Compagnie des Guides de Chamonix

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MOUNTAINEERING - BEGINNER MOUNTAINEERING COURSE - 3 DAYS

Duration: 3 | Fitness: ▲▲△△△ | Technique: ▲△△△△ | Price from: 635 €

This 3-day beginner mountaineering course serves as a gateway to the world of mountaineering. It offers a gradual initiation in the exceptional setting of the Chamonix Valley and the Mont-Blanc Massif. Over three days, you'll have the opportunity to immerse yourself in the unique atmosphere of the high mountains and glaciers while learning basic mountaineering techniques. With a special ratio of 3 to 4 participants per guide, you can expect personalized guidance and a high level of adaptation to your specific needs. The course includes the enchantment of the surroundings, effective teaching, and a program tailored specifically for mountaineering beginners.

This course is part of a series of mountaineering programs designed to guide you from your first alpine adventures to lead climbing. If you are a complete beginner and plan to follow our "Autonomy and Safety" courses afterward, we recommend our 5-day introductory course, which offers an in-depth discovery experience. With an overnight stay in a refuge included, this course is an excellent choice if you wish to experience total immersion in the mountains.

The objectives of the beginner mountaineering course
- Discover the high mountain environment
- Master basic mountaineering techniques: crampons, ice axe
- Learn basic rope skills: basic knots, roping, and elementary belaying

ITINERARY

Day 1

Rock Climbing Basics
We leave Chamonix for the Gaillands climbing crag. Top rope climbing: figure of eight knot, belaying, double-check. Lead climbing: use of quickdraws, setting up a top rope belay. *Gear to bring with you: climbing shoes, harness, and helmet.*

Day 2

Mountaineering Basics
Discovery on the Mer de Glace of walking with crampons: exercises to get used to them and to gain confidence. You'll also discover how to use an ice axe. *Gear to bring with you: mountaineering shoes, harness, helmet, crampons, and ice axe.*

Day 3

Outing in the mountains
The time has come to put into practice what you learned during the first two days. Examples of route include : exploring the Géant Glacier, outing in the Aiguilles Rouges. Gear to bring with you: your guide will inform you of the necessary equipment based on the route.

GROUP BOOKING

Group session associates several people who don't know each other. It allows for a planned program to benefit from an attractive price on fixed dates. This formula is ideal for people looking for the friendliness of a group.

Dates : See below for the group booking module

Price 2026 : 665€ per person, based on minimum of 3 people
Minors aged 16 and over must be accompanied by an adult

Included in the package :
- IFMGA English speaking mountain guiding service
- lift access as per programme

Not included in the package :
- accommodation
- Personal drinks and other personal expenses (we recommend you bring Euros)
- take out lunches and daily snacks
- cost of getting to meeting point
- personal technical equipment including your mountaineering shoes

PRIVATE BOOKING

Private booking is the historical relationship that binds a guide to his/her client. It allows you to be alone, or in a constituted group, with your guide that meets your specific needs. It is undoubtedly the ideal formula to realize your projects because it guarantees you a maximum of comfort. You are free to choose your departure date and the itinerary can be adjusted, according to your specific expectations.

Prices 2026 :
2 people : 1125€ per person
3 people : 800€ per person
4 people : 635€ per person

Included in the package:
- IFMGA English speaking mountain guiding service
- lift access as per programme

Not included in the package :
- accommodation
- personal drinks and other personal expenses (we recommend you bring Euros)
- take out lunches and daily snacks
- cost of getting to meeting point
- personal technical equipment including your mountaineering shoes

FURTHER INFORMATION

In this section, find all the information about this activity. To prepare your trip effectively, refer to the guides' tips. They share their expertise and recommendations, ensuring you have a great experience.

Rendez-vous : Meet at 8.30am at the Chamonix Guides Company: 190 place de l'église, on Day 1

Physical Level : Designed for individuals who regularly engage in sport activities. The route involves effort lasting up to 5 hours per day

Technical level : No mountaineering or climbing experience necessary

Guiding policy : 3 to 4 people. The Compagnie des Guides de Chamonix's guiding policy guarantees the most balanced groups as possible as well as high-quality personalised advice. *Minors aged 16 and over must be accompanied by an adult*

Accommodation : During the course : No accommodation included. Before & after : We have some hotel partners in Chamonix with special prices for our customers.

Documentation : Participants must have mountain sports insurance with repatriation cover. We strongly recommend that this also includes cancellation cover. You can take out insurance when you sign up. Participants must also take valid ID with them.

EQUIPMENT

We recommend you take particular care over you choice of equipment, as it plays a large role in the success of your trip. Weight is critical, and you must always evaluate the weight-to-comfort ratio to find the best compromise.

Equipment
- 30-litre backpack,
- Mountaineering boots, *rentable*
- Climbing shoes, *rentable*
- Gaiters, if needed for your trousers,
- Telescopic trekking poles, *rentable*
- Crampons with anti-balling plates; helmet, harness and straight ice axe, *rentable*
- Bring the technical equipment you have (belay device, carabiners, slings...)

Clothing
- Warm hat that can be worn under a helmet,
- Sun hat or cap,
- Neck protection such as a 'Buff',
- 'Micro-fibre' style long-sleeve base layer,
- Fleece,
- 'Gore Tex' style shell jacket with hood, *rentable*
- Down jacket,
- Base layer leggings,
- Durable summer mountaineering trousers (not ski trousers),
- 'Gore Tex' style over-trousers, *rentable*
- Warm specialist walking socks,
- Lightweight specialist walking socks,
- Ski gloves or good quality mitts,
- Leather or fleece gloves.

Accessories
- Category 4 sunglasses,
- Water bottle (minimum 1.5l) and thermos bottle,
- Personalised first aid kit with a minimum of: sun cream, lip balm, cotton ,buds, blister kit, antisickness medication
- Watertight bag to contain your ID/passport and Euros.

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