



# Compagnie des Guides de Chamonix

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## MOUNTAINEERING - MOUNTAINEERING SAFETY COURSE

Duration: 4 days

Level: ▲▲▲▲▲

Price from: 760 €

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 3 days to learn the basic techniques](#)
- [Beginner mountaineering course 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](#)

The mountaineering safety course focuses on safety in the mountains. You learn how to manage your safety while perfecting 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. Each new safety technique encountered is explained and demonstrated on the ground, to ensure you can perform them correctly when lead climbing by your own without a guide. The night in a hut is an opportunity to enjoy the ambiance of the surroundings and discussions with fellow participants and guides.

### The objectives of the mountaineering safety course:

- Mastery of safety basics when moving over glaciers: roping and crevasse rescue.
- Mastery of safety basics when moving over rocky terrains: roping, pitons, nuts & stoppers
- Advanced rope-handling skills: rappel and belaying in all kinds of terrain.

This course is the logical continuation of the beginner mountaineering courses and is aimed at those wishing to acquire essential safety skills for unguided summer mountaineering trips.

## ITINERARY

### Day 1 : Climbing school. Night in the valley

Full day dedicated to the rock climbing safety techniques : roping, belaying, rappelling, use of anchors.

### Day 2 : Day route in the Mont-Blanc Massif. Night in the Valley

Implementation of the preceding day introduced techniques. Examples of routes include the Frêtes des Charmoz (2500m), Dent de Fenestral ( 2 578m).

### Day 3 : Security on glacier : night in the Cosmiques hut (3 163m).

Starting from the Aiguille du Midi for a full day dedicated to the security on glacier. Presentation of the techniques, then implementation: a simulation of a fall in a full-size crevasse.

### Day 4 : Route starting from the Cosmiques hut.

Implementation of the all introduced techniques. Examples of routes include the Arête des Cosmiques (3842m), Pointes Lachenal (3613m).

*This program 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:** 805€ per person based on minimum of 3 participants.

**Included in the package :**

- IFMGA English speaking mountain guiding service,
- One half-board to the Cosmiques hut (dinner, breakfast and night),
- Lift access as per programme.

**Not included in the package :**

- 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 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 2022 :**

2 persons : 1295€ per person

3 persons : 940€ per person

4 persons : 760€ per person

**Included in the package :**

- IFMGA English speaking mountain guiding service,
- One half-board to the Cosmiques hut (dinner, breakfast and night),
- Lift access as per programme.

**Not included in the package :**

- 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).

**Meeting point :** Meet at 8.30am at the Chamonix Guides Company: 190 place de l'église.

**Ability level :** For people who regularly exercise/take part in sports. Six to seven hours of exercise per day. You have previous mountaineering experience and want to become autonomous.

**Pre-requirements for the "mountaineering safety course":**

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

**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** : One Half-board in hut on Day 3 (Dinner, breakfast & night).

**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 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

- 35-litre backpack,
- Climbing shoes, *rentable*
- Mountaineering boots, *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, slings, ice screws, carabiners...)

### 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
- Change of clothes at your discretion

### Accessories

- Category 4 sunglasses
- Headtorch plus spare batteries
- Sheet sleeping bag
- 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](#)