



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

ROCK CLIMBING - ROCK CLIMBING COURSE

Duration: 2 days

Level: ▲▲▲▲▲

Price from: 310 €

The Compagnie des Guides de Chamonix has developed a set of mountaineering courses which are the next step up from the [day climbing activities](#) :

- Rock climbing course to learn all the climbing techniques for bolted multi-pitch routes
- [Trad climbing basics course to learn the techniques for crack climbing](#)

Lying opposite the Mont Blanc Massif, the Aiguilles Rouges are the ideal destination for combining the fun of rock climbing with breath-taking views. They contain numerous multi-pitch routes that are perfect for learning about bolted multi-pitch climbing. This climbing course is the opportunity to take your rock climbing to a new level. Through the various routes climbed over these two days you will learn the specific skills required for climbing bolted multi-pitch lines (belaying, lead/seconding, stances, abseil) as well as improve your technique. You will climb in small groups of three or four maximum, under the direct supervision of a guide, which is your guarantee of high-quality personalised advice.

The objectives of the climbing course :

- Learning the specific techniques required for multi-pitch climbing.
- Developing your climbing moves and skills.
- Ability to lead French/sport grade 5 routes.

Program includes: multi-pitch routes, specialist instruction and a stunning backdrop. This course contains all the elements for an excellent trip. It is aimed at teenagers and adults looking to learn about bolted multi-pitch climbs. A previous rock climbing experience is required : climbing school or indoor climbing.

ITINERARY

Day 1 : Start from near the Col des Montets. Walk to the Chéserys site (40 mins) for an ideal gentle introductory session. Wide choice of routes depending on the specific expectations of group members.

Day 2 : Start from Chamonix. We access Clocher de Planpraz sector via Planpraz lift. Wide choice of routes depending on the specific expectations of group members.

This programme is meant as a guide only. Depending on the abilities of the group and the conditions in the mountains, your mountain guide may alter the route.

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 : Find all the dates available in the drop-down list below

Price 2023 : 320€ per person based on minimum of 3 participants

Included in the package :

- IFMGA English speaking mountain guiding service
- lift access as per programme
- technical equipment: helmet, harness

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
- your climbing 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 2023 :

2 people : 590€ per person

3 people : 405€ per person

4 people : 310€ per person

Included in the package :

- IFMGA English speaking mountain guiding service
- lift access as per programme
- technical equipment: helmet, harness

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
- your climbing shoes

FURTHER INFORMATION

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

Meeting point : Meet at 8.30am at the Chamonix Guides office.

Ability level : An appropriate choice of peak is essential for you to properly enjoy your holiday. To get the most out of your trip we recommend you take regular exercise throughout the year and, where necessary, undertake specific training a few months before you leave. Try to avoid last minute training that can lead to injury. Do not to overestimate your abilities and do be aware that the weight of your pack and higher altitudes reduce your usual strength and stamina.

For people who regularly exercise/take part in sports. A previous rock climbing experience is required : climbing school or indoor climbing.

Guiding policy : 3 to 4 people. The Compagnie des Guides de Chamonix's guiding policy is one of the strictest in the mountain guiding business. It guarantees the most balanced groups as possible as well as high-quality personalised advice.

Minor, only accompanied by a parent.

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.

Preparing for the trip : Few days before the trip, the mountain guide will be in contact to answer any questions you may have.

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. Generally speaking, it is better to put on several thin layers than to have one bulky item of warm clothing, and it is vital that you remain dry at all times.

Technical equipment

- Light hiking shoes,
- Comfortable rock-climbing shoes & magnesia,
- Bring the technical gear you have (belay device, screw carabineers...)

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 [Sanglard Sports](#), [Ravanel & Co](#) & [Concept Pro Shop](#)

Our Equipment Partners : [Millet](#), [Dynastar](#), [Julbo](#), [Grivel](#) & [Monnet](#)