

A photograph of a high-altitude mountain landscape. The foreground and middle ground are dominated by a vast, white snowfield. On the right side, a rocky ridge rises, partially covered in snow. Two small figures of climbers are visible on the snowfield, one slightly ahead of the other. The sky is a clear, deep blue. The overall scene conveys a sense of adventure and high-altitude mountaineering.

EUROPE

TWO DAY PRE-TRIP ACCLIMATISATION PROGRAMME

2018 TRIP NOTES



European Alps
Chamonix Pre-Course and Acclimatisation Programme
3 days (2 days instruction/acclimatisation and 1 travel day)
Course Notes

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Course Summary

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 that is 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 programme 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 programme 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 programme 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 programme as you utilise the time to get 'back on your feet' with your climbing and you will be fully prepared 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.

Skills Covered

- 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 programmes
 - Gain valuable acclimatisation to enable you to better enjoy the upcoming ascent or course
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Typical Course Programme

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 programme for you. Chamonix hotel night.

Day 1.

After organising last minute equipment 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 Aiguille Verte or similar. Descend to the valley. Chamonix 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 programme 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 programme. Hotel night.

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

Travel to Chamonix

We commence our Europe Pre-Course and Acclimatisation Programme 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 our 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 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 programme (it will be day 0 of that programme).

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

Dates

Duration: 2 days instruction, 1 travel day

Ratio: 1:1 or 1:2

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

Cost of the Europe Pre-Course and Acclimatisation Programme

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

Price:	EUR€ 890 per person	1:2 guide to climber ratio
	EUR€ 1,480 per person	1:1 guide to climber ratio

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

The course cost includes:

- Guide
- Lifts
- 2 nights hotel (3 star) B&B on twin share basis including first night and second night of the course
- Transport during course dates as per schedule
- Ropes and group technical equipment
- Breakfast during mountain component of the 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
- 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 programme is available only to our course participants.

Mont Blanc 3 Day Add On Cost

Price: EUR€ 1,270 per person 1:2 guide to climber ratio
EUR€ 2,050 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 60 days prior to the start date.

Please find our online booking form at:

<https://www.adventureconsultants.com/expeditions/european-ascents/europe-pre-course-and-acclimatisation-programme/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: BKNZN22

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% card transaction fee.

Please note that 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:

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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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