Compagnie des Guides de Chamonix

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ROCK CLIMBING - AIGUILLE DE L'INDEX

Duration: 1 | Fitness: ▲▲▲▲▲ | Technique: ▲▲▲▲▲ | Price from: 250 €

The traverse of the Aiguille de l'Index (2595m) is a magnificent route starting from the Flégère lifts and offering breathtaking views of the Mont Blanc Massif. After a short walk, the traverse begins properly upon reaching the southeast ridge of the Index. The fun climb (French grade 4 max) on excellent, occasionally polished rock, mixes all styles: dihedral, crack, and face climbing. A few downclimbing steps complete this ascent, which ends with a short airy ridge. From the summit, the panorama is stunning, stretching from the Glacier du Tour to Mont Blanc, with a sense of exposure on both sides. The descent is via abseil, followed by a walk above the Index couloir, allowing a smooth return to the lifts.

The traverse of the Aiguille de l'Index is a superb half-day introduction to mountaineering, intended for individuals with prior climbing experience. It offers a truly comprehensive experience. In winter, this traverse transforms into a remarkable mixed route in the sunny setting of the Aiguilles Rouges. The snow allows for an extended climb by starting the southeast ridge from its base. In this form, we particularly recommend it to those with prior mountaineering experience as an introduction to winter mountaineering on a full-day outing.

GROUP BOOKING

The group formula associates people who do not necessarily know each other. It is ideal for people looking for group friendliness and attractive prices.

Dates (group session) : See on-line booking

Meeting point (group session) : Your guide will contact you by phone aroung 6.30pm on the previous day to arrange the meeting point

Guiding policy (group session) : Group of 2 people maximum per guide. Children, minimum 15 years old accompanied by a parent

Departure (group booking) : The departure is guaranteed with a minimum of 2 registered participants

Price 2026 (group session) : 250€ per person based on a minimum of 2 participants

This price includes :
- mountain guiding services,
- lift / train tickets

This price does not included :
- technical equipment

PRIVATE BOOKING

A private formula is the historical relationship that binds a mountain leader to their clients. It allows you to be alone or in your own group with your mountain leader who will meet your specific needs. It is undoubtedly the ideal formula realise your projects because it guarentees you a maximum amount of comfort.

Dates (private booking) : See on-line booking

Meeting point (private booking) : Your guide will call you the evening before your trip around 6.30pm to organize the meeting

time and place

Guiding policy (private booking) : Between 1 - 2 people per guide
Minimum 15 years old

Price summer 2026 (private booking) :
1 person : 320€
2 people : 350€

Price winter 2026 (private booking) :
1 person : 450€
2 people : 490€

The price includes :
- mountain guiding services

The price does not include :
- technical equipment
- lift passes
- picnic & snacks

FURTHER INFORMATION

In this section, find all the information about this activity. For further information, please contact our advisor.

Duration : 3 - 4 hours

Location : Starting from the Flegere and then, Index lift

Ability level : The southeast ridge of the Index is intended for individuals with some initial climbing experience. Airy sections. 25 minutes of walking round trip

Formality : Make sure you have valid individual liability insurance for the practice of this activity without any location or altitude restrictions, including assistance, search and rescue, and repatriation

EQUIPMENT

We recommend that you take special care in choosing your equipment because it contributes greatly to the success of your trip. As alpine conditions can be highly variable with sudden changes, it can get very cold in altitude, it is preferable to have numerous layers rather than one thick piece of clothing.

The list below corresponds to the equipment needed in summer. For the winter version, add an ice axe and a pair of crampons to the gear. Your guide will discuss the clothing requirements with you based on the current conditions.

Equipment
- Back pack
- Mountain boots for hiking and climbing
- Rock climbing shoes optional
- Harness
- Helmet
- Belaying device
- Personal anchor tether

Clothing
- Classic clothing adapted for climbing
- Windproof jacket
- A pair of thin gloves

Accessories
- A pair of sun glasses category 4
- High protection sun cream
- A water bottle that contains a minimum 1,5 L

- Snacks

Our Rental Partners : You can rent your equipment with our rental shops partners and benefit from special price Millet, Sanglard Sports, Ravanel & Co & Concept Pro Shop
Our Equipment Partners : Millet, Dynastar, Julbo, Grivel & Monnet