



# Compagnie des Guides de Chamonix

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## MOUNTAINEERING - BEGINNER MOUNTAINEERING COURSE - 3 DAYS

Duration: 3 days

Level: ▲▲▲▲▲

Price from: 540 €

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

- Beginner course, 3 days: To learn the basic mountaineering techniques
- [Beginner course, 5 days](#): To learn the basic techniques with an overnight in hut
- [Safety course - Level 1](#), 4 days: To know all the basics about safety in the mountains
- [Safety course -Level 2](#), 4 days: To learn the advanced safety techniques
- [Lead climbing course](#), 4 days: To learn how to plan and manage a climb
- [Winter mountaineering course](#), 3 days: To develop your skills focus on ice & snow

This "3-day beginner mountaineering course" is the gateway to the world of mountaineering. It guarantees you a gradual initiation within the exceptional setting of the Chamonix Valley and the Mont-Blanc Massif. Three days to enjoy the unique atmosphere of the high mountain and its glaciers, learn the basic mountaineering techniques and develop your skills as an alpine climber.

A special ratio of 3 to 4 participants per guide allows personalized advice and great flexibility in the choice of routes. With the magic of the surroundings, pedagogy and learning, this program is dedicated to mountaineering beginners.

### The objectives of the beginner mountaineering course:

- Discovery of the high mountain environment.
- Mastery of basic mountaineering techniques: crampons, ice axe.
- Simple use of the rope: elementary knots, roping and basic belaying.
- Introduction to rock and snow routes.

## ITINERARY

### Day 1 : Rock climbing basic skills

We leave Chamonix for the Gaillands climbing school. We learn the basic rock climbing techniques : roping, belaying, descending. Top rope or lead climbing depending on your abilities.

### Day 2 : Mountaineering basic skills

Discovery on the Mer de Glace or on the glacier d'Argentière of the basic mountaineering techniques and skills: use of crampons and ice axe, elementary knots, walking roped together, roping.

### Day 3 : Day climb

The time has come to put what you have learned over the previous two days to the test! Your guide will choose a destination depending on the group's objectives and the conditions in the mountains on the day. Examples of day routes include the Pointe Lachenal (3613m) and the traverse of the Aiguilles Crochues (2840m).

*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 :** 540€ per person, based on minimum of 3 people

Included in the package :

- IFMGA English speaking mountain guiding service
- lift access as per programme

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 including your mountaineering 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 and the itinerary can be adjusted, according to your specific expectations.

**Prices 2023 :**

2 people : 965€ per person

3 people : 685€ per person

4 people : 540€ per person

Included in the package:

- IFMGA English speaking mountain guiding service
- lift access as per programme

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 including your mountaineering shoes

## FURTHER INFORMATION

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

**Rendez-vous :** Meet at 8.30am at the Chamonix Guides Company: 190 place de l'église, on Day 1.

**Ability :** 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.

**Physical level :** For people who regularly exercise/take part in sports. Six to seven hours of exercise per day.

**Technical level :** No mountaineering experience necessary.

**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 :** During the course : No accommodation included.

Before & after : 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 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.

Weather conditions can be extremely variable. 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.

### Equipment

- 30-litre backpack,
- Mountaineering boots, *rentable*
- Climbing shoes, *rentable*
- Gaiters, if needed for your trousers,
- Telescopic trekking poles, *rentable*
- Crampons with anti-balling plates; helmet, harness and straight ice axe, *rentable*
- Bring the technical equipment you have (belay device, carabiners, slings...)

### Clothing

- Warm hat that can be worn under a helmet,
- Sun hat or cap,
- Neck protection such as a 'Buff',
- 'Micro-fibre' style long-sleeve base layer,
- Fleece,
- 'Gore Tex' style shell jacket with hood, *rentable*
- Down jacket,
- Base layer leggings,
- Durable summer mountaineering trousers (not ski trousers),
- 'Gore Tex' style over-trousers, *rentable*
- Warm specialist walking socks,
- Lightweight specialist walking socks,
- Ski gloves or good quality mitts,
- Leather or fleece gloves.

### Accessories

- Category 4 sunglasses,
- Water bottle (minimum 1.5l) and thermos bottle,
- Personalised first aid kit with a minimum of: sun cream, lip balm, cotton buds, blister kit, antisickness medication
- Watertight bag to contain your ID/passport and Euros.

**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](#)