



# CHAMONIX ALPINE CLIMBING COURSE



**2024 TRIP NOTES**







# CHAMONIX ALPINE CLIMBING COURSE NOTES

## 2024 COURSE DETAILS

**Dates:** CACC 1: June 30 to July 6

CACC 2: September 15–21

**Duration:** 5 days

**Departure:** ex Chamonix, France

**Price:** €2,750 for 1:2 guide to climber ratio



▲ Further develop your climbing on the CACC. Photo: Paolo Pieroni

This challenging course is an instructional and coaching course designed for those who have some basic grounding in alpine climbing and would like to broaden and deepen their skills on different alpine terrain—snow and ice faces, exposed crests, rock and mixed ground. Set in the wonderfully scenic Monte Rosa region, this course will take you beyond elementary alpine skills.

This course is also a good preparatory course for our Advanced Mountaineering Course or one of our guided ascents such as Mont Blanc. You will be climbing and leading on climbs up to grade PD and you should be happy seconding rock to Alpine Grade III with boots and backpack.

This is a varied week of coaching and climbing under the supervision of our excellent mountain guides with the specific objective of raising your knowledge and climbing standard whilst building your skills and confidence. We aim to introduce you to new areas and mountains and will change the venue if necessary to ensure the best conditions and weather for the course. The typical course outlined in these notes is an example of what we can achieve in the Monte Rosa Massif.

## SKILLS COVERED

- Technical mountaineering skills
- Rope work, anchors and safety systems
- Leading on steeper ground
- Gear and protection on steeper ground
- Risk assessment
- Navigation and route selection

## 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.





▲ Climb peaks across the Monte Rosa Massif. Photo: Bruce Mackintosh

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 Alps. Guides must undergo rigorous training and assessment on climbing skills, instructional skills, avalanche training and assessment, wilderness first aid, rescue training and much more to gain these qualifications. It takes many years to attain IFMGA status, which ensures you are getting a world class professional service.

## ITINERARY

Following is an ideal itinerary for our Chamonix Alpine Climbing Course:

**Day 0** Arrive Chamonix, overnight at hotel

**Day 1** Glacier and ropes skills refresher, training climb on Le Petit Flambeau (3,440m/11,286ft), overnight at hotel

**Day 2** Skills training, overnight at Mantova Hut (3,498m/11,476ft)

**Day 3** Vincent Pyramid (4,213m/13,822ft), Balmenhorn (4,161m/13,652ft), Ludwigshöhe (4,342m/14,245ft) and Corno Nero (4,322m/14,180ft), overnight at Mantova Hut

**Day 4** Ascents of Zumsteinspitze (4,564m/14,974ft) and Signalkuppe (4,554m/14,941ft), overnight at Mantova Hut

**Day 5** Skills consolidation, return to Chamonix, overnight at hotel

**Day 6** Depart Chamonix

## DETAILED ITINERARY

### Day 0

Arrive in Chamonix and overnight at your hotel.

### Day 1

Arrange last minute rental equipment and/or purchases in Chamonix before driving to Entrèves, Italy. From here we catch the Funivie Monte Bianco for a glacier and rope skills refresher before climbing the north ridge of Le Petit Flambeau (3,440m/11,286ft). We descend and return to Chamonix for a hotel night.

### Day 2

After breakfast, we drive from Chamonix to our starting point at Staffal (Gressoney). We take the



▲ Climbers traverse towards Lyskamm. Photo: Olivier Baron

cable car to Punta Indren (3,300m/10,827ft) before undertaking a 1-hour hike to the Mantova Hut (3,498m/11,476ft) for rope work skills, knot practice and crevasse rescue. Overnight at Mantova Hut.

### Day 3

An early start for a big day of climbing on the border of Italy and Switzerland, including Vincent Pyramid (4,213m/13,822ft), Balmenhorn (4,161m/13,652ft), Ludwigshöhe (4,342m/14,245ft) and Corno Nero (4,322m/14,180ft) before returning to Mantova Hut.

### Day 4

Another alpine start to consolidate and build upon the skills learned thus far on the course. Today will include an ascent of Zumsteinspitze (4,564m/14,974ft) and Signalkuppe (4,554m/14,941ft—also known as Punta Gnifetti). Return to the Mantova Hut for a final night up high.

### Day 5

Today we will have a more leisurely start after some hard climbing days. The day will be used to go over some final skills to consolidate what we have learnt,

before descending back to the cable car and returning to Chamonix for dinner and a well-earned hotel night.

### Day 6

Breakfast, a chance to exchange photographs and depart for home.

**NOTE:** The itinerary may change if conditions are more suitable in another region, or factors such as the weather or lift service preclude access into this region.

## 2024 COURSE DATES

### SCHEDULED DEPARTURES

**CACC 1:** June 30 to July 6

**CACC 2:** September 15–21

### PRIVATE DEPARTURES

You can also book a Chamonix Alpine Climbing Course to suit your own dates during the climbing season—dependent on guide and hut booking availability. Early bookings are essential, especially during the high season mid-July to the end of August.



## CLASS SIZE

Our Chamonix Alpine Climbing Course is offered on a 1:2 guide to climber ratio, with a minimum of 2 participants.

## ACCESS TO THE MOUNTAINS

All lifts on the programme and ground transport from Chamonix to Entrèves and Staffal return are included in the course cost. If a change in programme forces us to use additional lifts due to weather or logistical reasons, your guide will first consult the group members before committing to the change. In some cases, this may be an additional expense to you.

## 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.



▲ Fine tune technical skills. Photo: Olivier Baron



▲ Learn the skills you need to climb safely in the Alps. Photo: Victor Saunders

## 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 that weather conditions may thwart our programme. However, due to the length of the course 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 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 while climbing.

You will be sent an equipment list on confirmation of your booking and your guide will go through this with you at the beginning of your trip. You can rent technical equipment but you must provide your own mountaineering clothing. Actual equipment taken may vary subject to seasonal weather and route conditions. Group equipment including ropes and technical hardware will be provided by your guide.



▲ Stay in Europe's renowned huts. Photo: Alessandro Bosio

# COMMUNICATION & 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 backup. Your own mobile phone should work in the region though you may want to check with your service provider first. Local mobile phones can be rented at the international airports.

# FITNESS & 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 wearing a +10kg/22lb pack 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 any medications you may be taking. Any information you supply will be treated as confidential.

# FOOD

Adventure Consultants will provide breakfasts for the duration of the course. You will be responsible for your own lunch and snacks each day, plus evening meals on the non-mountain nights in Chamonix. 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.

You should bring a selection of your favourite snack food and hydration drinks to ensure you are fuelled for 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.

# INSURANCE

We strongly recommend that you take 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.



▲ Venture from the course onto bigger objectives. Photo: Tom Vialletet



▲ Practice techniques on a variety of terrain. Photo: Bruce Mackintosh



▲ Breithorn West with Monte Rosa in the background. Photo: Paolo Pieroni



▲ On the summit of Signalkuppe. Photo: Paolo Pieroni





▲ Cover both alpine rock and snow and ice skills. Photo: Paolo Pieroni

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

## TRAVEL TO CHAMONIX

We commence our Alpine Climbing Course in Chamonix, France. The closest international airport is in Geneva, just over the border in Switzerland. Regular shuttles operate between the airport and Chamonix and the trip takes about 1.5 hours. Your shuttle driver will drop you at your accommodation. At the completion of the course, the shuttle can pick you up from your hotel and 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 Day 0 to the morning of Day 6 after breakfast. Accommodation in the mountains is in alpine huts in shared bunk or dormitory rooms. Blankets are provided and no sleeping bag will be

required. There is no single supplement (or private rooms) available in the mountain huts but we can arrange this at an additional cost for the Chamonix hotel nights during the course. Please enquire about costs at the time of booking.

## PRE-COURSE ACCLIMATISATION PROGRAMME

It is preferable to spend time at altitude prior to your scheduled course to assist with your acclimatisation. Climbers regularly attend our 2-Day Pre-Course Acclimatisation Programme. This programme takes you on day climbs to high elevations on easily accessible peaks to kickstart your acclimatisation. Please contact our office for further information and costs.

## MONT BLANC ADD ON

Utilise your acclimatisation and climbing skills to join one of our guides for a quick ascent of Mont Blanc directly following your instruction course. This 3-day program is available only to our course participants. Please contact our office for further details.



# PRICES

€2,750 1:2 guide to climber ratio

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

The cost includes:

- Guide
- Lifts
- Mountain huts
- 3 nights hotel on twin share basis including first night and last night of course
- Transport during course dates as per the scheduled itinerary
- Ropes and group technical equipment
- Breakfast and dinner during mountain component of the course

The cost **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 equipment and clothing
- Lunches
- Evening meals during hotel nights in Chamonix
- Extra additional meals, snacks or drinks purchased from huts or hotels
- Insurance
- Transport to and from Chamonix (although we can arrange it for you)
- Gratuities

# MONT BLANC ADD ON

€1,720 per person at a 1:2 guide to climber ratio  
€2,850 per person at a 1:1 guide to climber ratio

Please contact our office for further information.

# PAYMENT

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.



▲ Enjoy numerous climbs across the Monte Rosa Massif. Photo: Alessandro Bosio



Climb peaks as you learn. Photo: Olivier Baron

## DEPOSIT

To confirm your place we require a completed registration form with a deposit of €500.

## 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 Chamonix Alpine Climbing Courses please complete our online booking form and forward your deposit payment at <https://www.adventureconsultants.com/climbing-schools/climbing-school-europe/chamonix-alpine-climbing-course/book-now>.

## CONTACT US

If you require more information, please contact us at:

Adventure Consultants Ltd  
5/12 Frederick Street  
PO Box 739  
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)







▲ Take your climbing to the next level. Photo: Bruce Mackintosh



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.



All material Copyright © Adventure Consultants Ltd 2024