



### Alpine Mountaineering Week

#### Highlights

Climb Chamonix's classic rocky ridges  
Improve your existing climbing and mountaineering skills  
Become a safe, efficient and independent mountaineer.

**Price:** €1595

#### Dates:

22-28 June, 20-25 July, 17– 22 August,  
14-19 September



**The aim of this course is to improve your existing mountaineering skills, focusing on safety, efficiency and independence in the mountains. Skills include; faster rope work, quicker movement on alpine terrain and navigation.**

#### Detailed Itinerary

Arrive in the Chamonix Valley.

You will have a brief meeting with your guide the evening before the course starts to talk about the plan for the week. You will get a chance to ask any kit and course related questions.

#### Day 1 – Valley Based

Today will be spent revising rope-work and introducing more complex scenarios and techniques. This is an important day for getting back into multi-pitch climbing and setting a good base for the week. Your guide will chose a local crag to work at.

#### Day 2 – Les Chesery

Now you will get a chance to put your new skills into practice in the Les Chesery climbing area. This is a great multi pitch climbing venue beneath the Aiguille rouge side of the valley. After about a 2 hour walk in you have a large variety of multi pitch routes to choose from.

#### Day 3 – Cosmiques Arete

Today we will head up the Aiguille du Midi to climb the famous Cosmiques Arete. This is a classic mixed route which starts and finishes at the Aiguille du Midi and takes about 5 hours. A lot of the climbing is done roped up moving together over impressive rock towers, climbing rock and ice with mountaineering boots and crampons.

#### Day 4 – Aiguille Rouge

Today you will go back to the Aiguille Rouge and climb the L'Index, another classic high mountain rock route. The route follows a sharp ridge, and the exposure and airyness make this a memorable climb. The summit is a defined point, with a very steep abseil the only descent.

#### Day 5 – Petit Aiguille Vert

Today you will take the Grand Montets Cable Car up to 3275m. From here you will climb the Petit Aiguille Vert. This climb as a bit of everything; glacier, rocky steps and big exposure. Once down you will make your way across the Glacier D'Argentiere to spend the night at the Refuge D'Argentiere.

#### Day 6 – Aiguille D'Argentiere

An early 'Alpine' start on your last day, and you will climb the Aiguille d'Argentiere. There are some great routes to chose from. Truly Alpine climbing. You will need to use all the techniques you have learnt during the week on this route. It is a long route where you will need to move quickly over varied ground. When you get back down the course ends.

*Note: This is a sample itinerary; all itineraries are subject to change*



### **The trip Price is: 1595€**

#### Trip price includes:

6 days services of a UIAGM guide at a ratio of 2:1  
1 hut night at half board (i.e. bed, breakfast & dinner)  
Road transportation during the week.

#### The trip price does not include:

Accommodation other than 1 hut night  
Up lifts (approx – €32)  
Return transfers from Geneva to the Chamonix valley (approx €80)  
Insurance, visas, personal equipment.  
Meals not mentioned in the itinerary.  
Any other items not mentioned as included.



### **Trip Difficulty**

This is a strenuous trip. A good level of aerobic and climbing fitness is essential and will ensure that you get the most out of the week to the full. You can expect to be on the go 6- 8 hours per day on a wide range of terrain.

**Level of experience required:** Previous rock climbing essential and some alpine experience helpful, you will also need a good level of aerobic fitness.

**Group Size:** This training course is run with 2 participants per guide, this allows guides to work on more technical and challenging terrain.

### **Getting there and away**

The week begins and ends in the Chamonix Valley, which is easily accessible. Geneva is the nearest airport. Transfers from Geneva to Chamonix take approximately 90mins and reservations can be made online as [www.mountaindropoffs.com](http://www.mountaindropoffs.com).

### Important Note

When booking your travel arrangements, you must check with us that the minimum numbers have been reached to enable the trip to run. This can be done either by emailing the office or calling Claire on 0033 6 20 20 22 67.

### **Why join an Introduction to Alpine Climbing course with Wilderplaces?**

With a wide variety of companies offering Alpine introduction courses it is often difficult to know which to choose.

Wilderplaces Alpine is an Irish run company specialising in Alpine adventure holidays. Our company is based in the Chamonix valley and made up of Director and UIAGM Guide Robbie Fenlon assisted by a small team of dedicated guides from Sweden, America and England and backed up in the office by avid skier, climber and mountaineering Claire Michael.

We firmly believe that there is no substitute for experience, to this end all of our holidays have been exhaustively researched and personally assessed for quality and suitability. Our itineraries are carefully designed by Robbie Fenlon, director of Wilderplaces and experienced Mountain guide. The itinerary uses huts and peaks carefully chosen for their quality, acclimatisation potential and location. When possible we use huts that are less frequented and in wilder locations. This ensures a greater sense of adventure.

### **Accommodation**

Valley Based Accommodation: The trip price included 3 nights mountain hut accommodation. For the



other nights that you are in the Chamonix valley we give you the opportunity to pick your own accommodation and book direct. This way, the course, we hope is accessible to all budgets, without compromising on the itinerary or quality of mountain huts. We are happy to suggest accommodation options to you just let us know and we will send you them to you along with all relevant contact details.

Mountain Huts: Mountain huts are very atmospheric and cosy, but they are not luxury! When you are staying in huts you will be in dorm style rooms with other groups. Beds are generally made up of wall to wall thin mattresses. Be prepared for basic wash room facilities and limited electricity and running water

### **Insurance**

It is a condition of booking that you are insured against medical and personal accident risks. This must be for the activities undertaken and include repatriation costs, air ambulance and helicopter rescue services and cancellation and curtailment. We also recommend that you take out insurance which includes baggage cover. You can purchase insurance to cover all your needs from the British Mountaineering Council at [www.thebmc.co.uk](http://www.thebmc.co.uk)

### **Background Information**

#### Climate

Winter in the Alps can bring a wide range of temperatures and weather conditions. During the day it is possible to experience sub-zero conditions through to ambient temperatures in high 20's. Your personal clothing and equipment should reflect the wide variety of possible conditions.

#### Medical Information & Safety.

On all our trips each guide is qualified in First – Aid and they will carry a comprehensive first aid kit with them at all times and have experience of treating medical situations in an outdoors environment. In addition, we do encourage clients to bring their own first aid kit. It is your own responsibility to ensure that you are physically fit enough to join an adventurous trip such as this. We recommend that you have a complete medical and dental check up prior to departure.

### **Further Information**

Please do not hesitate to contact us by telephone or email on the details provide.

