



Compagnie des Guides de Chamonix

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MOUNTAINEERING - SAFETY COURSE - LEVEL 1

Duration: 4 days

Level: ▲▲▲▲▲

Price from: 840 €

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

Our mountaineering safety course - level 1 focuses on the basics of safety in the mountains. Through several climbs in the Mont Blanc Massif, you will learn to manage your safety, while developing your skills in snow and rocky terrain. You will progress in small groups of 3 or 4 people maximum in autonomous rope parties under the supervision of your guide. This programme offers a progressive approach and focuses on learning techniques. It ends with an excursion including one night in a mountain hut, where you will share a privileged moment of exchange, while enjoying the familiar atmosphere.

Objectives of the mountaineering safety course - Level 1

- Safety basics on rocky terrain: roping and belaying techniques
- Safety basics on snow terrain: roping and crevasse rescue
- Introduction to the use of ice screws and cams

This programme is the logical continuation of our Beginner Mountaineering programmes. It is perfect for people willing to acquire safety basics and improve their skills in snow and rocky terrain.

ITINERARY

Day 1 : Rock climbing in the valley. Night in the valley

Get to know your guide and learn basic rock climbing techniques. Belaying of the leader, setting up a safe top rope. Climbing with fixed anchors: setting up a belay, abseiling

Day 2 : Argentière Glacier. Night in the Valley

Review of mountaineering basic techniques: crampons and ice axe. Basics of crevasse rescue: sheaving with ice screws and pulleys. Roping up on glacier and ice climbing.

Day 3 : Multi-pitch climbing and night at Albert 1er mountain hut

Climb an equipped multi-pitch route, abseil on the way down.

Walk up to Albert 1er mountain hut (2 702m), night at the hut.

Elevation gain: 500m

Day 4 : Route from Albert 1er mountain hut

Route in the Glacier Basin of le Tour, focusing on techniques on glacier. Return to the valley in the middle of the afternoon.

Exemples of possible routes: Petite Fourche (3 520m), Tête Blanche (3 429m).

Elevation gain: 800m / Elevation loss: 1300m

Your guide could modify the itinerary according to weather conditions or technical level of participants.

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 : 850€ per person based on minimum of 3 participants

Included in the package :

- IFMGA English speaking mountain guiding service
- one half-board (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 guiding 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: 1440€ per person

3 people: 1040€ per person

4 people: 840€ per person

Included in the package :

- IFMGA English speaking mountain guiding service
- one half-board (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 - Level 1

- I have already walked on glacier with crampons and I know how to use a basic ice axe
- I have already done climbing (indoor or outside) and I know how to make a figure of eight knot and how to use a belay device

Guiding policy : 3 to 4 people. The Compagnie des Guides de Chamonix's guiding policy 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 (rope, 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](#)