Compagnie des Guides de Chamonix

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ICE CLIMBING - BEGINNER ICE CIMBING COURSE

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

Ice climbing is often perceived as an inaccessible activity… Give it a try! With our ice climbing discovery course, you will find that it is, in fact, quite an enjoyable activity. The Chamonix Valley offers sites that are particularly well-suited for a safe introduction. The program includes a day on the Mer de Glace and a day at the Cascade de Bérard site in Vallorcine. Thanks to our partner Grivel, all technical equipment, except for shoes, is provided: ice axes, crampons, helmets, and harnesses. The program features a friendly atmosphere and good cheer as you explore a magical, crystalline world with crampons on your feet and an ice axe in hand. Depending on your availability, we also offer day trips for ice climbing.

The educational objectives of the beginners ice climbing course
- Learn about the equipment and the basic skills of ice climbing
- Learn belay techniques
- Learn to be autonomous on top rope, climbing French grad 3-4.
- Initiation to lead climbing on ice

ITINERARY

Day 1

A day on the Mer de Glace, accessed via the Montenvers train followed by the Glacier cable car. The Mer de Glace is the perfect setting to learn ice climbing techniques, offering a variety of terrains ranging from gentle slopes to impressive vertical walls. After a 30-minute walk, you'll be ready to explore this unique site. This day will also give you the opportunity to deepen your understanding of glaciers: observe moulins and meltwater channels, study the formation of moraines, and discover the tangible impacts of climate change on the Alps. Return and overnight stay in an inn in Chamonix.

Day 2

We take the train to Vallorcine and reach by foot (20') the site of Berard. The Bérard icefall crag site is entirely man-made. It was developed by members of the Compagnie des Guides de Chamonix, helped by a collective. They set up a system of heated pipes to provide reliable water supply. Every evening the sprinklers are turned on so that the ice forms. Only one parameter remains uncontrollable: the temperature! Fortunately, thanks to its inertia, once formed, the ice at the Bérard site is resistant, to a certain extent, to periods of warmth. Top-roping climbing and initiation to lead climbing. Return to Chamonix in the middle of the afternoon.

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 2027 : 480€ per person based on minimum of 3 participants
Minors aged 16 and over must be accompanied by an adult

Included in the package :
- IFMGA English speaking mountain guiding service
- in inn in dormitory or shared rooms (breakfast and night)

- rental of gear (crampons, ice axes, helmet, harness)

Not included in the package :
- dinner
- transportation
- 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 (depending on the availability of the huts) and the itinerary can be adjusted, according to your specific expectations.

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

Included in the package :
- IFMGA English speaking mountain guiding service
- one half-board in inn in dormitory or shared rooms (breakfast and night)
- rental of gear (crampons, ice axes, helmet, harness)

Not included in the package :
- dinner
- transportation
- 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.

Meeting point : Meet at 09:15 am at the Chamonix Guides office. 190 place de l'église

Phyical level : For people who regularly exercise/take part in sportsTechnical level : No ice climbing or climbing experience is required

Guiding policy : 3 to 4 people. Minors aged 16 and over must be accompanied by an adult.
Accommodation : During the trip: in inn, "**Le Chalet**" (night & breakfast).Before & after the trip: We have 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 to pay particular attention to the choice of your equipment. It contributes greatly to the success of your stay. Weight is decisive: you always have to evaluate the ratio weight/comfort, to find the best compromise. In a general way, it is better to pile up several light coats rather than wear one big clothing.

Equipment
- Comfortable frameless rucksack (about 35-40 litres)

- Hiking boots to use semi-rapid crampons
- A pair of gaiters if your pant is not equipped
- A pair of crampons, helmet, harness & Ice-Axe - ***lended***

Clothing
- Waterproof and windproof, non-insulated parka with hood (Gore-tex or equivalent)
- Waterproof and windproof, non-insulated pants
- Thick polar-pile fleece jacket or equivalent
- 1 long-sleeve shirt
- Medium weight thermal underwear (top + bottoms, silk or polypro, double as pyjamas)
- Warm socks
- Warm ski hat and light sun hat with brim
- Warm ski gloves or mittens
- A pair of adjusted gloves allowing you to easily handle material
- Neck protection
- Spare thermal underwear (for sleeping and change), down vest, T-shirt (s)

Accessories
- High-altitude sunglasses (grade 4 is recommended)
- 1.0 or 1.5 quart water bottle (insulate if possible)
- Sun block for face and lips
- Aspirin, elastoplast, 2nd skin kit
- Camera

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