



Compagnie des Guides de Chamonix

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MOUNTAINEERING - WINTER MOUNTAINEERING COURSE

Duration: 3

Fitness: ▲▲▲▲▲ Technique: ▲▲▲▲▲

Price from: 700 €

During the winter season, the Mont Blanc massif remains an exceptional playground for mountaineers. The numerous ski lifts provide swift access to a wide variety of routes. This winter mountaineering course primarily focuses on improving your mixed climbing skills. The distinctive feature of this course is its small group sizes, with a maximum of four guests per group led by one guide. You'll receive personalized guidance from your guide, and the course's flexibility ensures a high-quality experience. Snowshoes will be used for approaches. To enroll in this course, previous mountaineering experience is required, including proficiency in using crampons and basic belaying techniques. For total beginners, we recommend considering our [ice climbing course](#).

The objectives of the winter mountaineering course

- Introduction to understanding avalanches risks and winter mountaineering
- Mastery and progression of mountaineering techniques on mixed terrain

ITINERARY

Day 1

Ice-Climbing & mountaineering basics

First meeting with your guide, check of the equipment. Ice climbing at the Cremerie in Argentière or Berard in Vallorcine, top rope or lead climb. Mountaineering basics : roping, belaying, rapelling. Depending on the conditions, Day 1 may take place on the Mer de Glace.

Day 2

Route from Pointe Helbronner (3642m)

This day is focused on a snow route. We will climb Petit Flambeau (3407m), Aiguille de Toule (3534m) or a corridor in les Marbrées.

Day 3

Route from Aiguille du Midi (3842m)

This day is focused on an ice or mixed route. Pointe Lachenal (3613m), Arête à Laurence or itinerary to the Cosmiques ridge (3800m).

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 2025 : 700€ per person based on minimum of 3 participants

Registration possible from age 18

Included in the package :

- IFMGA English speaking mountain guiding service
- lifts tickets
- transfer to Italy (Day2)
- technical equipment: crampons, ice axes, harness, helmet & DVA, snow shoes

Not included in the package :

- all meals
- personal drinks and other personal expenses (we recommend you bring Euros)
- cost of getting to meeting point
- personal technical equipment
- accommodations in Chamonix

PRIVATE BOOKING

A 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 2025 :

- 2 people : 1165€ per person
- 3 people : 855€ per person
- 4 people : 700€ per person

Included in the package :

- IFMGA English speaking mountain guiding service
- lifts tickets
- transfer to Italy (Day2)
- technical equipment: crampons, ice axes, harness, helmet & DVA

Not included in the package :

- all meals
- personal drinks and other personal expenses (we recommend you bring Euros)
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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.

Meeting point : Meet at 08:30 am at the Compagnie des Guides office in Chamonix - 190, place de l'église - 74400 Chamonix

Physical level : For people doing regular exercise

Technical level : This course is aimed at people with prior experience in mountaineering : I am used to using crampons and an ice axe, I have previous climbing experience, and I know the basic belaying techniques

Guiding policy : Our guiding policy is to have 3 to 4 people per guide. Registration possible from age 18

Accommodation : No accommodation during the trip. We have 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 to pay particular attention to the choice of your equipment. It contributes greatly to the success of your stay. Weight is decisive: you always have to evaluate the ratio weight/comfort, to find the best compromise. In a general way, it is

better to pile up several light coats rather than wear one big clothing.

Equipment

- Comfortable frameless rucksack (about 35-40 litres)
- Hiking boots to use semi-rapid crampons
- A pair of gaiters if your pant is not equipped
- A pair of telescopic poles
- A pair of crampons, helmet, harness & Ice-Axe - *lended*

Clothing

- Waterproof and windproof, non-insulated parka with hood (Gore-tex or equivalent)
- Waterproof and windproof, non-insulated pants
- Thick polar-pile fleece jacket or equivalent
- 1 long-sleeve shirt
- Medium weight thermal underwear (top + bottoms, silk or polypro, double as pyjamas)
- Warm socks
- Warm ski hat and light sun hat with brim
- Warm ski gloves or mittens
- A pair of adjusted gloves allowing you to easily handle material,
- Neck protection,
- Spare thermal underwear (for sleeping and change), down vest, T-shirt (s)

Accessories

- High-altitude sunglasses (grade 4 is recommended)
- 1.0 or 1.5 quart water bottle (insulate if possible)
- Sun block for face and lips
- Aspirin, elastoplast, 2nd skin kit
- Camera

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](#)

For clothes, you can contact our partner [Millet](#)

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