Compagnie des Guides de Chamonix

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ROCK CLIMBING - TRAD CLIMBING BASICS COURSE

Duration: 2 | Difficulty: ▲▲▲▲▲ | Price from: 450 €

The Mont Blanc massif is renowned worldwide for the quality of its climbing routes. Until the end of the 1970s, pitons were the primary means of belaying on these routes, as they were the only available equipment in Europe at that time. While highly effective, pitons came with logistical challenges (weight, type, hammer, etc.). The rise of free climbing gradually led to the widespread use of natural protections like stoppers, nuts, and especially cams, which are well-suited for cracks. Cams are relatively lightweight, easy to place and remove, and do not impede the climber's movement. They are the most commonly used equipment in trad climbing today.

In this course, you will climb in small groups of three or four at most, under the direct supervision of a guide, ensuring high-quality personalized instruction.This trad climbing basics course will introduce you to climbing on non-bolted routes that require the use of removable equipment, such as cams. You will learn essential techniques and safe cam usage. The program focuses on pedagogy specifically designed for learning trad climbing. This climbing course is intended for individuals with prior experience in multi-pitch routes and the ability to climb at least French grade 5c.

The objectives of the Trad climbing basics course
-Introduction to the use of protective equipment, including nuts, stoppers, and cams
-Learning the typical techniques for climbing cracks.
-Developing the skills needed for independent climbing and leading pitches at levels 4 and 5.

ITINERARY

Day 1

Brévent foothills crag site
The best crag site for an introductory session. Already bolted, cams can still be used for a safe discovery of the basics.

Day 2

Peigne foothills crag site
In the foothills of the Papillons Ridge, a site dedicated to trad climbing has recently been equipped. The belays are in place; it's up to you to do the rest!

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 : 450€ per person based on minimum 3 people
Registration possible from age 18

Included in the package :
- IFMGA English speaking mountain guiding service
- lift access as per programme
- Ii necessary, the specific climbing gear

Not included in the package :
- accommodation
- 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

PRIVATE BOOKING

Private hiring 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 2027 :
2 people : 810€ per person
3 people : 570€ per person
4 people : 450€ per person

Included in the package :
- IFMGA English speaking mountain guiding service
- lift access as per programme
- if necessary, the specific climbing gear

Not included in the package :
- accommodation
- 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

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 8.00am at the Chamonix Guides office, 190 place de l'eglise

Ability level : Experience in multi pitch climb necessary, ability to climb French grade 5c minimum. No mountaineering 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. *Registration possible from age 18*

Accommodation : No accommodation included

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 you choice of equipment, as it plays a large role in the success of your trip.

Technical equipment
- Light hiking shoes
- Comfortable rock-climbing shoes, magnesia, harness, helmet
- Belay device, slings, self-locking device for rappelling, screws carabineers
- Bring the extra technical gear you have (quickdraws, rope, cams...)
- Light bag pack

Clothing
- Waterproof and windproof, non-insulated parka with hood (Gore-tex or equivalent)

- Windproof, non-insulated pant
- 1 short (depending on conditions)
- Thick polar-pile fleece jacket or equivalent
- 1 long-sleeve shirt

Accessories
- High-altitude sunglasses (grade 3 is recommended),
- 1.0 or 1.5 quart water bottle (insulate if possible),
- Sun block for face and lips,
- 1 pocketknife,
- 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