

WINTER ALPINE COURSE

This itinerary is an example of what could be achieved with good weather and the right conditions. It will be adapted by your guide to suit conditions and the group.

Arrival Day

The group will meet at the guide office the evening before the course begins. Your guide will want to check your equipment and discuss the conditions and plan for the week.

Day 1 : Crevasse Rescue & Glacier Travel

A lot of mountaineering, especially in the Alps, involves crossing glaciated terrain where there is the inherent danger of crevasses and seracs. Today your guide will want to introduce and refresh the technical skills you need to keep safe in Alpine terrain.

Day 2 : Petite Aiguille Verte (3512m)

For the next two days you have a maximum of 3 participants per guide. Today you will take the lift to Grand Montets (3450m). One of the classic routes here is the Petite Aiguille Verte. This is a mixed route which is normally done by the NW Ridge and ideal for learning on.

Day 3 : Ice Climbing Frozen Waterfalls

Today will be your introduction to technical ice climbing. Depending on where the conditions are best you will stay within the Chamonix Valley in Argentière or drive across the border to Trient in Switzerland. Both places have some very nice and fairly easy ice climbing routes to start on.

Day 4 : Aiguille du Midi Cosmiques Arête

For these last two days you will have a maximum of 2 participants per guide. You will take the cable car up to the Aiguille du Midi. There are many great routes accessible from here. Your guide will choose a suitable route for you to do some leading on.

Day 5 : Cogne Ice Fall Climbing

The goal today is to climb more ice. To do this you will drive through the Mont Blanc tunnel to Italy to the village of Cogne, which is a paradise for ice climbers. There are approximately one hundred routes to choose from!

The course will end with a coffee and debriefing back at the office.