



Compagnie des Guides de Chamonix

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MOUNTAINEERING - MOUNTAINEERING BASICS

Duration: 1 day

Level: ▲▲▲▲▲

Price from: 160 €

The mountaineering basics is a discovery or a revision of the basic mountaineering techniques and skills: use of crampons and ice axe, elementary knots, walking roped together, roping. It will allow you to acquire or to review the basics essential for your future trips in the mountains. The ice basics on the Mer de Glace is also a great opportunity to learn more about the life of the glaciers (crevasses, moraines) and about global warming in the Alps.

From Montenvers (1913m), reached by the Montenvers train, you will arrive to the Mer de Glace via a path consisting of ladders and fixed ropes. We return to Montenvers the same way.

This mountaineering basics activity is perfect for beginners or for anyone wanting to improve their technic. No previous mountaineering experience is required.

The consequences of global warming in the Mont Blanc massif are the subject of much scientific work. The Compagnie des Guides de Chamonix counts among its members [Ludovic Ravanel](#) and [Bradley Carlson](#), two researchers specializing in this topic. As part of a partnership with the Town Hall of Chamonix and the [National Union of Mountain Guides \(SNGM\)](#), a [booklet on global warming](#) was published in July 2021 (French only).

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 booking) : See on-line booking

Meeting point (group booking) : 8.15am at the Montenvers train station ticket desks

Guiding policy (group booking) : Group of 6 people maximum per guide
Minimum 15 years old accompanied by a parent

Price 2023 (group booking) : 160€ per person based on a minimum of 4 participants

This price includes :

- mountain guiding services
- lift pass / train tickets

This price does not include :

- technical equipment (high mountain boots with a rigid sole, crampons, ice axe, helmet & harness)
- picnic

Group : A minimum of 4 people are required to guarantee the trip
Maximum 6 people per guide

PRIVATE BOOKING

A private booking is the historical relationship that binds a mountain guide to their clients. It allows you to be alone or in your own group with your mountain guide 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 - 6 people per guide

Minimum 12 years old

Prices 2023 :

Group from 1 to 4 people : 400€

Group from 3 to 4 people : 420€

Group from 5 to 6 people : 440€

The price includes :

- mountain guiding services

The price does not include :

- technical equipment

- lift passes

- transfer

- picnic & snack

FURTHER INFORMATION

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

Duration : 5 - 6 hours

Location : Mer de Glace glacier

Ability level : The choice of a suitable destination is essential for you to fully enjoy your trip. The mountaineering basics are for people who practice regular physical activity. It do not require any previous mountaineering experience.

Formality : Make sure you have valid repatriation insurance for this activity

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.

Equipment

- Back pack 25/30 liters

- Mountaineering boots with a rigid sole

- Crampons

- Ice axe and Telescopic poles

- Harness

- Helmet

- Gaters if your trousers require them

Clothing

- Suitable clothing adapted to mountaineering

- Windproof jacket

- A pair of thin gloves

- A pair of warm gloves

Accessories

- Sunglasses category 4

- Suncream

- Gourde at least 1.5L

- Lunch, snacks

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](#)