



European Alps Europe Pre-Course and Acclimatisation Program

2 days / 2 nights

Course Notes

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Summary of the Course

Ascents of the high peaks in the European Alps are significant objectives that require fitness, acclimatisation and stamina - and in some cases - more than a modicum of technical prowess.

For any climber not already acclimatised, the challenges of these ascents can be greatly alleviated by spending just a bit more time climbing at altitude prior to your trip start date.

For this reason, you can schedule a two-day acclimatisation and re-familiarisation program that takes you on day climbs to high elevations on peaks that are easily accessible from Chamonix to kick-start your acclimatisation and get you out climbing before the main program begins.

You can use this option to extend, by 2 days, your 1:1 guided ascents or Private Instruction Course to give you a longer duration program for better results.

For the best outcomes, some climbers utilise this 'pre-course' option to extend their mountain time and give themselves more flexibility with weather contingency during the follow-on ascent or course.



The advantage you gain when you enhance your acclimatisation before embarking on one of the higher peaks in the Alps will be palpable. You will gain more opportunity to really enjoy your climb once your body has fully adjusted to the higher elevations.

Add to that, the benefit you get in this part of the program, as you utilise the time to get 'back on your feet' with your climbing and you will be fully sorted for the upcoming ascent. Your guide will be happy to work with you during this time to work on specific techniques or ascents of lower alpine routes.

What is covered on the Pre-Course?

- Use this course to get you 'back on your feet' prior to the ascent or course you are joining
 - Use this as extra weather days for one of our 5 day / 6 night programs
 - Gain valuable acclimatisation to enable you to better enjoy the upcoming ascent or course
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Typical Course Program

Day 0.

Arrive into Chamonix. Meet the guide around 6:30pm in your hotel for a briefing. Your guide will discuss options with you and together you will lock down on a suitable program for you. Hotel night.

Day 1.

After organising last minute kit hire, you will take a lift into the high alpine regions for the day to climb peaks, work on technique and all the time promote acclimatisation. This is a good time and place to sort out minor problems with equipment or technique before venturing into the larger mountain setting. Typical ascents would be Aiguille de l'Index, Petite Verte, or similar.

Descend to the valley. Hotel night.

Day 2.

You will again ascend one of the many lifts and potentially climb a peak or focus on technique. Typical areas we may visit would be accessed by the Aiguille du Midi or Helbronner lifts. Whatever the activity these two days will greatly enhance your adaptation to altitude. If you are going on to make a 1:1 ascent during the upcoming week you may move to a mountain hut the following night. This will accelerate your program and give you more time to achieve the ascent and then focus on other peaks or technical skills depending on your desire.

On this night you return to Chamonix for day 0 of your planned Ascent or Course program. Hotel night.

Please note: itinerary may change if conditions are more suitable in another region or factors such as weather or lift service precludes access into this region. In some cases this may be an additional expense to you.

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 with good people skills 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 and Swiss 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.

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 coordination and safety back up. Your own mobile phone should work in the region though you may want to check with your own service provider first. Local mobile phones can be rented at the international airports.

Climbing Season

We operate in the Alps mid June to mid September and other times as conditions allow. In June and early July we can expect more snow cover on the routes, and as temperatures warm up into the summer months from mid July we traditionally experience more settled weather and warmer temperatures.

Weather

Europe has a continental climate which in general encourages more stable weather. However, the weather in the high mountains can be changeable and at times very severe. It is possible weather conditions may thwart our program. However, due to the proximity of the climbing venues and 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 you have high quality clothing and equipment due to the extremes of weather conditions. Our focus is on having the essential clothing and equipment to keep you warm and comfortable during the climb.

You will be sent an equipment checklist on confirmation of your booking. Your Guide will go through an equipment checklist with you at the beginning of your trip. You can rent technical equipment for the course but you must provide your own clothing appropriate to mountaineering as per the equipment list. Actual equipment taken may vary subject to seasonal weather and route conditions. Group equipment including ropes and technical hardware (ice screws, rock rack) will be provided by your Guide and is included in the course fee.

Fitness and health

To make the most of your climbing experience we encourage you to work on your fitness prior to the trip. You will find that training on hills with a +10kg pack on is the best preparation for the mountains, with the aim of building your endurance. Your guide will be attuned to your fitness levels and will regulate the pace accordingly.

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

Food

Adventure Consultants will provide breakfasts and lunches for the duration of the course. Should you decide to take a restaurant lunch that is not in the program that will be at your own expense. You will be responsible for your own evening meals on the nights in Chamonix when you are staying in a hotel. This allows you to experience the exciting culinary options available in Chamonix 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.

We provide nutritious meals and a supply of snack food throughout the trip according to the program. It is a good idea to bring a small selection of your favourite snack food and hydration drinks with you to ensure you are fueled by your preferred brands. Actual amounts depend on your consumption but 2 per day in addition to the lunches we provide 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.

Insurance

We strongly recommend that you take out trip cancellation insurance and personal travel insurance to protect yourself in case of injury or mishap prior to/ or whilst on our trips.

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. Be sure to arrange a travel insurance policy which covers mountaineering – we can help you with advice on this.

Travel to / from Chamonix

We commence our Europe Pre Course and Acclimatisation Program from Chamonix in France. The closest international airport is at Geneva, just over the border in Switzerland. Regular shuttles operate up to Chamonix and the trip takes about 1.5 hours. Your shuttle driver will drop you at our accommodation that is included in your course cost. At the completion of the course the shuttle can take you back to the airport. The shuttle transfers are at your own cost but we can help arrange this for you.

Accommodation

Accommodation is provided on a twin share B&B basis from the evening of your arrival on day 0 and includes the night of day 1. The night of day 2 will be included as part of your upcoming Ascent or Course program (it will be day 0 of that program).

A single supplement is available at additional cost for the hotel nights during the course. Please enquire about costs at time of enquiry. We can also provide options for upgrading to four or five star Hotel accommodation in Chamonix.

Chamonix Europe Pre Course and Acclimatisation Program - Dates 2012

Duration: 1 travel day, 2 days instruction

Ratio: 1:1 or 1:2

Dates: Arrival 3 days prior to Ascent/Course start date

The Cost of the 'Europe Pre-Course and Acclimatisation Program'

Pre Course operates 3 days prior to Ascent/Course start date, ex Chamonix, France.

Price: EUR€ 840 per person 1:2 guide to climber ratio
EUR€ 1320 per person 1:1 guide to climber ratio

Cost includes Hotel on arrival day and first night. Hotel on second night would be included as day 0 on ascent program to follow. Note this program is to immediately precede an ascent or course with no rest day in between.

Cost Inclusions / Exclusions

The course cost includes:

- Guide
- Lifts
- 2 nights hotel (3 star) B&B on twin share basis including first night and second night of course
- Transport during course dates as per schedule
- Ropes and group technical equipment
- Breakfast, Lunch, during mountain component of course

The course cost does not include:

- Any lifts, huts, hotel B&B, transport costs that are additional to the program due to changes to program due to weather or organisational changes. Any changes will generally be due to weather/lift failure (etc) and actioned after you have been consulted by your guide.
- Personal equipment and clothing
- Evening meals during hotel nights in Chamonix
- Cost of upgrade to single supplement
- Extra additional meals or snacks/drinks purchased from huts/hotel
- Insurance
- Transport to and from Chamonix (although we can arrange it for you)
- Gratuities

* We strongly suggest you purchase trip cancellation insurance from your travel agent.

* All prices are subject to change without notice.

Mont Blanc 3 Day Add On

Utilise your acclimatisation and climbing skills to join one of our guides for a quick ascent of Mont Blanc directly following your course. This option enables you to add on an ascent of Mont Blanc directly after your course finishes. This 3 day program is available only to our course participants.

Mont Blanc 3 day Add On Cost

Price: EUR€ 1100 per person 1:2 guide to climber ratio
EUR€ 1750 per person 1:1 guide to climber ratio

Trip registration and payment

In order to confirm a guide and your course, we require a completed booking form and a deposit of EUR €500. The balance of payment is then due 90 days prior to the start date.

Use the attached registration form or use our online booking form at:

<http://www.adventureconsultants.com/adventure/BookingForm/>

Following is our EURO bank account information. All deposits and final payments for European trips can be sent by telegraphic transfer to this account:

Bank Name and Address:

Bank of New Zealand
Offshore Branch
1 Willis Street
Wellington
New Zealand

Swift Address:	BKNZ NZ22
Beneficiary's Account Number:	1000-594771-0002
Beneficiary's Account Name:	Adventure Consultants Limited
Account Type:	EURO

Beneficiary's Address:

58 McDougall Street,
Wanaka,
New Zealand.

Please request that all charges are for the remitter's account.

Please contact us if you have any problems sending moneys to this account.

We can accept your deposit and balance payment by credit card – **Visa, Mastercard, Amex.**

Please note: In order to reserve a guide we recommend that you book well in advance. This especially applies to the high season period (mid-July to end of August).

Cancellation & Refund Policy

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 90 days prior to your trip commencement date. Course participants may then cancel their participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 89-60 days of the trip commencement date we reserve the right to retain 50% of the full fee.
- For cancellations within 59 days of the departure date a cancellation fee of 100% of the full fee applies.
- We strongly recommend you take out trip cancellation insurance via your travel agent.

We look forward to climbing in the European Alps with you soon!

If you require more information please contact us at;

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Lake Wanaka, 9343
New Zealand

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

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