



Compagnie des Guides de Chamonix

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ROCK CLIMBING - TRAD CLIMBING BASICS COURSE

Duration: 2 days

Level: ▲▲▲▲▲

Price from: 310 €

The Compagnie des Guides de Chamonix has developed a set of mountaineering courses which are the next step up from the [day climbing activities](#):

- [Rock climbing course to learn all the climbing techniques for bolted multi-pitch routes](#)
- Trad climbing basics course to learn the techniques for crack climbing

The Mont Blanc massif is renowned worldwide for the quality of its climbing routes. Up until the end of the 1970's, belaying was achieved on these routes using pitons, which at the time were the only means available in Europe. Highly efficient, they nevertheless involved restrictive logistics (weight, type, hammer, etc.). The rise of free climbing has gradually generalized the use of natural protections such as stoppers, nuts and in particular, the use of cams particularly well suited to cracks. Relatively light, and easily placed or removed, they had the advantage of not hampering the movement of the climb. Cams are the most commonly used material today. You will climb in small groups of three or four maximum, under the direct supervision of a guide, which is your guarantee of high-quality personalised advice.

This trad climbing basics course will familiarize you with climbing in the non-boltes routes that requires the use of this removable equipment. It will allow you to learn the basic techniques and use the cams safely.

The objectives of the Trad climbing basics course :

- Initiation in the use of the protection material : nuts, stoppers, cams
- Learning the typical gesture of climbing in cracks.
- Autonomy in the field and the adventure of leading on level 4/5 pitches.

On the program: a pedagogy dedicated to learning Trad-climbing. This course is for people with previous experience in multi pitch routes, Ability to climb French grade 5c minimum.

ITINERARY

Day 1: Vallorcine crag site

The best crag site for an introductory session. Already bolted, cams can still be used for a safe discovery of the basics.

Day 2: Brévent foothills

The time has come to put what you have learned over the previous day to the test! Trad-climbing in the foothills of Brévent. Wide choice of routes depending on the specific expectations of group members.

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 : 320€ per person based on minimum 3 people

Included in the package :

- IFMGA English speaking mountain guiding service
- lift access as per programme
- if necessary, the specific climbing gear

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

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 (depending on the availability of the huts) and the itinerary can be adjusted, according to your specific expectations.

Prices 2023 :

2 people : 590€ per person

3 people : 405€ per person

4 people : 310€ per person

Included in the package :

- IFMGA English speaking mountain guiding service
- lift access as per programme
- if necessary, the specific climbing gear

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

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 8.00am at the Chamonix Guides office, 190 place de l'église.

Ability level : 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.

Experience in multi pitch climb necessary, ability to climb French grade 5c minimum. 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 : No accommodation included.

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.

Preparation for the trip : The day before, 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. 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.

Technical equipment

- Light hiking shoes
- Comfortable rock-climbing shoes, magnesia, harness, helmet
- Belay device, slings, self-locking device for rappelling, screws carabineers
- Bring the extra technical gear you have (quickdraws, rope, cams...)
- Light bag pack

Clothing

- Waterproof and windproof, non-insulated parka with hood (Gore-tex or equivalent)
- Windproof, non-insulated pant
- 1 short (depending on conditions)
- Thick polar-pile fleece jacket or equivalent
- 1 long-sleeve shirt

Accessories

- High-altitude sunglasses (grade 3 is recommended),
- 1.0 or 1.5 quart water bottle (insulate if possible),
- Sun block for face and lips,
- 1 pocketknife,
- 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](#)