



Compagnie des Guides de Chamonix

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MOUNTAINEERING - SAFETY COURSE - LEVEL 2

Duration: 4 days

Level: ▲▲▲▲▲

Price from: 845 €

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 2 focuses on advanced safety techniques. Its main objective is to teach the art of moving together: travelling or climbing safely at once. You will progress in small groups of 3 or 4 people maximum in autonomous rope parties under the supervision of your guide. During this programme, you will face the reality of the mountains, in order to manage your own rock, snow or mixed climbs. The night in a mountain hut will allow you to enjoy the unique atmosphere of an evening at the heart of the Mont Blanc Massif and share a privileged moment of exchange.

Objectives of the mountaineering safety course - Level 2

- Perfect knowledge of safety basics on rocky terrain: roping and belaying techniques
- Perfect knowledge of safety basics on snow terrain: roping and crevasse rescue techniques
- Travelling and climbing at once on rocky, snow and mixed terrain: shortening the rope and belaying techniques
- Use of ice screws and cams

This programme is the logical continuation of our mountaineering safety course - Level 1. It is perfect for people who have already acquired the safety basics and want to learn advanced techniques.

ITINERARY

Day 1 : Multi-pitch climbing. Night in the valley

Get to know your guide. Review of safety basics on rocky terrain and multi-pitch climbing.

Day 2 : Ridge climb. Night in the valley

Basics of moving together in rocky terrain: shortening the rope, belaying, setting up a belay.

Exemples of possible routes: Frêtes des Charmoz (2 500m), Dent de Fenestral (2 578m), Traversée des Crochues (2 837m)

Day 3 : Mixed climb, night at the Cosmiques mountain hut

Review of safety basics on glacier. Basics of moving together on glacier and mixed terrain: shortening the rope, belaying, setting up a belay.

Exemples of possible routes : Arête à Laurence (3 613m), Pointes Lachenal (3 613m)

Day 4 : Route on mixed terrain, starting from the Cosmiques mountain hut

Basics of moving together on glacier and mixed terrain: shortening the rope, belaying, setting up a belay.

Exemples of possible routes : Arête nord du Petit Flambeau (3 440m), Arête des Cosmiques (3 842m), Pointes Lachenal (3 613m).

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 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 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 : 1455€ per person

3 people : 1050€ per person

4 people : 845€ 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. Ideally you have done the mountaineering safety course - Level 1.

Pre-requirements for the mountaineering safety course - Level 2

- I have already climbed French mountaineering grade "Peu difficile" routes and I know crevasse rescue basics
- I have already climb French grade 4 multi-pitch routes

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](#)