



CHAMONIX INTRODUCTORY MOUNTAINEERING COURSE

2018 COURSE NOTES



European Alps Chamonix Introductory Mountaineering Course

Course Notes

CIMC #1: June 10 – 16

CIMC #2: July 8 – 14

CIMC #3: August 5 – 11

All material Copyright © Adventure Consultants Ltd 2017/2018

Summary of the Course

This challenging course is an instructional and coaching mountaineering course. It will give you grounding in the more important Alpine skills and is set in the most inspirational of classrooms - the Mont Blanc Massif.

The course is aimed at keen hill walkers and/or rock climbers who want to experience Alpine climbing in a way that will be both informative and be enjoyable. This course is also a good preparatory course for our Intermediate Course and/or our Mont Blanc Guided Ascent.

Throughout the week you will climb under the supervision of our excellent mountain 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 start and etiquette.



Typical Course Programme

Day 0. Sunday

Arrive Chamonix, hotel night.

Day 1. Monday

Meet your guide at 8.30am at La Chaumière Lodge reception for a team briefing and an equipment check. Collect any required rental equipment items or last-minute purchases in town. Take the Funicular to Montenvers and onto the Mer de Glace Glacier for a training day and an opportunity to become familiar with your equipment. Return to Chamonix for dinner and overnight at La Chaumière Lodge.

Day 2. Tuesday

After breakfast at the lodge and packing your climbing pack, meet your guide at the lodge reception to head out for a morning training session at the Les Gaillands rock crag, for alpine boot climbing and rope technical skills. After lunch, take the télécabine and chairlift at le Tour and trek 3 hours up to the Albert Premier Hut (2,702m).

Day 3. Wednesday

Today is an early start to enjoy the alpine surrounds and climb the Tête Blanche and Petite Fourche. A snow craft session in the afternoon if time allows. Overnight at Trient Hut (3,170m) located across the border in Switzerland.

Day 4. Thursday

Another alpine start to tackle the Aiguille du Tour (3,529m) and then descend back to the valley floor and return to Chamonix. Overnight at La Chaumière Lodge.

Day 5. Friday

Today enjoy riding the famous Aiguille du Midi Lift that rises above Chamonix onto the Mont Blanc Massif and climb in spectacular surroundings on the Arête Lawrence. Later in the day, return to Chamonix and celebrate the end of the course. Enjoy your last night at La Chaumière Lodge.

Day 6. Departure day. Saturday

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

Please note: Itinerary may change if conditions are more suitable in another region or factors such as the weather or lift service precludes access into this region.

Access to the Mountain

On the initial training day, we catch a train to the Mer de Glace from Chamonix and return the same way. We then use lifts at Le Tour to access Albert Premier Hut. All lifts on the programme are included in the course cost. If a change in programme 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.

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 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.

Communication and 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 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 at 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 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 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 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 with you 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 and travel insurance to protect yourself in the event 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.

Travel to Chamonix

We commence our Introductory Mountaineering Course from Chamonix in France. The closest international airport is in 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 your accommodation. 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 Sunday evening through to the following Saturday morning after breakfast. 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 rooms) available in the mountain huts but we can arrange this for you in Chamonix.

A single supplement is available at additional cost for the four hotel nights during the course. Please enquire about costs at the time of booking.

Chamonix Introductory Mountaineering Course - Dates 2018

Duration: 7 days (5 days instruction, 2 travel days)

Ratio: 1 guide to 4 climbers, minimum 3

CIMC #1: June 10 – 16

CIMC #2: July 8 – 14

CIMC #3: August 5 – 11

Please note: If you get together as a group of 4, you can book an Introductory Mountaineering Course for your group at the advertised price on dates that best suit you. Please contact us for pricing for smaller or larger groups. Courses for groups can be run on

your preferred dates during the climbing season depending on guide availability.

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 instruction course. This option enables you to add on an ascent of Mont Blanc directly after your course finishes. This 3-day programme is available only to our course participants.

Course Fee

Chamonix Introductory Mountaineering Course

Courses operate Sunday evening through to Saturday morning, ex Chamonix, France.

Price: EUR€ 1570 each 1:4 guide to climber ratio

NOTE: Our Introductory Mountaineering Course offers you focused guide attention throughout the course to ensure consistency across the programme. Whilst other operators combine you with large groups on training days we know your safety will be better protected and the learning progressions will be enhanced with the attentive care of your guide at our 1:4 ratio.

Mont Blanc 3 day add on

Price: EUR€ 1270 per person 1:2 guide to climber ratio
 EUR€ 2050 per person 1:1 guide to climber ratio

The Course Cost includes:

- Guide
- Lifts
- Mountain huts
- 4 nights hotel B&B 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 Course Cost does not include:

- Any lifts, huts, hotel B&B, transport costs that are additional to the programme due to changes to programme 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
- Lunches
- Evening meals during hotel nights in Chamonix

- 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 normal travel agent.

* All prices are subject to change without notice.

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 60 days prior to the start date.

Please find our online booking form at:

<https://www.adventureconsultants.com/climbing-schools/climbing-school-europe/chamonix-introductory-mountaineering-course/book-now>

All payments should be made by bank transfer to the following **EUR€** bank and account:

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

for the account of **Adventure Consultants Limited**

Account # 1000-594771-0002

Account Type: Euros

Swift Address: BKNZ22

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).

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 and 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. Course participants may then cancel their participation on the following basis:

- Cancellations outside of 60 days will result in the loss of the trip deposit.

- Inside 60 days of the departure date, we reserve the right to retain 50% of the full fee.
- Inside 30 days of the departure date, we reserve the right to retain 75% of the full fee.
- Inside 15 days of the departure date forfeit 100% of the full fee.

We 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:

Adventure Consultants Ltd

PO Box 739
20 Brownston St
Lake Wanaka, 9343
New Zealand

Phone: +64 3 443 8711 Fax: +64 3 443 8733

Email: info@adventure.co.nz

Web: www.adventureconsultants.com

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.

All material Copyright © Adventure Consultants Ltd 2017/2018