



Compagnie des Guides de Chamonix

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ALPINISM - AUTONOMY COURSE - LEVEL 2

Duration: 4 days

Level: ▲▲▲▲▲

Price from: 680 €

The Compagnie des Guides de Chamonix offers a range of courses to help you progress from your first steps in mountaineering up to total self-sufficiency on routes.

The 'autonomy-prepa' mountaineering course is the final level of training. It is the logical continuation of the 'autonomy security' mountaineering course and is aimed at those looking to climb independently and unguided. Participants move together as small self-sufficient rope teams (maximum three or four people) while under the supervision of a guide. This course covers everything needs to be addressed when climbing at altitude: choice of route according to conditions, preparing for your route, and safe progression when climbing.

Having completed two day-routes, you and your guide choose a two-day route including a night in a hut.

Aims of 'autonomy-prepa' mountaineering course:

- Self-sufficiency when preparing for a climb.
- Safe progression when climbing unguided.

ITINERARY

You made a programme day by day according with your guide, depending on mountain conditions & your specific requirement.

Day 1 and Day 2: Day routes in the Mont Blanc Massif

Example of route : the South bridge of Chapelle de la Glière (2836m).

Crossing of the Pointe de Bayère (3010m).

Day 3 and Day 4: Courses with a night in hut.

Example of route : Arête de la Table de Roc to the Aiguille du Tour (3 542m).

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 2020:

June : 08 to 11 - 22 to 25

July : 06 to 09 - 20 to 23

August : 03 to 06 - 17 to 20

September : 31 to 03

Price 2020: 750€ per person based on minimum of 3 participants.

Included in the package :

- IFMGA English speaking mountain guiding service,
- One half-board in 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

Rendez-vous : 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. A mountaineering experience is necessary and the desire to become autonomous. Ideally you have done the "Autonomy - security course".

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 offering both of these types of cover 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: from 20°C on the approach route to the hut, to -15°C on the summit (like a cold winter's day in a ski resort).

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
- High-altitude mountaineering boots that are not too tight
- Gaiters, if needed for your trousers
- Telescopic trekking poles
- Crampons with anti-balling plates; helmet, harness and straight ice axe
- Bring the technical equipment you have (figure of eight, locking 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
- Down jacket
- Base layer leggings
- Durable summer mountaineering trousers (not ski trousers)
- 'Gore Tex' style over-trousers
- 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
- Ski goggles
- 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

Partners : You can rent your equipment with our rental shops partners and benefit from special price [Sanglard Sports & Ravanel & Co](#)

A 10€ discount voucher coming from the shop [Au Vieux Campeur](#) will be given to the first 500 clients from the 'Cie des Guides' (voucher to be collected at our office). Closest shop 'Au Vieux Campeur' : Sallanches.

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 2020 :

2 persons : 1145€ per person

3 persons : 835€ per person

4 persons : 680€ per person

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