Compagnie des Guides de Chamonix

190 place de l'église - 74400 Chamonix – France - Tél : + 33 (0)4 50 53 00 88
www.chamonix-guides.com - e-mail : info@chamonix-guides.com

ICE CLIMBING - BEGINNER ICE CIMBING COURSE

Duration: 2 | Fitness: ▲▲▲▲▲ | Technique: ▲▲▲▲▲ | Price from: 455 €

LEARN ICE CLIMBING IN CHAMONIX

This 2-day course introduces you to ice climbing with no previous mountaineering or ice climbing experience required. Accompanied by a mountain guide, you will progressively learn how to use crampons and ice axes and develop the essential techniques for climbing on ice. The program combines two complementary locations: the Mer de Glace and the Bérard ice climbing site in Vallorcine.

Technical equipment is provided thanks to our partner Grivel: crampons, ice axes, helmet and harness. You only need to bring your own mountaineering boots. If you would prefer to discover ice climbing in a single day, we also offer one-day ice climbing trips.

Course objectives
- Discover the equipment and basic techniques of ice climbing
- Learn belaying techniques
- Become independent as a second on ice routes graded 3-4
- Learn the basics of lead climbing on ice

ITINERARY

Day 1

Ice Climbing on the Mer de Glace
We reach the Mer de Glace by the Montenvers train followed by the Glacier gondola. After approximately 30 minutes of walking, we reach our training area. The variety of terrain allows you to progressively discover the techniques of ice climbing, from gentle slopes to steeper sections. The day is also an opportunity to learn more about the glacier environment by observing moulins, meltwater channels and moraines, as well as the effects of climate change on Alpine glaciers.

Day 2

Ice Climbing at Bérard in Vallorcine
After a short train journey to Vallorcine, we walk for approximately 20 minutes to reach the Bérard ice climbing site. This man-made site provides an excellent environment for learning ice climbing techniques. We continue working on movement and belaying techniques with top-rope climbing before an introduction to lead climbing. We return to Chamonix in the middle of the afternoon.

GROUP BOOKING

The group option brings together participants who may not know each other. It allows you to follow a set program on fixed dates while benefiting from an attractive price and the friendly atmosphere of a group.

Dates
See the group booking module below.

Price 2027
€480 per person based on a minimum of 3 participants.
Participants aged 16 and 17 may join only when accompanied by an adult.

This price includes
- IFMGA English-speaking mountain guide
- One night in an inn in a dormitory or shared room, including breakfast
- Technical equipment: crampons, ice axes, helmet and harness

This price does not include
- Dinner
- Picnic lunches
- Transportation
- Drinks and personal expenses
- Mountaineering boots

PRIVATE BOOKING

The private option allows you to take this course with your own group and benefit from a guide dedicated exclusively to you. You can choose your departure date subject to accommodation availability, and the program can be adjusted according to your level, conditions and expectations.

Prices 2027
2 people: €785 per person
3 people: €565 per person
4 people: €455 per person

This price includes
- IFMGA English-speaking mountain guide
- One night in an inn in a dormitory or shared room, including breakfast
- Technical equipment: crampons, ice axes, helmet and harness

This price does not include
- Dinner
- Picnic lunches
- Transportation
- Drinks and personal expenses
- Mountaineering boots

FURTHER INFORMATION

To prepare for your trip, read our guides' tips, which provide useful advice and recommendations for our mountaineering trips.

Meeting point
Meet at 9:15am at the Compagnie des Guides de Chamonix, 190 place de l'Église, Chamonix.

Technical level
No previous ice climbing or mountaineering experience is required.

Fitness level
Regular participation in a sporting activity is recommended.

Guiding policy
3 to 4 participants per guide. *Participants aged 16 and 17 may join only when accompanied by an adult.*

Accommodation
One night at Le Chalet, including accommodation and breakfast. Before and after the course, you can benefit from preferential rates with our hotel partners in Chamonix.

⚠ **Formalities**
Mountain sports insurance with repatriation cover is mandatory. If you are not insured, insurance including repatriation assistance and cancellation cover can be taken out when booking. A valid ID document is also mandatory.

EQUIPMENT

Equipment
- A backpack of approximately 35 litres
- Mountaineering boots with rigid soles
- Crampons *
- A pair of technical ice axes *
- A harness *
- A helmet *

** This equipment will be provided if you do not have your own.*

Clothing
- A warm hat
- A neck warmer such as a Buff
- A technical long-sleeve base layer
- A fleece or lightweight down jacket
- A waterproof hooded jacket such as Gore-Tex
- Thermal leggings
- Ski trousers or waterproof and breathable overtrousers such as Gore-Tex
- Gaiters if your trousers do not have integrated gaiters
- Ski gloves and a pair of mittens
- A change of clothes

Accessories
- Sunglasses
- A water bottle of at least 1.5 litres, preferably insulated
- Sunscreen and lip balm
- A valid ID document or passport

Our Rental Partners
You can rent equipment at preferential rates from our partner shops Millet (excluding crampons, ice axes and helmet), Sanglard Sports, Ravanel & Co and Concept Pro Shop.

Our Equipment Partners
Millet, Dynastar, Julbo, Grivel and Monnet.