



Compagnie des Guides de Chamonix

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ICE CLIMBING - BEGINNER ICE CLIMBING COURSE

Duration: 2

Level: ▲▲▲▲▲

Price from: 370 €

Ice climbing is often perceived as a very physical activity, in short, inaccessible. Try the experience, thanks to our beginners ice climbing course, and you will find that this is far from the case and is actually rather fun. The Chamonix Valley has two crag sites that are perfectly suited to discover this activity in complete security. The approaches on foot are short and the waterfalls are numerous and varied. At the heart of the Chamonix valley, you will progress at the Crémérie in Argentière and the Cascade de Bérard in Vallorcine. Thanks to our partnership with [Grivel](#), all technical equipment (with the exception of high mountain boots) is provided: ice axes, crampons, helmet and harness. On the program: conviviality and good humour, with crampons on your feet and an ice axe in your hand you will discover this magical crystalline universe. Depending on your availability, we also offer [single-day introduction to ice climbing](#).

The educational objectives of the beginners ice climbing course

- Learn about the equipment and the basic skills of ice climbing
- Learn belay techniques
- Learn to be autonomous on top rope, climbing French grad 3-4.
- Initiation to lead climbing on ice

ITINERARY

Day 1

We take the road to Vallorcine and reach by foot (20 ') the site of Berard. The Bérard icefall crag site is entirely man-made. It was developed by [members of the Compagnie des Guides de Chamonix](#), helped by a collective. They set up a system of heated pipes to provide reliable water supply. Every evening the sprinklers are turned on so that the ice forms. Only one parameter remains uncontrollable: the temperature! Fortunately, thanks to its inertia, once formed, the ice at the Bérard site is resistant, to a certain extent, to periods of warmth. Top-roping climbing and initiation to lead climbing. Return to Chamonix in the middle of the afternoon. You spend the night in an inn.

Day 2

Meeting point at Chamonix. We take the road to Les Grands Montets (Argentière), where we leave by foot (30 ') for the Crémérie, which is ideal for discovering.

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 : See below for the group booking module

Price 2024 : 405€ per person based on minimum of 3 participants

Included in the package :

- IFMGA English speaking mountain guiding service
- one half-board in inn in dormitory or shared rooms (dinner, breakfast and night)
- rental of gear (crampons, ice axes, helmet, harness)

Not included in the package :

- transportation
- 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 booking 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 (depending on the availability of the huts) and the itinerary can be adjusted, according to your specific expectations.

Prices 2024 :

- 2 people : 665€ per person
- 3 people : 470€ per person
- 4 people : 370€ per person

Included in the package :

- IFMGA English speaking mountain guiding service
- one half-board in inn in dormitory or shared rooms (dinner, breakfast and night)
- rental of gear (crampons, ice axes, helmet, harness)

Not included in the package :

- transportation
- 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. To prepare your trip effectively, refer to the [guides' tips](#). They share their expertise and recommendations, ensuring you have a great experience.

Meeting point : Meet at 08:00 am at the Chamonix Guides office. 190 place de l'église

Physical level : For people who regularly exercise/take part in sports.

Technical level : No ice climbing or climbing experience is required.

Guiding policy : 3 to 4 people. The Compagnie des Guides de Chamonix's guiding policy is one of the strictest in the mountain guiding business. It guarantees the most balanced groups as possible as well as high-quality personalised advice.

Accommodation : During the trip: half-board in inn (dinner, night & breakfast).

Before & after the trip: We have some hotel partners in Chamonix with special prices for our customers.

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 to pay particular attention to the choice of your equipment. It contributes greatly to the success of your stay. Weight is decisive: you always have to evaluate the ratio weight/comfort, to find the best compromise. In a general way, it is better to pile up several light coats rather than wear one big clothing.

Equipment

- Comfortable frameless rucksack (about 35-40 litres)
- Hiking boots to use semi-rapid crampons
- A pair of gaiters if your pant is not equipped
- A pair of crampons, helmet, harness & Ice-Axe - ***lended***

Clothing

- Waterproof and windproof, non-insulated parka with hood (Gore-tex or equivalent)
- Waterproof and windproof, non-insulated pants
- Thick polar-pile fleece jacket or equivalent
- 1 long-sleeve shirt
- Medium weight thermal underwear (top + bottoms, silk or polypro, double as pyjamas)
- Warm socks
- Warm ski hat and light sun hat with brim
- Warm ski gloves or mittens
- A pair of adjusted gloves allowing you to easily handle material
- Neck protection
- Spare thermal underwear (for sleeping and change), down vest, T-shirt (s)

Accessories

- High-altitude sunglasses (grade 4 is recommended)
- 1.0 or 1.5 quart water bottle (insulate if possible)
- Sun block for face and lips
- Aspirin, elastoplast, 2nd skin kit
- Camera

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](#)