

MINI ADVENTURES

OUT OF OFFICE: 005 - COSMIQUES ARETE

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We have a rule that every month we get out of the office, away from the noise and in to the great outdoors. This month we decided to get up in to the high mountains and tackle one of Chamonix's most famous climbs / scrambles, the Cosmiques Arete.

The Cosmiques Arete is found a short walk from the top of the Aiguille du Midi, above Chamonix and below the summit of Mont Blanc. It's considered a classic due to its accessibility thanks to the lift but also because of its unique and exciting route. This route is a combination of rocky terrain, abseils and short climbing sections with a finish back on the man made structure of the midi. It feels kind of 'James Bond' esq, stepping on to the decking in your harness, crampons and ice axe, while tourists admire the views.

We tend to run this route if you're considering the Matterhorn or Eiger climbs as it's a perfect training day before those summits.

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For us here at Adventure Base there's nothing we enjoy more than getting outside and in to the elements. The only thing that tops that is good company. When you combine the two it makes for something pretty special.

Sometimes we spend a little too much time behind the desk, or working out what to do rather than just doing it. Whether you've got mountains on your doorstep or you have to stay pretty close to home, get out and get some fresh air.

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