



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

MOUNTAINEERING - BEGINNER MOUNTAINEERING COURSE - 5 DAYS

Duration: 5

Fitness: ▲▲▲▲▲ Technique: ▲▲▲▲▲

Price from: 1 145 €

This 5-day beginner course builds on the program of our [3-day course](#), with the addition of two extra days and an overnight stay in a refuge. It still guarantees a gradual introduction to the exceptional setting of the Chamonix Valley and the Mont-Blanc Massif, but the night in a high-altitude refuge will provide an even more intense experience. It's also an opportunity for a more in-depth exploration of mountaineering techniques. A hallmark of our courses, with a special ratio of 3 to 4 participants per guide, ensures 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 beginner mountaineers.

This course is part of a series of mountaineering programs designed to guide you from your first alpine adventures to lead climbing. It's an essential step in acquiring the fundamental skills needed before progressing to the "[Autonomy and Safety](#)" courses, which are the natural next step. If you prefer a shorter introduction to mountaineering, our [3-day introductory course](#) is ideal for you!

The objectives of the beginner mountaineering course

- Full immersion in 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

Via Corda

On this third day, you will embark on a route that combines short climbing sections with roped hiking. It's the best way to apply what you've learned over the past two days while getting used to walking roped together. *Gear to bring with you: mountaineering shoes or walking shoes, harness, and helmet.*

Day 4

Outing in the mountains | Overnight at Torino Refuge (3371 m)

You will embark on a complete immersion in the high mountains, surrounded by the exceptional landscapes of the Glacier du Géant and the Vallée Blanche. This area offers a wide range of destinations, making it ideal for a first experience in the high mountains and for discovering roping techniques for glacier hiking. The night at Torino Refuge will also provide a special opportunity for convivial exchange with your guide. Examples of routes include the Vallée Blanche traverse and the Col d'Entrèves. *Gear to bring with you: mountaineering shoes, harness, helmet, crampons, and ice axe.*

Day 5

Outing in the mountains

Last day to enjoy the area after a night spent at over 3,300 m! Examples of routes include the Vallée Blanche traversen and the Col d'Entrèves. Return to Chamonix in the early afternoon. *Gear to bring with you: mountaineering shoes, harness, helmet, crampons, and ice axe.*

GROUP BOOKING

Group booking 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 2025 : 1145€ per person, based on minimum 3 people

Minors aged 16 and over must be accompanied by an adult

Included in the package :

- IFMGA English speaking mountain guiding service
- half-board to the Torino hut (dinner, breakfast and night)
- transfer go & back Day 4 & 5
- lift access as per programme

Not included in the package :

- 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 2025 :

2 people : 1865€ per person

3 people : 1340€ per person

4 people : 1075€ per person

Included in the package :

- IFMGA English speaking mountain guiding service
- half-board to the Torino hut (dinner, breakfast and night)
- transfer go & back Day 4 & 5
- lift access as per programme

Not included in the package :

- 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 8.30am at the Chamonix Guides Company: 190 place de l'église

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 : One half-board in hut (on Day 4) includes. For the other night, benefit from specials prices with our hotel partners in Chamonix

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 your 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

- 35-litre backpack
- Climbing shoes, *rentable*
- Mountaineering boots, *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
- Change of clothes at your discretion

Accessories

- Category 4 sunglasses
- Headtorch plus spare batteries
- Sheet sleeping bag
- 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](#)