

## WINTER MOUNTAINEERING COURSE

Please note that the itinerary proposed below is an example of what can be done in ideal conditions. Your guide will check with you every day and decide on the best routes to climb, depending on the conditions, weather and the abilities of the group overall.

### Arrival Day

You will meet with your guide and the group the evening before the course. The purpose of this meeting is for you to ask any questions you may have regarding the course and to verify that you have all the equipment required.

Day 1 : Climbing a snow and ice gully next to the Argentière glacier. A little refresher of your skills and techniques while climbing a multi-pitch route.

Day 2 : Ice Climbing in Cogne, Italy; a great day to improve your anchoring techniques, your body position while climbing steep sections, make sure you know how to remove the protection pieces and keep yourself safe on belays and abseiling.

Day 3 : Ice climbing in Montriond, France. Today we will climb a long multi-pitch ice route.

Day 4 : You will take the lift up to the top of Aiguille du Midi for two days of climbing. The Goulotte de la Passerelle ice gully, situated north west of Aiguille du Midi and a night in the Cosmiques hut.

Day 5 : Climb Modica Noury, a beautiful icy gully up on the east face of Mont-Blanc du Tacul.