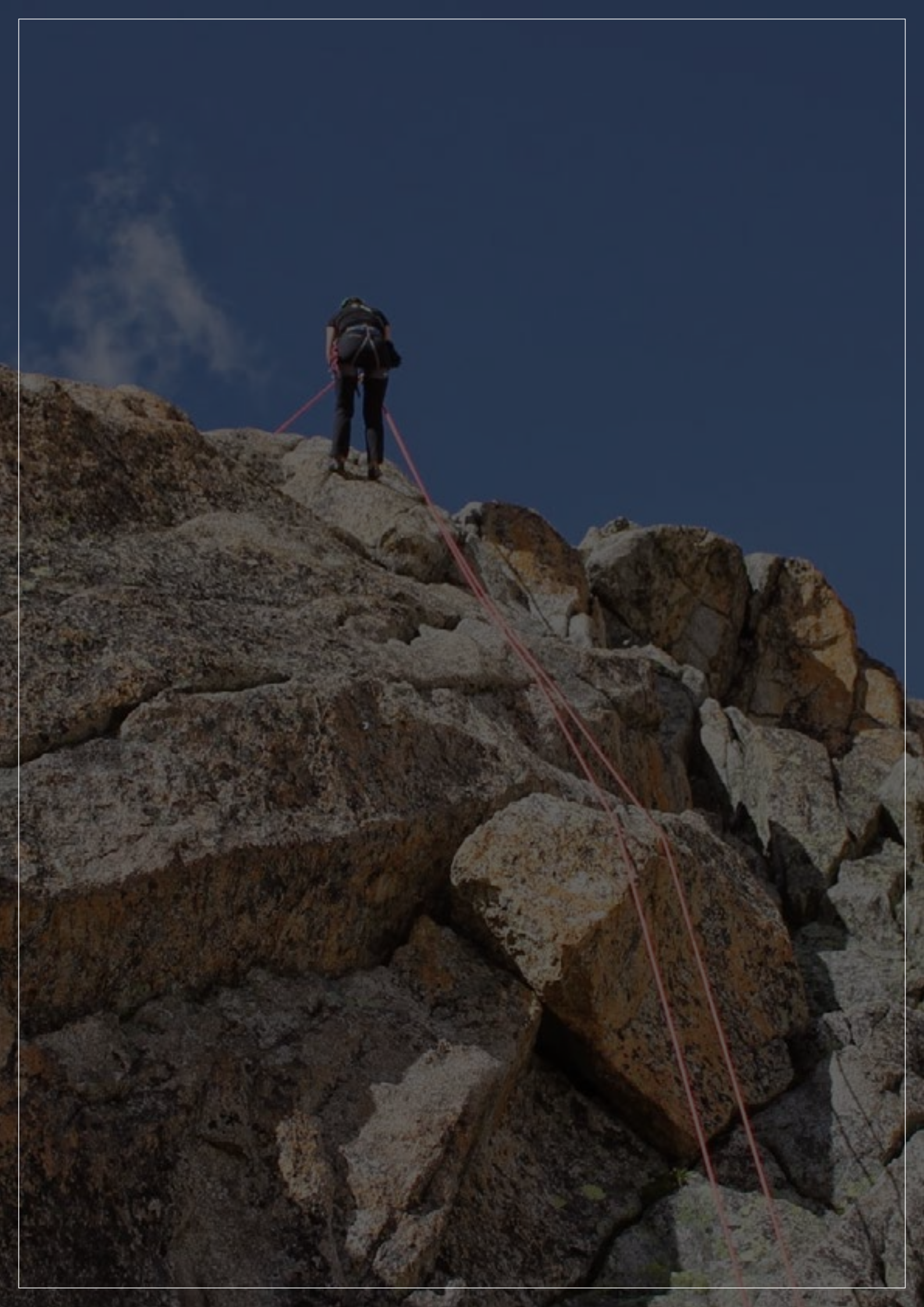




# CHAMONIX INTRODUCTORY MOUNTAINEERING COURSE

**2024 COURSE NOTES**





# CHAMONIX INTRODUCTORY MOUNTAINEERING COURSE

## 2024 COURSE DETAILS

**Dates:** CIMC 1: June 23–29, 2024  
CIMC 2: September 8–14, 2024  
**Duration:** 5 days  
**Departure:** ex Chamonix, France  
**Price:** €2,590

▲ Discover and learn new skills. Photo: Victor Saunders

This challenging trip serves as an instructional and coaching mountaineering course. It will give you grounding in the most important alpine skills and is set in one of the world's most inspirational classrooms—the Mont Blanc Massif.

The course is aimed at keen hill walkers, trekkers and/or rock climbers who want to experience alpine climbing in a way that will be both informative and enjoyable. This course is also a good preparatory course for our intermediate level Alpine Climbing Course or our range of guided ascents such as Mont Blanc.

Throughout the week, you will climb under the supervision of our experienced and professional guides. This will allow you to learn with confidence while taking in the grandeur of your surroundings.

## SKILLS COVERED

- Alpine mountaineering equipment; what to use and how to choose
- Rope work, tying in and basic climbing knots
- Progression over different types of terrain from glacier to rock and ice climbs
- Awareness and avoidance of objective dangers
- Alpine huts; early starts and etiquette

## 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



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

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 Introductory Climbing Course:

- Day 0** Arrive Chamonix, overnight at hotel.
- Day 1** Team briefing and equipment check followed by introductory climbing skills at Les Gaillands (1,000m/3,400ft). Return to Chamonix hotel. 1:4 Guide to climber ratio.
- Day 2** Glacier travel and ice climbing skills on the Mer de Glace. Return to Chamonix overnight. 1:4 Guide to climber ratio.
- Day 3** Take the télécabine and chairlift at Le Tour and trek to the Albert Premier Hut (2,702m/8,864ft). Afternoon snow skills. Hut night. 1:2 Guide to climber ratio.
- Day 4** Climb Tête Blanche (3,707m/12,162ft) and Petite Fourche (3,512m/11,522ft). Afternoon snow craft session and overnight at Trient Hut (3,170m/10,400ft). 1:2 Guide to climber ratio.
- Day 5** Climb Aiguille du Tour (3,529m/11,578ft) and return to Chamonix and overnight at hotel. 1:2 Guide to climber ratio.

### Day 6 Depart Chamonix

## DETAILED ITINERARY

### Day 0

Arrive in Chamonix, overnight at La Chaumière Lodge.

### Day 1

Meet your guide at 8.30am at La Chaumière Lodge reception for a team briefing and an equipment check. Arrange last minute rentals and/or equipment purchases in Chamonix before getting down to business! Today is spent at Les Gaillands (1,000m/3,400ft) with a focus on rope skills and basic climbing techniques before returning to your Chamonix hotel. 1:4 Guide to climber ratio.

### Day 2

After breakfast, meet your guide at the lodge reception and head out taking the funicular to Montenvers (1,913m/6,276ft) and onto the Mer de Glace (3,500m/11,500ft) for training glacier travel and ice climbing skills. Return to Chamonix overnight. 1:4 Guide to climber ratio.

### Day 3

Today we head into the mountains for the remainder of the trip. We take the télécabine and chairlift at Le Tour and trek 3 hours up to the Albert Premier Hut

(2,702m/8,864ft). Spend the afternoon learning snow skills. Hut night. 1:2 Guide to climber ratio.

## Day 4

Today is an early start to enjoy the alpine surrounds and climb Tête Blanche (3,707m/12,162ft) and Petite Fourche (3,512m/11,522ft). A snow craft session in the afternoon if time allows. Overnight at Trient Hut (3,170m/10,400ft) located across the border in Switzerland. 1:2 Guide to climber ratio.

## Day 5

Another alpine start to tackle the Aiguille du Tour (3,529m/11,578ft) and then descend back to the valley floor and return to Chamonix. Overnight at La Chaumière Lodge, Chamonix. 1:2 Guide to climber

## 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

CIMC 1: June 23–29

CIMC 2: September 8–14

## PRIVATE DEPARTURES

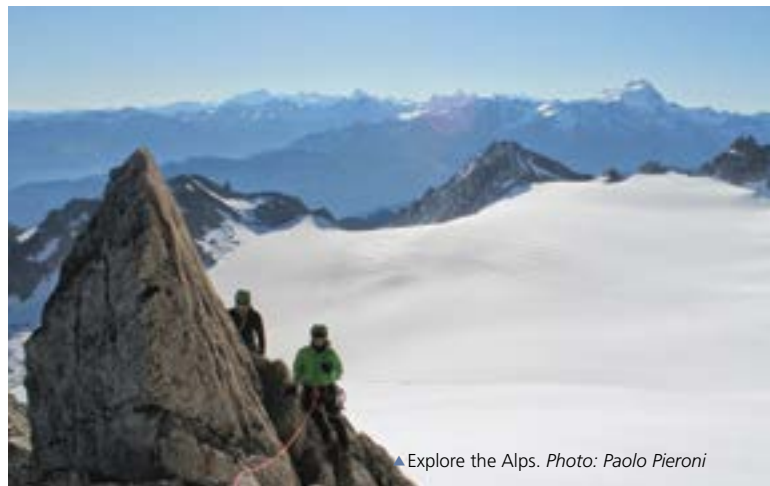
You can also book your own dates to suit during the climbing season—dependent on guide and hut booking availability. Early bookings are essential, especially during the high season mid-July to the end of August.

# CLASS SIZE

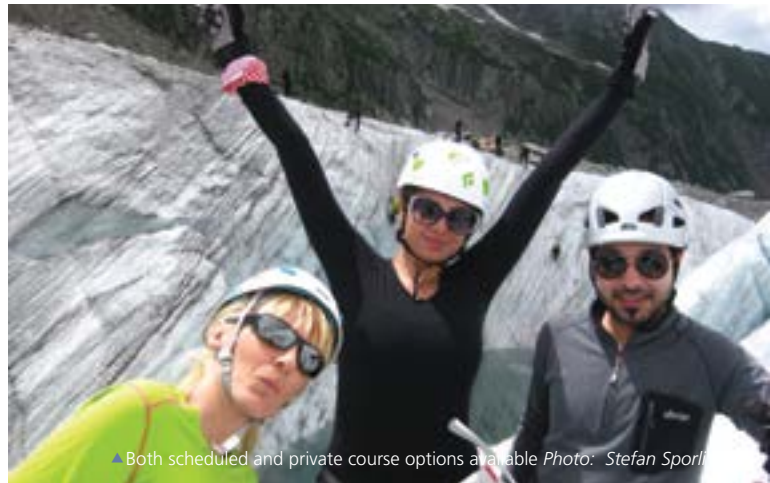
Our Chamonix Introductory Mountaineering Course is offered at a 1:4 guide to climber ratio on days 1–2 and 1:2 for days 3–5, with a minimum of 2 participants.

# ACCESS TO THE MOUNTAINS

On the initial training day, we drive or catch a bus to Les Gaillands, a popular rock climbing venue on the outskirts of Chamonix and return the same way. We then use lifts at Montenvers and Le Tour to access the Mer de Glace and Albert Premier Hut. All lifts on the program are included in the course cost. If a change in program forces us to use additional lifts due to weather or other logistical reason, your guide will first consult the group members before committing to the change. In some cases, this may be an additional expense to you.



▲ Explore the Alps. Photo: Paolo Pieroni



▲ Both scheduled and private course options available. Photo: Stefan Sporli



▲ Learn the skills you need to travel safely in the Alps. Photo: Paolo Pieroni



▲ Overnight at classic European alpine huts. Photo: Paolo Pieroni



Climb Aiguille du Tour. Photo: Paolo Pieroni

## 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 generally encourages stable weather. However, in the high mountains weather can be changeable and at times severe. It is possible that this may thwart our programme. However, due to the length of the course and our focus on the forecasts, we may be able to change our itinerary 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 while climbing.

You will be sent an equipment checklist 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 for the course but you must provide your own appropriate mountaineering clothing as per the equipment list. 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.

## 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 own 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.



Suitable for fit people with no previous experience. Photo: Paolo Pieroni



## FOOD

Adventure Consultants will provide breakfasts for the duration of the trip and evening meals on the hut nights while the trip is running. This is from breakfast on Day 1 until breakfast on your departure day. 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. Any additional food, bottled water, 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.

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 this course in Chamonix, France. The closest international airport is in Geneva, just over the border in Switzerland. Regular shuttles operate between the two and the trip takes about 1.5 hours. Your shuttle will drop you at your accommodation and can take you back to the airport at the end of the course. The shuttle transfers are at your own cost but we arrange this.

## ACCOMMODATION

Accommodation is provided on a twin share B&B basis from the evening of Day 0 to the morning of Day 6. 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 Chamonix hotel nights. Please enquire about costs at the time of booking.

## PRE-COURSE ACCLIMATISATION PROGRAMME

It is preferable to spend a few days at altitude prior to your scheduled course to assist with your acclimatisation. Climbers regularly attend our Chamonix based Pre-Course Acclimatisation Programme.

The 2-day acclimatisation and re-familiarisation 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.



▲Enjoying the moment, high in the Alps. Photo: Paolo Pieroni

## 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 information and costs.

## PRICES

€2,590 1:4 guide to climber ratio days 1–2 and 1:2 guide to climber ratio on days 3–5.

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

The cost includes:

- Guide
- Lifts
- Mountain huts
- 4 nights hotel on twin share basis including first night and last night of course
- Transport during course dates as per schedule
- Ropes and group technical equipment
- Breakfast and dinner during mountain component of 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
- Additional meals or snacks/drinks purchased
- 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).

## DEPOSIT

To confirm place on one of our Chamonix Introductory Mountaineering Courses 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 Introductory Mountaineering Courses please complete our online booking form and forward your deposit payment at <https://www.adventureconsultants.com/climbing-schools/climbing-school-europe/chamonix-introductory-mountaineering-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)



Learn basic rock climbing techniques. Photo: Paolo Pieroni



▲ Your first steps into the world of mountaineering. Photo: Paolo Pieroni



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.

