



Trip Highlights

Complete your first 4000m Peak
Experience the thrill of Mountaineering
Learn new skills

Price: €1295

Dates:

15-20 **June**, 6-11 **July**, 13-18 **July**

10-15 **August**, 24-29 **August**, 7-12 **September**, 21-26 **September**



The aim of this course is to introduce you to the basics of Alpine mountaineering. You will learn to climb on snow and rock under the guidance of our expert UIAGM Mountain guides. Alpine terrain consists of glaciers, rocky ridges, rock faces and steep snow slopes, by the end of the week you will be familiar with all of these.

Day 1 – Arrive in the Chamonix Valley. You will have a meeting with your guide this evening to discuss current local conditions and the plan for the week. You will get a chance to check any equipment with the guide this evening.

Day 2 – You will be collected from a pre arranged meeting point at about 8.30am and driven over to Champex in Switzerland (approximately 1 hr drive). From here you will take a short chair lift up to 2188m and then continue on up to the Cabane D'Orny (2811m). After a short break you will go out onto the glacier to practice walking in crampons, using ice axes and moving together roped up. Your evening meal will be served at about 7pm.

Day 3 – Breakfast at 6.30am and then you will head out to the rock climbing crags behind the refuge. You will spend the day here climbing and learning rope work, improving alpine skills, practising moving together, abseiling and scrambling. You will return to the refuge at about 5.30pm in time to relax a little before your evening meal.

Day 4 – Today you will climb your first Alpine Peak – The Tete Blanche 3429m. You will make your way up the glacier d'Orny to the magnificent Trient Plateau which you will traverse. From here you will climb the Tete Blanche (3429m). You will descend on the southerly side of the mountain onto and down the le Tour glacier. From just before the col du Balm a short chair lift will bring you to the cars and back to the Valley floor.

Day 5 – Today you get the Flegere cable car to 1871m. From here you will continue up to the Col des Aiguille Crochues and on to traverse the Crouchues itself (2837m) This is a classic rocky ridge which gives breathtaking views of the Mt. Blanc Massif. The traverse will take most of the day. You will get the cable car back to the valley floor when you finish.

Day 6 – By now you'll be getting a bit tired! Today we'll go through the Mt. Blanc tunnel for some valley rock climbing, where you can practice our climbing and rope work skills in pairs. You will have lunch in the town of Aosta before driving to the Parco Nazionale del Gran Paradiso. You will walk approximately 2hrs up to the Victoria Emanuelle Refuge for the night.

Day 7 – 5am Breakfast and you will set off to put all the skills you have learnt this week into practice on your first 4000m Peak Grand Paradisou. From the Victoria Emanuelle Refuge you first have a long glacier climb with an airy rocky section just before the summit. With not one lift to help you, you will feel truly proud and tired when you finish this summit. Return to Chamonix and course ends.

Day 8 Depart – Back to Geneva and home.

Note: This is an example itinerary; all itineraries are subject to change. If the group numbers are no more than 2 a different itinerary will be used as with a lower guide to client ratio more route options are available.



The trip price is €1295 per person based on a group size of 2 – 4 people.

The trip price includes:

- 6 days services of a UIAGM guide. At a ratio of 4:1.
- 3 Hut nights at Half Board (i.e. bed, breakfast & dinner)
- All road transportation during the week.
- All up lifts mentioned in the itinerary
- All group safety equipment



The trip price does not include:

- Accommodation not mentioned in the itinerary
- Return transfers from Geneva to the Chamonix valley
- Insurance, visas, personal equipment
- Lunches and meals not mentioned in the itinerary
- Incidental personal expenditure e.g. alcoholic drinks, laundry, snacks etc
- Any other items not mentioned as included.

Trip Difficulty

This is a strenuous trip. A good level of aerobic fitness is essential and will ensure that you enjoy the week to the full. Hill walking fitness is most suitable fitness you can train for at home. You can expect to be on the go 6- 8 hours per day on a wide range of terrain. The itinerary will take you across exposed ground. Similar to the exposure on the knife edge ridges surrounding Carrauntuohil and the 12 Bens, though somewhat more spectacular and breath taking. No climbing experience is necessary. Little or no rock climbing experience necessary.

Group Size

The minimum group size is 2 and the maximum is 4. If there are only 2 in the group the itinerary will be altered, because with a guide to client ratio of 2:1 more route options are available.

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.

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. The British Mountaineering Council offers very good insurance www.bmc.com.

Further Information

Please do not hesitate to contact us by phone or email if you would like to ask us about any aspect of this trip.

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.

Currency and spending Money

To cover personal expenditure on this trip we estimate that the equivalent of €500 will be sufficient.