



Compagnie des Guides de Chamonix

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MOUNTAINEERING - WINTER MOUNTAINEERING COURSE

Duration: 3 days

Level: ▲▲▲▲▲

Price from: 570 €

The Compagnie des Guides de Chamonix has developed a set of mountaineering courses to accompany you from your first alpine adventure to autonomously lead your climb :

- [Beginner mountaineering course on 3 days to learn the basic techniques](#)
- [Beginner mountaineering course on 5 days to learn the basic techniques](#)
- [Mountaineering safety course to develop your skills](#)
- [Mountaineering lead climbing course to develop your skills](#)
- [Winter mountaineering course to develop your skills focus on ice & snow](#)

In winter, the Mont Blanc massif offers a unique playground for mountaineering. The many ski lifts allow quick access to a wide choice of routes. At this time, due to the ongoing climate change, the routes are often in better condition now rather than later in the season. The main objective of this "winter mountaineering" course is to improve your snow & ice skills.

The objectives of the "winter mountaineering" course :

- Introduction to understanding avalanches risks and winter mountaineering.
- Mastery and progression of mountaineering techniques on snow and ice.

The originality of this course lies in the small group size. You progress over five days in groups of maximum (one guide for four clients). Personalised advice from your guide and the flexibility of this course guarantee a high-quality trip. Approaches are with snowshoes.

For this course, a previous mountaineering experience is required: use of crampons and basic belaying techniques. If you are total beginner, please see our [ice climbing course](#).

ITINERARY

Day 1: Ice-Climbing & mountaineering basics

First meeting with your guide, check of the equipment. Ice climbing at the Cremerie in Argentière or Berard in Vallorcine, top rope or lead climb. Mountaineering basics : roping, belaying, rappelling..

Days 2 : Route from Helbronner (3642m)

This day is focused on a snow route. We will climb Petit Flambeau (3407m), Aiguille de Toule (3534m) or a corridor in les Marbrées.

Days 3 : Route from Aiguille du Midi (3842m)

This day is focused on an ice or mixed route. Pointe Lachenal (3613m), Arête à Laurence or itinerary to the Cosmiques ridge (3800m).

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 2022 : Find all the dates available in the drop-down list below.

Price 2022 : 625€ per person based on minimum of 3 participants.

Included in the package :

- IFMGA English speaking mountain guiding service
- Lifts tickets
- Transfer to Italy (Day2)
- Technical equipment: crampons, ice axes, harness, helmet & DVA

Not included in the package :

- All meals
- Personal drinks and other personal expenses (we recommend you bring Euros)
- Cost of getting to meeting point
- Personal technical equipment
- Accommodations in Chamonix

PRIVATE BOOKING

A 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 2021 :

2 persons : 845€ per person

3 persons : 610€ per person

4 persons : 495€ per person

Included in the package :

- IFMGA English speaking mountain guiding service
- Lifts tickets
- Transfer to Italy (Day2)
- Technical equipment: crampons, ice axes, harness, helmet & DVA

Not included in the package :

- All meals
- Personal drinks and other personal expenses (we recommend you bring Euros)
- Cost of getting to meeting point
- Personal technical equipment
- Accommodations in Chamonix

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 08:30 am at the Compagnie des Guides office in Chamonix (190, place de l'église).

Ability level : For people doing regular exercise. This alpinism course is aimed at people with some experience in crampon use and climbing.

Guiding policy : 3 to 4 people per guide. The Compagnie des Guides de Chamonix's guiding policy is one of the strictest in the mountain guiding business.

Accommodation : No accommodation during the trip.

We have some hotel partners in Chamonix with special prices for our customers.

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 : One week before the trip, the mountain guide will be in contact to answer any questions you may have.

EQUIPMENT

We recommend you to pay particular attention to the choice of your equipment. It contributes greatly to the success of your stay. Weight is decisive: you always have to evaluate the ratio weight/comfort, to find the best compromise.

In a general way, it is better to pile up several light coats rather than wear one big clothing.

Equipment

- Comfortable frameless rucksack (about 35-40 litres)
- Hiking boots to use semi-rapid crampons
- A pair of gaiters if your pant is not equipped
- A pair of telescopic poles
- A pair of crampons, helmet, harness & Ice-Axe - *lended*

Clothing

- Waterproof and windproof, non-insulated parka with hood (Gore-tex or equivalent)
- Waterproof and windproof, non-insulated pants
- Thick polar-pile fleece jacket or equivalent
- 1 long-sleeve shirt
- Medium weight thermal underwear (top + bottoms, silk or polypro, double as pyjamas)
- Warm socks
- Warm ski hat and light sun hat with brim
- Warm ski gloves or mittens
- A pair of adjusted gloves allowing you to easily handle material,
- Neck protection,
- Spare thermal underwear (for sleeping and change), down vest, T-shirt (s)

Accessories

- High-altitude sunglasses (grade 4 is recommended)
- 1.0 or 1.5 quart water bottle (insulate if possible)
- Sun block for face and lips
- Aspirin, elastoplast, 2nd skin kit
- 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](#)