



# ICE CLIMBING: FREQUENTLY ASKED QUESTIONS

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We've compiled a list of the most commonly asked questions about this trip.

Hopefully you find some of these useful but if you have a specific question that isn't covered in the FAQ's, then please do not hesitate to get in touch.

For more information please head over to our Ice Climbing trip page [here](#).

## **WHAT IS ICE CLIMBING?**

Ice climbing is a form of climbing that involves ascending frozen waterfalls, cliffs, and other ice formations using specialised tools such as ice axes, crampons, and ice screws.

## **WHAT IS THE BEST TIME OF YEAR TO GO ICE CLIMBING?**

The best time of year to go ice climbing will depend on the specific location and the conditions. In general, the ice climbing season typically runs from December to March in areas with cold climates, but this can vary depending on the specific conditions and location.

## **WHAT INSURANCE DO I NEED?**

Let's face it, these types of trips don't come risk free. We're putting ourselves in amazing environments but also environments that carry an element of risk with them. In order to protect yourself adequately you will need a specialist travel insurance that caters for the types of activities you will be undertaking. It is a condition of our agreement that you are covered by adequate travel insurance for your arrangements. [Click here](#) to understand which one is for you.

## **CAN I CHANGE MY TRIP DATES?**

You can change your trip dates subject to availability and a €50 admin fee. Please contact us if you would like to explore changing your dates.