



Compagnie des Guides de Chamonix

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MOUNTAINEERING - BEGINNER MOUNTAINEERING COURSE - 3 DAYS

Duration: 3

Level: ▲▲▲▲▲

Price from: 580 €

This 3-day beginner mountaineering course serves as the gateway to the world of mountaineering. It ensures a gradual initiation within the exceptional setting of the Chamonix Valley and the Mont-Blanc Massif. Over three days, you'll have the opportunity to immerse yourself in the unique atmosphere of high mountains and glaciers, learn essential mountaineering techniques, and develop your skills as an alpine climber. With a special ratio of 3 to 4 participants per guide, you can expect personalized guidance and a high degree of flexibility in choosing your routes. The program includes the enchantment of the surroundings, effective pedagogy, and a dedicated course for mountaineering beginners.

This course is part of a series of mountaineering courses designed to accompany you from your first alpine adventures to lead climbing. Explore mountaineering with our [3-day](#) or [5-day](#) courses, and acquire safety techniques through our [level 1](#) and [level 2](#) safety courses, as well as our [lead climbing course](#). Additionally, our courses are available in winter with a focus on [mixed climbing](#) and [ice climbing](#).

The objectives of the beginner mountaineering course

- Discovery of the high mountain environment
- Mastery of basic mountaineering techniques: crampons, ice axe
- Simple use of the rope: elementary knots, roping and basic belaying
- Introduction to rock and snow routes

ITINERARY

Day 1

Rock climbing basic skills

We leave Chamonix for the Gaillands climbing school. We learn the basic rock climbing techniques : roping, belaying, descending. Top rope or lead climbing depending on your abilities.

Gear needed: climbing shoes, harness, helmet.

Day 2

Mountaineering basic skills

Discovery on the Mer de Glace or on the glacier d'Argentière of the basic mountaineering techniques and skills: use of crampons and ice axe, elementary knots, walking roped together, roping.

Gear needed: mountaineering shoes, harness, helmet, crampons, ice axe.

Day 3

Day climb

The time has come to put what you have learned over the previous two days to the test! Your guide will choose a destination depending on the group's objectives and the conditions in the mountains on the day. Examples of day routes include the Pointe Lachenal (3613m) and the traverse of the Aiguilles Crochues (2840m).

Gear needed: your guide will let you know the gear that you will need depending on the route.

GROUP BOOKING

Group session associates several people who don't know each other. It allows for a planned program to benefit from an attractive price on fixed dates. This formula is ideal for people looking for the friendliness of a group.

Dates : See below for the group booking module

Price 2024 : 590€ per person, based on minimum of 3 people

Included in the package :

- IFMGA English speaking mountain guiding service
- lift access as per programme

Not included in the package :

- accommodation
- Personal drinks and other personal expenses (we recommend you bring Euros)
- take out lunches and daily snacks
- cost of getting to meeting point
- personal technical equipment including your mountaineering shoes

PRIVATE BOOKING

Private booking is the historical relationship that binds a guide to his/her client. It allows you to be alone, or in a constituted group, with your guide that meets your specific needs. It is undoubtedly the ideal formula to realize your projects because it guarantees you a maximum of comfort. You are free to choose your departure date and the itinerary can be adjusted, according to your specific expectations.

Prices 2024 :

2 people : 1025€ per person

3 people : 730€ per person

4 people : 580€ per person

Included in the package:

- IFMGA English speaking mountain guiding service
- lift access as per programme

Not included in the package :

- accommodation
- personal drinks and other personal expenses (we recommend you bring Euros)
- take out lunches and daily snacks
- cost of getting to meeting point
- personal technical equipment including your mountaineering shoes

FURTHER INFORMATION

In this section, find all the information about this activity. To prepare your trip effectively, refer to the [guides' tips](#). They share their expertise and recommendations, ensuring you have a great experience.

Rendez-vous : Meet at 8.30am at the Chamonix Guides Company: 190 place de l'église, on Day 1

Physical level : For people who regularly exercise/take part in sports. Six to seven hours of exercise per day

Technical level : No mountaineering experience necessary

Guiding policy : 3 to 4 people. The Compagnie des Guides de Chamonix's guiding policy guarantees the most balanced groups as possible as well as high-quality personalised advice. *Minor, only accompanied by a parent*

Accommodation : During the course : No accommodation included.

Before & after : We have some hotel partners in Chamonix with special prices for our customers.

Documentation : Participants must have mountain sports insurance with repatriation cover. We strongly recommend that this also includes cancellation cover. You can take out insurance when you sign up. Participants must also take valid ID with them.

EQUIPMENT

We recommend you take particular care over your choice of equipment, as it plays a large role in the success of your trip. Weight is critical, and you must always evaluate the weight-to-comfort ratio to find the best compromise.

Equipment

- 30-litre backpack,
- Mountaineering boots, *rentable*
- Climbing shoes, *rentable*
- Gaiters, if needed for your trousers,
- Telescopic trekking poles, *rentable*
- Crampons with anti-balling plates; helmet, harness and straight ice axe, *rentable*
- Bring the technical equipment you have (belay device, carabiners, slings...)

Clothing

- Warm hat that can be worn under a helmet,
- Sun hat or cap,
- Neck protection such as a 'Buff',
- 'Micro-fibre' style long-sleeve base layer,
- Fleece,
- 'Gore Tex' style shell jacket with hood, *rentable*
- Down jacket,
- Base layer leggings,
- Durable summer mountaineering trousers (not ski trousers),
- 'Gore Tex' style over-trousers, *rentable*
- Warm specialist walking socks,
- Lightweight specialist walking socks,
- Ski gloves or good quality mitts,
- Leather or fleece gloves.

Accessories

- Category 4 sunglasses,
- Water bottle (minimum 1.5l) and thermos bottle,
- Personalised first aid kit with a minimum of: sun cream, lip balm, cotton buds, blister kit, antisickness medication
- Watertight bag to contain your ID/passport and Euros.

Our Rental Partners : You can rent your equipment with our rental shops partners and benefit from special price [Sanglard Sports](#), [Ravanel & Co](#) & [Concept Pro Shop](#)

Our Equipment Partners : [Millet](#), [Dynastar](#), [Julbo](#), [Grivel](#) & [Monnet](#)