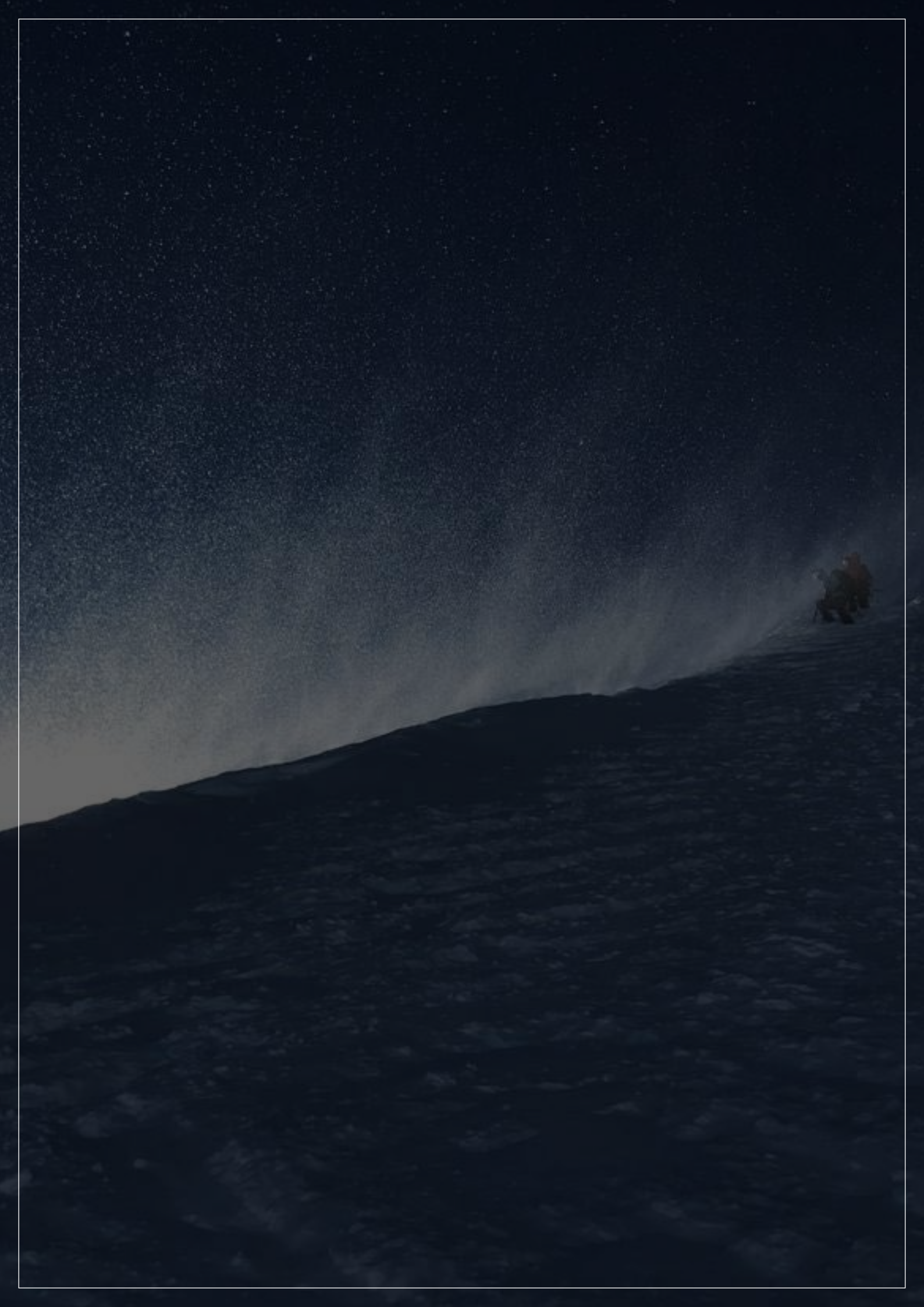




# EUROPE ASCENTS WEEK

**2023 TRIP NOTES**







# EUROPE ASCENTS WEEK NOTES

## 2023 TRIP DETAILS

**Dates:** Available on demand from May to October

**Duration:** 7 days

**Departure:** ex Chamonix, France or Lauterbrunnen, Switzerland

**Price:** €5,450 for 1:1 ratio ex Chamonix  
€3,180 each 1:2 ratio ex Chamonix  
€6,880 for 1:1 ratio ex Lauterbrunnen  
€4,100 each 1:2 ratio ex Lauterbrunnen

▲ Choose your climbing objectives on an Ascents Week. Photo: Olivier Baron

Whether you have a specific objective in mind, want to climb where conditions are best or simply escape from the crowds, the personalised guiding service on our Europe Ascents Week gives you the ultimate flexibility to decide!

You may already have an idea of the peaks you wish to climb or we can help formulate a plan in line with your experience and objectives. Whilst the focus is on climbing peaks, your guide will ensure that you have the necessary skill set for your planned climbing itinerary.

We offer a 1:1 and 1:2 guide to climber ratio. The more technical routes will be limited to a 1:1 ratio for safety reasons.

## OUR GUIDES

Adventure Consultants guides are BMG/NZMGA and/or IFMGA-UIAGM qualified mountain guides. They are professional mountaineers and operate to the highest industry standards. Being a technically proficient climber alone is not enough to work with us; our standards demand that trip leaders are great guides as well. You will find your guide

friendly, approachable and focused on providing a safe and enjoyable trip in line with your objectives and comfort level.

Success with the highest margin of care is always a hallmark of our approach; promoting the realisation that even extreme pursuits such as high altitude mountaineering can be undertaken safely.

Adventure Consultants only employs IFMGA qualified guides for European ascents and courses and this is the only certification that is recognised in the French Alps. In order to gain these qualifications, guides must undergo rigorous training and assessment on climbing skills, instructional skills avalanche training and assessment, wilderness first aid, rescue training and much more. The qualification takes many years to attain and ensures you are getting a world-class professional service.





▲ Explore the Alps from Switzerland or France. Photo: Erol Ahmed

## SAMPLE ITINERARY

The following is a sample outline for the Europe Ascents Week based out of Chamonix:

### DAY 0: ARRIVE IN CHAMONIX

Arrive in Chamonix, hotel night.

### DAY 1: ACCESS THE MOUNTAINS

We meet soon after breakfast, discuss and organise personal equipment and receive last minute gear advice. Rental equipment is fitted and final purchases made.

My goals and possible options for the week are discussed. I'm keen to try a mix of alpine rock and snow and ice climbs and my guide suggests a series of ascents that will enable me to warm up to my target grade of AD+/US5.7–US5.9 that I know I can follow comfortably. With this in mind, we decide to base ourselves at the Couvercle Refuge to start with. We finalise our packing and head to the nearby train station.

We catch the Montanvers train, some 900m/3,000ft above Chamonix, and hike to the refuge. The trail takes us over an exciting mix of ladder climbs and scrambling rock. The refuge is located above the Mer de Glace and allows us to approach nearby peaks that surround the Talèfre Basin.

The weather forecast looks promising for the next few days so we don our crampons and spend a couple of hours revising glacier and rope skills so that we can launch straight into a warm-up climb early tomorrow.

### DAY 2: WARM UP CLIMB

Up bright and early! We head out onto the Glacier des Courtes and weave our way through the crevasses towards our first objective, Pointe Isabella, at grade PD+/US5.7

There is another group heading towards the same climb, but with my guide leading the way, we soon pass them in our small and nimble group. We reach the moderately steep ridgeline and follow it across mixed terrain to the summit. We are rewarded with panoramic views from the dramatic jagged ridgeline.

It's then back to the hut for an early dinner and time for our guide to discuss the options for the following day.

### DAY 3: ASCENT

An early start sees us heading directly behind the hut to Aiguille du Moine for an exciting mixed alpine rock climb. Route finding is tricky, but our guide is familiar with the area and finds his way with ease, so we're soon roped up and ready to climb!

My experience with alpine rock is limited, so we tackle the easier South Face route, and the guide provides valuable tips and techniques as we go. We reach the summit in good time and descend via the same route with several exciting abseils.

Cloud increases as we descend and light rain starts to fall as we reach the hut. The day climbing alpine rock has been so much fun we make plans to do more!



▲Climb 'classic' routes or escape from the crowds. Photo: Marco Tamponi



▲Climb a variety of snow and ice routes. Photo: Jon Bracey



▲Focus on alpine rock. Photo: Christina Pogacean

## DAY 4: TRANSFER TO RIFUGIO DALMAZZI

We leave the hut early in misty rain and descend to Chamonix in time for a late lunch. The rain has eased and the weather looks set to clear later today, so we repack and head through the Mont Blanc tunnel to Courmayeur on the Italian side of the Alps. We carry on through a picturesque valley to Val Ferret where we park and start hiking to the Rifugio Dalmazzi, our base for the last couple of days.

It's an easy 2-hour climb to the hut, situated at the base of Monts Rouges de Triolet. The area is renowned for its alpine rock climbs and it's with eager anticipation that we settle into the hut and wait for the weather to clear.

## DAY 5: ASCENT

Keen to build on the rock skills from the last climb, we leave the hut early and head to the base of Monts Rouges de Triolet and climb Les Chamois Volants, a 5b/c (US5.9+) rock climb. The climb is a long multi-pitch route, some 700m/2,300ft, with a good amount of technical slab climbing. We reach the summit and traverse further along the ridge to descend another route via several long abseils.

## DAY 6: ASCENT

Our final climb for the week is the South East Ridge of Aiguille Savoie AD+/US5.9 (3,603m/11,821ft). We leave the hut early, scrambling across moraine to reach the Triolet Glacier. We traverse across the glacier and reach the bottom of the ridge in good time. We then take an hour to reach the crest of the ridge and climb a narrow chimney that takes us further up onto the final buttress that leads to the summit.

Another fine rock climb! We reach the summit just before lunch and stop to refuel before descending back to the hut and making our way back to Chamonix, tired but elated from an excellent week of climbing!

## DAY 7: TRIP ENDS

We enjoy a leisurely breakfast before heading home.





▲ Take your climbing to the next level. Photo: Oliver Baron

## CLIMBING SEASON

We guide on the high peaks all year round as conditions allow, although our main climbing season is from May through to the end of October. From May into early July, we can expect more snow and ice cover on the glaciers, making for easier access and better conditions on snow routes. As temperatures warm up into the full summer months of mid-July to mid-August, the conditions are optimum for the majority of guided climbs on the major peaks, although some mountains become cut off due to access difficulties from early August. Late summer is generally better for attempting major rock routes.

We also specialise in ice climbing through the winter months. Ice climbing conditions are especially good in February and March.

Our guides are also qualified and experienced ski guides, so enquire about combining ski touring with your course. Ski one day, climb the next!

## WEATHER

Europe has a continental climate which in general encourages more stable weather. Despite this, the weather in the high mountains can be changeable and at times very severe. It is possible that weather conditions may thwart our programme. However, due to our focus on the forecasts, we can often change our itinerary slightly to work around frontal weather systems.

## EQUIPMENT

Climbing in the European Alps requires high-quality clothing and equipment due to the extremes of weather encountered. Our focus is on having the essential clothing and equipment to keep you warm and comfortable while you climb. You will be sent an equipment checklist upon confirmation of your booking, which your guide will go through with you at the beginning of your trip. It is possible to rent technical equipment, but you must provide your own mountaineering clothing as per the equipment list. Actual equipment required may vary subject to seasonal weather and route conditions. Group equipment including ropes and technical hardware will be provided by your guide.

## COMMUNICATIONS & MESSAGES

Our guides are in cell phone communication with our operations base throughout the trip. This assists us with schedule and weather forecast updates, lift and accommodation co-ordination and safety backup. Your own mobile phone should work in the region, although you may wish to confirm with your service provider first.

## FITNESS & HEALTH

In your build-up to the trip, it would be appropriate to be rock climbing regularly as well as training on hills for overall fitness. Your training should aim to progress until you are able to hike on consecutive days for at least 8 hours whilst carrying a 10kg/22lb pack. Your guide will be attuned to your fitness levels and will regulate the pace accordingly; however, it is essential that you arrive physically prepared to succeed in the mountains.



▲ Climb with qualified, experienced guides. Photo: Olivier Baron

Our registration form requests that you advise us of any medical problems you may have and of any medication you may be taking. Any information you supply will be treated as confidential.

## FOOD

Adventure Consultants will provide breakfasts for the duration of the trip. You will be responsible for your own lunch and snacks each day, plus evening meals on the non-mountain nights in Chamonix or Lauterbrunnen. This allows you to experience the exciting culinary options available in these areas, as there are many restaurants and bars within close walking distance that provide a variety of foods to suit your tastes. Any additional food, beverages or meals you purchase that are not mentioned in the inclusions will be at your own expense.

You should bring a selection of your favourite snack food and hydration drinks to ensure you are fuelled by your preferred brands, as well as money for lunches and snacks whilst in the mountains. Actual amounts depend on your consumption but two per day in addition to your lunch would seem reasonable.

If you have any special dietary requirements, please advise us at the time of registration. If your dietary requirements are especially strict, you are advised to bring a sufficient supply of your required food types with you to ensure you are provided for.

## ACCOMMODATION

Hotel accommodation is provided on a twin share B&B basis whilst in Chamonix or Lauterbrunnen. Accommodation in the mountains is in alpine huts in shared bunk rooms or dormitory rooms. Blankets are provided and no sleeping bag will be required.

There is no single supplement (or private room) available in the mountain huts but we can arrange this for you in Chamonix or Lauterbrunnen. Please enquire about costs at the time of booking.

## TRAVEL

We commence our Europe Ascents Week from Chamonix in France or Lauterbrunnen in Switzerland.

### TRAVEL TO CHAMONIX

The closest international airport is in Geneva, just over the border in Switzerland. Regular shuttles operate between Geneva Airport and Chamonix, with the trip taking about 1½ hours. Your shuttle driver will drop you at your accommodation. At the completion of the course, the shuttle can take you from your hotel back to the airport. The shuttle transfers are at your own cost, but we can help arrange them for you.

### TRAVEL TO LAUTERBRUNNEN

The closest international airport is in Zürich. Regular taxi shuttles and trains operate through to Zermatt and the trip takes about 2½ hours. Shuttle transfers and train tickets are at your own cost but we can help arrange this for you.

## INSURANCE

We strongly recommend taking out Trip Cancellation insurance and Travel Insurance, as well as Medical and Rescue Insurance, to protect yourself in the event of injury or mishap prior to or during your trip.

While our focus is on safety and our track record supports this, the mountains do have hazards and there is the potential for mishap. If you were injured whilst on the trip, there is a very efficient rescue service nearby.



▲ Discover the panoramic scenery of the European Alps. Photo: Olivier Baron

## PRICE

### CHAMONIX PRICE

The price for our 7-day Europe Ascents Week ex Chamonix, France is:

€5,450 for 1:1 guide to climber ratio  
€3,180 each for 1:2 guide to climber ratio.

### LAUTERBRUNNEN PRICE

The price for our 7-day Europe Ascents Week ex Lauterbrunnen, Switzerland is:

€6,880 for 1:1 guide to climber ratio  
€4,100 each for 1:2 guide to climber ratio.

**NOTE:** All prices are subject to change without notice.

The price includes:

- Qualified mountain guide
- Group technical equipment
- Lift passes as per the scheduled itinerary
- Hut accommodation as per the scheduled itinerary
- Hotel accommodation on a B&B basis during trip dates as specified on the schedule, including first/last night of your trip
- Local ground transport as per the scheduled itinerary
- Breakfast & dinner during mountain component of course/trip

The price of your trip does not include:

- Any lift, hut, hotel or transport costs additional to the programme due to weather or logistics (any changes will be actioned only after you have been consulted by your guide)

- Personal mountaineering clothing and equipment as per lists supplied
- Evening meals during hotel nights in town
- Lunches during the climbing days
- Additional meals or snacks/drinks purchased from huts/hotels
- Insurance
- Transport to and from trip departure location (although we can arrange it for you)
- Gratuity

## PAYMENT DETAILS

All payments should be made by bank transfer to the following Euro bank account:

Bank of New Zealand  
Offshore Branch  
42 Willis Street  
Spark Central  
Wellington, New Zealand  
For the account of Adventure Consultants Limited

**Account Number:** 1000-594771-0002

**Account Type:** Euros

**Swift Address:** BKNZNZ22

**NOTE:** All bank transfer charges are for the remitter's account.

We can also accept your deposit and balance payment by credit card (Visa, Mastercard and Amex), plus a 3% transaction fee.

## DEPOSIT

To confirm a place on one of our Europe Ascents Week, we require a completed registration form and a deposit of €500 per person.





Available as a 1:1 or 1:2 guide to climber ratio. Photo: Olivier Baron

## BALANCE

The balance payment is due 60 days prior to the course start date.

## CANCELLATION & REFUND POLICY

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 60 days prior to your trip commencement date. A climber may then cancel their participation on the following basis:

- Cancellations outside of 60 days will result in the loss of the trip deposit
- For cancellations made within 60 days of the trip commencement date we reserve the right to retain 50% of the full fee
- For cancellations made within 30 days of the trip commencement date we reserve the right to retain 75% of the full fee.
- For cancellations within 15 days of the departure date a cancellation fee of 100% of the full fee applies.

We recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

## HOW TO JOIN THIS TRIP

If you would like to join one of our Europe Ascents Weeks, please complete our online booking form and forward your deposit payment at <https://www.adventureconsultants.com/expeditions/european-ascents/europe-ascents-week/book-now>.

## CONTACT US

For further information contact us at:

Adventure Consultants Ltd  
PO Box 739  
Lake Wanaka 9343  
New Zealand

**Phone:** +64 3 443 8711

**Email:** [info@adventure.co.nz](mailto:info@adventure.co.nz)

**Web:** [www.adventureconsultants.com](http://www.adventureconsultants.com)



High above the clouds in the European Alps. Photo: Cosmin Andron



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

