

Eiger 6 Day Course

Welcome Meeting in Chamonix

The course starts with an evening meeting with your guide at the office. The guide will go through the plan for the week and answer any questions you may have. You should bring your equipment (rental and/or personal) to the meeting, for your guide to check that you have everything you will need for the course.

Day 1 - Ice Axe, Crampons & Rope Skills

The morning will be spent refreshing and improving your glacier travel techniques and rope work skills on the Mer de Glace glacier. We will also teach you the crevasse rescue skills which are essential for safe travel on glaciers. We will then hike up to the Couvercle hut, where we will spend the afternoon refreshing your rock climbing skills. There are very nice rock routes of all difficulties around the hut. We spend our first night in the Couvercle hut.

Day 2 - Aiguille du Moine (3412m)

Today is an early start to climb the Aiguille du Moine via the normal route. A magnificent mountain, great climb and long day! We descend back to Chamonix after the climb and spend the night there.

Day 3 - Climbing on the Vallée Blanche (3600m)

Today is a relatively easy day with one of the classic high altitude climbs, the Arete des Cosmiques. This is a spectacular ridge climb with mixed terrain of a friendly grade (4a, 4c crux move). Perfect terrain to dust off your mixed skills.

Day 4 - Aiguille du Peigne (3192m)

The normal route on the Aiguille du Peigne is 500m long, but a relatively easy and fast climb (4b max). It will give you a good idea of what to expect on the Eiger climb: a quick simul-climb up and down the mountain, while being protected by your guide on a 'short rope'.

Day 5 - Drive to Grindelwald and Hike Up to Mittellegihutte (3355m)

The training is over and you are ready for the Eiger climb. You will drive with your guide to Grindelwald and hike up to the Mittellegihütte for the night. The hike is over rocky and glaciated terrain and will take about 2.5h.

Day 6 - Ascent of the Eiger (3970m)

Today is the big day! We usually do our ascents via the Mittellegi ridge which is the most spectacular. The climb is 615m over a rock and mixed terrain of up to 5b. If the conditions are not good for the ridge, we will choose another itinerary, such as the classic South Ridge (AD or III). These itineraries are not technically very difficult, but they involve a full day of scrambling over tricky terrain where you have to stay well focused.

After we've summited we will drive back to Chamonix, where the course will finish over a well-deserved glass of beer.