe and Telescopic poles
- Harness
- Helmet
- Gaters if your trousers require them

Clothing

- Suitable clothing adapted to mountaineering
- Windproof jacket
- A pair of thin gloves
- A pair of warm gloves

Accessories
- Sunglasses catagory 4
- Suncream
- Gourde at least 1.5L
- Lunch, snacks

Our Rental Partners : You can rent your equipment with our rental shops partners and benefit from special price Millet, Sanglard Sports, Ravanel & Co & Concept Pro Shop
Our Equipment Partners : Millet, Dynastar, Julbo, Grivel & Monnet