



# Compagnie des Guides de Chamonix

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## MOUNTAINEERING - BEGINNER MOUNTAINEERING COURSE - 5 DAYS

Duration: 5

Level: ▲▲▲▲▲

Price from: 1 090 €

This 5-day beginner mountaineering course serves as the gateway to the world of mountaineering. It ensures a gradual initiation within the exceptional setting of the Chamonix Valley and the Mont-Blanc Massif. Over the course of five days, you'll have the opportunity to immerse yourself in the unique atmosphere of high mountains and glaciers, learn essential mountaineering techniques, and develop your skills as an alpine climber. This course follows the program of the [3-day beginner mountaineering course](#) but includes an additional night in a refuge to provide a more immersive experience in the world of mountaineering and high mountains. With a special ratio of 3 to 4 participants per guide, you can expect personalized guidance and a high degree of flexibility in choosing your routes.

This course is part of a series of mountaineering courses designed to accompany you from your first alpine adventures to lead climbing. Explore mountaineering with our [3-day](#) or [5-day](#) courses, and acquire safety techniques through our [level 1](#) and [level 2](#) safety courses, as well as our [lead climbing course](#). Additionally, our courses are available in winter with a focus on [mixed climbing](#) and [ice climbing](#).

### The objectives of the beginner mountaineering course

- Discovery of the high mountain environment.
- Mastery of basic mountaineering techniques: crampons, ice axe.
- Simple use of the rope: elementary knots, roping and basic belaying.
- Introduction to rock and snow routes.

## ITINERARY

### Day 1

#### Rock climbing basic skills

We leave Chamonix for the Gaillands climbing school. We learn the basic rock climbing techniques : roping, belaying, descending. Top rope or lead climbing depending on your abilities.

*Gear needed: climbing shoes, harness, helmet.*

### Day 2

#### Mountaineering basic skills

Discovery on the Mer de Glace or on the glacier d'Argentière of the basic mountaineering techniques and skills: use of crampons and ice axe, elementary knots, walking roped together, roping.

*Gear needed: mountaineering shoes, harness, helmet, crampons, ice axe.*

### Day 3

#### Day climb

The time has come to put what you have learned over the previous two days to the test! Your guide will choose a destination depending on the group's objectives and the conditions in the mountains on the day. Examples of day routes include the Pointe Lachenal (3613m) and the traverse of the Aiguilles Crochues (2840m).

*Gear needed: your guide will let you know the gear that you will need depending on the route.*

### Day 4

*Route from the Pointe Helbronner then overnight in the Torino hut*

### **Route from the Pointe Helbronner then overnight in the Torino hut**

You now find yourself plunged into the heart of the mountains! This area offers a wide choice of varied routes. The night in the Torino hut (3371m) is also an opportunity to get to know your guide better. Examples of routes from here include the Aiguilles Marbrées (3535m), and Petit Flambeau (3440m).

*Gear needed: mountaineering shoes, harness, helmet, crampons, ice axe.*

## **Day 5**

### **Route from the Torino hut**

Last day after a night spent above 3300m! Examples of routes from here include the Aiguilles Marbrées (3535m), and Petit Flambeau (3440m).

*Gear needed: mountaineering shoes, harness, helmet, crampons, ice axe.*

## **GROUP BOOKING**

Group booking 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 :** 1090€ per person, based on minimum 3 people

Included in the package :

- IFMGA English speaking mountain guiding service
- half-board to the Torino hut (dinner, breakfast and night)
- transfer go & back Day 4 & 5
- 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 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 : 1860€ per person

3 people : 1345€ per person

4 people : 1090€ per person

Included in the package :

- IFMGA English speaking mountain guiding service
- half-board to the Torino hut (dinner, breakfast and night)
- transfer go & back Day 4 & 5
- 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. 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 8.30am at the Chamonix Guides Company: 190 place de l'église

**Physical level** : For people who regularly exercise/take part in sports. Six to seven hours of exercise per day

**Technical level** : No mountaineering experience necessary

**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 4) includes  
For the other night, benefit from specials prices with our hotel partners in Chamonix.

**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 you 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.

### 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 (belay device, carabiners, slings...)

### 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](#)