



# 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](http://www.chamonix-guides.com) - e-mail : [info@chamonix-guides.com](mailto:info@chamonix-guides.com)

## MOUNTAINEERING - AUTONOMY & SAFETY COURSE - LEVEL 1

Duration: 4

Fitness: ▲▲▲▲▲ Technique: ▲▲▲▲▲

Price from: 945 €

**Our Autonomy & Safety courses are designed to help you achieve independent ascents.** A key feature of our courses is the exclusive ratio of 3 to 4 participants per guide, ensuring personalized attention and a program fully tailored to your needs. These courses are ideal for those looking to progress step by step, through a learning process focused on self-reliance. Each course includes at least one night in a mountain hut, allowing you to fully experience the atmosphere and unique moments of exchange.

**Our Autonomy & Safety - Level 1 course** focuses on glacier ascents. After two days of consolidating your skills in rock climbing and ice climbing techniques, you will head to the Albert 1er Hut and the Glacier du Tour. This course is the logical continuation of our [5-day introductory course](#). Enrollment requires specific prerequisites to ensure optimal skill development: you must master basic belaying techniques in rock climbing and have completed at least two ascents using crampons.

### Objectives of the Autonomy & Safety - Level 1 course

- Consolidation of your skills in rock climbing and ice climbing techniques
- Mastery of glacier safety basics: roping techniques, belaying, and basic crevasse rescue
- Risk management: map reading, guidebooks, and briefing tools

## ITINERARY

### Day 1

#### Rock Climbing in the Valley

Day at the Gaillands climbing crag. Review of basic rope techniques and belaying, with an introduction to dynamic belaying and abseiling techniques. Overnight in the valley.

### Day 2

#### Argentière Glacier

Day on the Glacier d'Argentière. Review of basic crampon techniques and ice axe use, with advanced practice on steep terrain. Introduction to rope techniques and crevasse rescue methods. Overnight in the valley.

### Day 3

#### Self-arrest on snow | Night at Albert 1er Hut

Consolidation of rope techniques on glaciers and learning how to self-arrest on snow. Ascent to the Albert 1er Hut (2,702 m) and overnight stay.

*Elevation gain: 500 m*

### Day 4

#### Ascent from the Albert 1er Hut

Route in the basin of the Tour Glacier, mainly on glacier. Return to the valley in the early afternoon. Examples of ascents completed include : Petite Fourche (3,520 m) and Tête Blanche (3,429 m).

*Elevation gain: 800 m / Elevation loss: 1,300 m*

## 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 2025 :** 945€ per person based on minimum of 3 participants

*Registration possible from age 18*

Included in the package :

- IFMGA English speaking mountain guiding service
- one half-board (dinner, breakfast and night) on Day 3
- 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 guiding 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 2025 :**

2 people: 1610€ per person

3 people: 1165€ per person

4 people: 940€ per person

Included in the package :

- IFMGA English speaking mountain guiding service
- one half-board (dinner, breakfast and night) on Day 3
- 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 :** For people who regularly exercise/take part in sports. Six to seven hours of exercise per day

**Technical Level :** You should have prior mountaineering experience and aspire to achieve autonomy

**Required Prerequisites :** I master basic belaying techniques in rock climbing (indoor or outdoor) and I have completed at least two ascents using crampons

**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. *Registration possible from age 18*

**Accommodation :** One Half-board in hut on Day 3 (Dinner, breakfast & night)

**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*
- Mandatory technical equipment : 1 [double lanyard](#), 1 [directional screwgate carabiner](#), 1 [belay device](#) with a screwgate carabiner, 2 ice screws (13 cm) with straight-gate carabiners, 2 slings (120 cm) with straight-gate carabiners, 1 [Micro Traction pulley](#) with a screwgate carabiner, 1 [Tibloc device](#) with a screwgate carabiner, and 1 prusik (minimum 50 cm) with a screwgate carabiner

### 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](#)