



CHAMONIX SUMMER ALPINE SKILLS ITINERARY

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Fancy dipping your toe in to the wonderful world of mountain experiences? If so then this is the course for you. Learn basic skills including rope work, belaying, crampons, glaciers and general mountain 'know-how'. A great place to start for any budding mountaineer.

While we try and stick to the tried and tested itinerary below, the mountain and the weather sometimes has other ideas. We will always remain as flexible as possible, which is why we only work with experienced and knowledgeable guides, to make sure we can change any plans if required.

DAY ONE:

ARRIVAL DAY

Arrive in Chamonix anytime but preferably by the afternoon so that you can arrange kit and equipment you might need to rent or buy. Get to know the guides and other members of the group over a delicious 3 course evening meal at our lodge. Overnight in the lodge.

DAY TWO:

INTRODUCTION TO CLIMBING AND ABSEILING TECHNIQUES

Rock climbing and abseiling techniques in Chamonix valley. Learn basic rope skills and techniques as well as a general introduction to moving across rocks and uneven terrain. Overnight in the lodge.

DAY THREE:

INTRODUCTION TO GLACIER SKILLS

Today we head into the high mountain environment. Traverse the glacial Vallee blanche from the Aiguille du Midi to Pt Helbronner. A day looking at glacier travel skills and crevasse rescue. Overnight in the Torino hut with stunning sunset views over Mont Blanc.

DAY FOUR:

PUTTING IT ALL TO THE TEST

Climb a nearby peak such as the Tour Ronde or traverse the Aiguilles Marbrées or a similar mountaineering route, putting all the skills into practise. Return to Chamonix in the afternoon and finish the course with a well deserved lunch and beer in town. This signals the end of the course and you are free to head back to the airport in the evening for a flight home.