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: 1 140 €

LEARN MOUNTAINEERING IN CHAMONIX OVER 5 DAYS

This 5-day course offers a comprehensive introduction to mountaineering and the high mountains. It builds on our 3-day beginner mountaineering course, with two additional days and an overnight stay in a mountain hut. This gives you more time to practise the essential techniques, progress and apply what you have learned on high mountain routes. With 3 to 4 participants per guide, the small group size allows the course to be adapted to each participant's level and progression.

The overnight stay in a mountain hut also provides a first experience of the rhythm of a mountaineering ascent: hiking up to the hut, spending the night at altitude and setting off early the following morning for an ascent. This course is part of our mountaineering training program and provides the most comprehensive preparation before progressing to our Autonomy & Safety - Level 1 course.

Course objectives
- Discover the high mountain environment and experience an overnight stay in a mountain hut
- Learn and consolidate the basic mountaineering techniques: using crampons and an ice axe
- Learn the basics of roping up and belaying: basic knots, roping up and belaying
- Put the techniques learned into practice on high mountain routes

ITINERARY

Day 1

Rock Climbing Basics
A day at the Gaillands climbing crag in Chamonix dedicated to learning the basic techniques. Top-rope climbing: figure-eight knot, belaying and partner check (double check). Lead climbing: using quickdraws and setting up the rope at the anchor.
Equipment required: climbing shoes, harness and helmet.

Day 2

Via Corda
A route combining easy climbing and moving roped together, allowing you to put into practice the techniques learned during the first two days and discover roped travel in mountain terrain.
Equipment required for the day: mountaineering boots or hiking shoes, harness and helmet.

Day 3

Mountaineering Basics
A day on the Mer de Glace dedicated to learning basic mountaineering techniques. Cramponing: exercises to learn the different techniques and gain confidence. Introduction to using an ice axe.
Equipment required for the day: mountaineering boots with rigid or semi-rigid soles, harness, helmet, crampons and ice axe.

Day 4

High Mountain Day | Overnight at the Torino Hut (3371 m)
Set off on your first high mountain route in the Géant Glacier and Vallée Blanche area. This day allows you to put into practice the techniques learned during the course and discover how to move roped together on a glacier. Depending on the conditions and the level of the group, different routes may be considered, including the Vallée Blanche traverse or the Col d'Entrèves.

Overnight at the Torino Hut at 3371 m.
Equipment required: mountaineering boots, 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

The group course brings together participants who may not know each other. It follows a set program on fixed dates, offering an attractive price and the opportunity to share the experience with a group.

Dates
See below for the group booking module.

Price 2027
€1195 per person, based on a minimum of 3 participants.

This price includes
- IFMGA English-speaking mountain guide
- Half board at the Torino Hut (dinner, overnight stay and breakfast)
- Ski lifts required for the routes included in the program
- Round-trip transportation included in the program on Days 4 and 5

This price does not include
- Accommodation in the valley during the course
- Picnic lunches
- Transportation to the meeting points
- Personal technical equipment

PRIVATE BOOKING

The private course allows you to take part with your own group and benefit from guiding tailored to your needs. You choose your departure date depending on availability at the mountain hut, and the program can be adapted according to your level and progression.

Prices 2027
2 people: €1995 per person
3 people: €1425 per person
4 people: €1140 per person

This price includes
- IFMGA English-speaking mountain guide
- Half board at the Torino Hut (dinner, overnight stay and breakfast)
- Ski lifts required for the routes included in the program
- Round-trip transportation included in the program on Days 4 and 5

This price does not include
- Accommodation in the valley during the course
- Picnic lunches
- Transportation to the meeting points
- Personal technical equipment

FURTHER INFORMATION

To prepare for your course, please read our guides' tips, which provide useful information and recommendations for your mountaineering trip.

Meeting point
8:30am on Day 1 at the Compagnie des Guides de Chamonix office, 190 place de l'Église, Chamonix.

Fitness level
Regular physical activity is required. Days may involve up to 5 hours of activity in the mountains.

Technical level
No previous mountaineering or climbing experience is required. This course is designed for beginners.

Guiding policy
Groups are limited to 3 to 4 participants per guide, allowing for progressive learning and personalised instruction. Participants must be at least 16 years old. Minors must be accompanied by an adult.

Accommodation
On Day 4, an overnight stay with half board is included in a mountain hut (dinner, breakfast and accommodation). For the other nights in the valley, special rates are available with our hotel partners in Chamonix.

⚠ **Formalities**
Mountain sports insurance with repatriation cover is mandatory. If you are not already insured, repatriation and cancellation insurance can be purchased when booking. A valid ID is mandatory.

EQUIPMENT

We recommend taking particular care when choosing your equipment, as it contributes to your comfort and the smooth running of the course. Weight is important: choose equipment that is suitable and lightweight while providing sufficient protection for high mountain conditions.

Equipment
- A backpack of approximately 35 litres
- Climbing shoes, available for rent
- Mountaineering boots, available for rent
- Gaiters if required with your trousers
- Telescopic trekking poles, available for rent
- Crampons with anti-balling plates, a helmet, harness and straight ice axe, available for rent
- If you already own technical mountaineering or climbing equipment (quickdraws, carabiners, lanyard, belay device…), you are welcome to bring it

Clothing
- A warm hat compatible with wearing a helmet
- A sun hat or cap
- A neck warmer such as a Buff
- A technical long-sleeve base layer
- A fleece
- A waterproof Gore-Tex jacket with a hood, available for rent
- A lightweight down jacket
- Thermal leggings
- Trousers suitable for summer mountaineering
- Waterproof Gore-Tex overtrousers, available for rent
- Walking socks
- Warm gloves
- Lightweight gloves
- A change of clothes for the overnight stay in the mountain hut

Accessories
- Category 4 sunglasses
- A headtorch
- A sleeping bag liner
- A water bottle of at least 1.5 litres
- Earplugs
- A personal first aid kit including at least sunscreen, lip balm, blister treatment, as well as your usual medication for headaches and nausea
- A waterproof pouch containing your ID and some cash

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

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