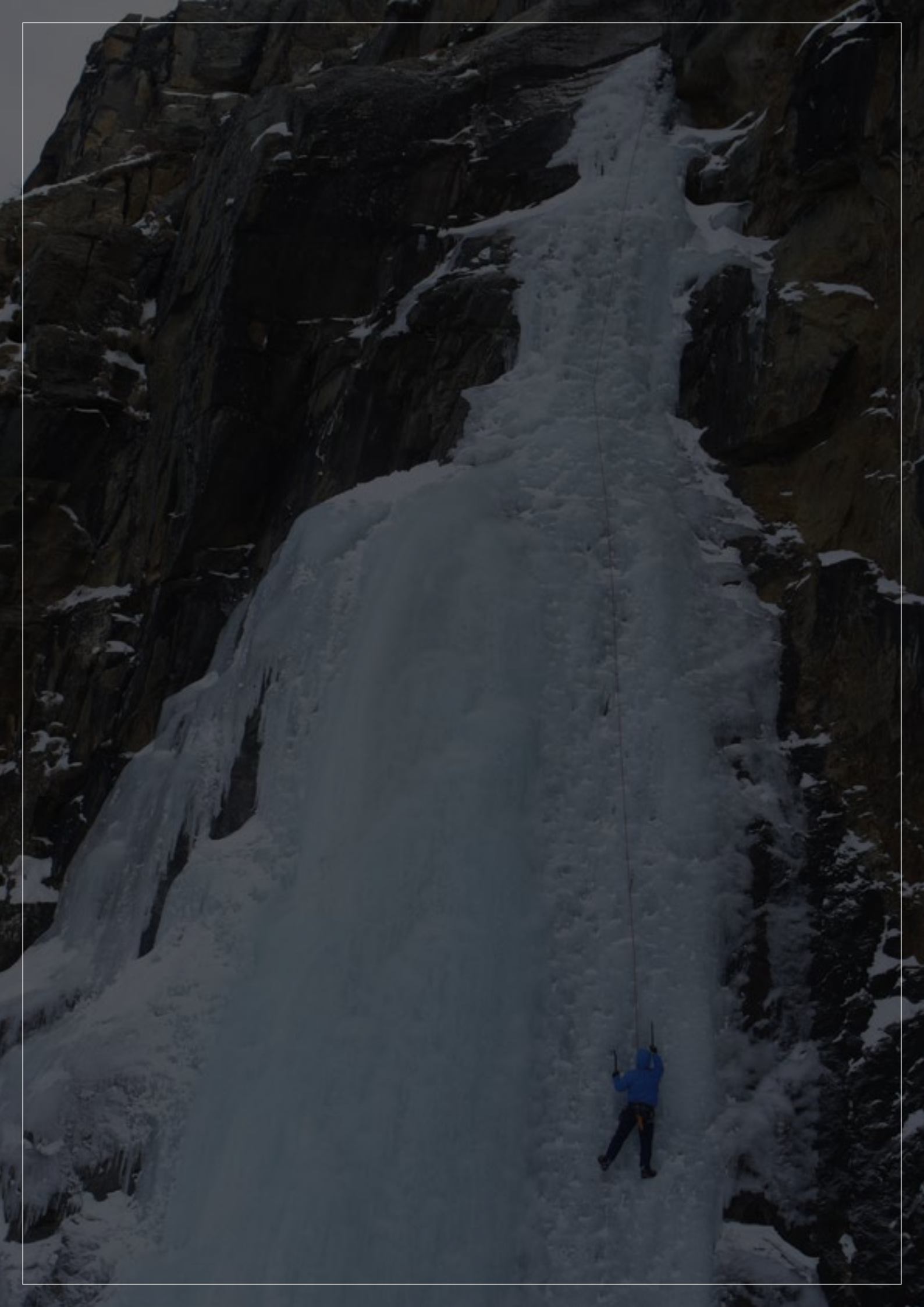




COGNE ICE CLIMBING WEEKEND

2025 COURSE NOTES





COGNE ICE CLIMBING WEEKEND

2025 COURSE DETAILS

Dates: CICWE 1: January 3–5
CICWE 2: January 10–12
CICWE 3: January 17–19
CICWE 4: January 24–26
CICWE 5: January 31 to February 2

Duration: 2 days

Departure: ex Chamonix, France

Price: €1,890 for 1:1 guide to climber ratio
€1,050 each for 1:2 guide to climber ratio



▲ Launch your ice climbing obsession. Photo: Suze Kelly

This Adventure Consultants course provides an introduction to the exciting art of ice climbing on a 2-day weekend course. You can arrive Friday night into Chamonix, and then climb Saturday and Sunday in Cogne on some outstanding introductory ice climbing areas!

Your personable instructors will encourage your progression through a well-proven formula that will soon have you climbing up an array of amazing ice features. The programme is established to enable you to develop good foundation skills, whilst promoting enjoyment and confidence as you learn.

We have a choice of easily accessible venues with an array of absolutely classic routes at an appropriate grade. Following the initial period of skill development, you will get to ascend a classic multi-pitch route as a finale to your weekend.

We operate on a 1:1 or 1:2 ratio so you have the full attention of your guide, making the most of your action-packed weekend as you achieve so much more, which is preferable to the large group approach.

Accommodation is provided in friendly family-run hotels in Chamonix and Cogne on a twin-share basis, although we can upgrade you to a single room or a higher class of hotel should you prefer.

During the evenings you can get out to enjoy the vibrant atmosphere and restaurants that make these areas the heartland of mountaineering culture in the Alps.

SKILLS COVERED

- Ice climbing skills and movement
- Rope work, belaying and rappelling
- Mountaineering skills relevant to approach and egress

OUR GUIDES

Adventure Consultants guides are BMG, NZMGA and/or IFMGA-UIAGM qualified mountain guides. They are professional mountaineers and operate to the highest industry standards.



▲ An extensive array of routes to suit all levels and ambitions. Photo: Guy Cotter

Being a technically proficient climber alone is not enough to work with us; our standards demand that trip leaders are great guides with good people skills as well. You will find your guide friendly, approachable and focused on providing a safe and enjoyable trip in line with your objectives and comfort level.

Success with the highest margin of care is always a hallmark of our approach; promoting the realisation that even extreme pursuits such as high-altitude mountaineering can be undertaken safely.

Adventure Consultants only employs IFMGA qualified guides for European ascents and courses. Guides must undergo rigorous training and assessment on climbing skills, instructional skills, avalanche training and assessment, wilderness first aid, rescue training and much more to gain these qualifications. It takes many years to attain IFMGA status, which ensures you are getting a world class professional service.

TYPICAL COURSE PROGRAMME

DAY 0: FRIDAY

Arrive into Chamonix. Hotel night.

DAY 1: SATURDAY

Your guide will meet you at 8:00am at the hotel for a briefing and to discuss the activities for the course. After organising your climbing gear and any equipment hire, we drive through the Mont Blanc Tunnel to Italy to climb classic routes in the Cogne Valley. There are several great routes here from

easy to hard, so it is a perfect place to try out new techniques and get to know how well the ice tools work. Cogne hotel night.

DAY 2: SUNDAY

Climb in the Cogne Valley before returning to Chamonix for a debrief with your guide and departing for home in the evening.

NOTE: We can arrange an additional hotel night if you wish to depart the following morning or you can add extra days onto the course to extend the adventure using our add on day rate. This must be arranged at time of booking as accommodation and our cadre of personable guides are in demand throughout the season.

The itinerary may change if conditions are more suitable in another region or factors such as the weather or unfavourable conditions preclude access into a specific region. If changes to the programme are required, your guide will discuss the options with you prior to any commitment being made that would incur additional cost.

COURSE DATES 2024

CICWE 1: January 3–5

CICWE 2: January 10–12

CICWE 3: January 17–19

CICWE 4: January 24–26

CICWE 5: January 31 to February 2

NOTE: You can book this course on any days during January or February if the weekend dates do not suit. You can also add extra days onto the course to extend the adventure using our add on day rate.



▲ Learn at your own pace with our small guide-to-client ratios. Photo: Jon Bracey



▲ Return to work exhausted but with a smile on your face. Photo: Jon Bracey



▲ Expand your skills and widen your achievements. Photo: Guy Cotter

CLASS SIZE

Our Cogne Ice Climbing Weekend is offered on a 1:1 or 1:2 guide-to-climber ratio. This offers you focused guide attention to ensure consistency across the program. Whilst other operators combine large groups, we know your safety will be better protected and learning progressions enhanced with the attentive care of your guide at our lower 1:2 ratio.

ACCESS TO THE MOUNTAINS

Any lifts and cable cars on the programme are included in the course cost. If weather or other logistical reasons force a change in programme and the use of additional lifts, your guide will consult with group members before committing to the change. In some cases, this may be an additional expense to you.

CLIMBING SEASON

We operate this course during January and February. In March and April we can still climb in some areas, so contact us for private guiding rates at these times.

WEATHER

Europe has a continental climate which in general encourages more stable weather. However, the weather in the high mountains can be changeable and at times very severe, dropping sometimes as low as -20°C . It is possible that weather conditions may thwart our programme. However, due to our focus on the forecasts, we can often change our itinerary to work around frontal weather systems.

EQUIPMENT

Climbing in the European Alps requires high quality clothing and equipment due to the extremes of weather conditions. Our focus is on having the essential clothing and equipment to keep you warm and comfortable while climbing.

You will be sent an equipment checklist on confirmation of your booking and your guide will go through this with you at the start of your trip. You can rent technical equipment but you must provide your own mountaineering clothing. Actual equipment required may vary subject to seasonal weather and route conditions. Group equipment including ropes and ice screws will be provided by your guide.



▲ Charming villages set the perfect stage for your adventure. Photo: Guy Cotter

COMMUNICATION & MESSAGES

Our guides are in cell phone communication with our operations base throughout the trip. This assists us with schedule and weather forecast updates, lift and accommodation co-ordination and safety backup. Your own mobile phone should work in the region though you may want to check with your service provider first. Local mobile phones can be rented at the international airports.

FITNESS & HEALTH

To make the most of your climbing experience, we encourage you to work on your fitness prior to the trip. You will find that training on hills with a +10kg/22lb pack is the best preparation for the mountains, with the aim of building your endurance. Ice climbing does require an amount of upper body fitness, so time at the rock gym will help get you honed for the ice. Your guide will be attuned to your fitness levels and will regulate the pace accordingly.

Our registration form requests that you advise us of any medical problems you may have and any medications you may be taking. Any information you supply will be treated as confidential.

FOOD

Adventure Consultants will provide breakfasts for the duration of the trip and an evening meal on the night in Cogne. You will be responsible for your own lunch and snacks each day, plus evening meals in Chamonix. This allows you to experience the varied culinary options available in the area, as there are many varied restaurants and bars within close walking distance.

In addition to lunches, it is a good idea to bring a small selection of your favourite snack food and hydration drinks to ensure you are fuelled by your preferred brands. Required amounts depend on your consumption but two bars or snacks per day in addition to your lunch would seem reasonable.

If you have any special dietary requirements, please advise us at the time of registration. If your dietary requirements are especially strict, you are advised to bring a sufficient supply of your required food types with you to ensure you are provided for. Any additional food, beverages or meals you purchase that are not mentioned in the inclusions will be at your own expense.

INSURANCE

We strongly recommend that you take out Trip Cancellation Insurance and Travel Insurance, as well as Medical and Rescue Insurance to protect yourself in the event of injury or mishap prior to or during your trip. While our focus is on safety and our track record supports this, the mountains do have hazards and there is the potential for mishap. Should you be injured whilst on the trip, there is a very efficient rescue service nearby.

TRAVEL TO CHAMONIX

We commence and finish our Cogne Ice Climbing Weekend in Chamonix, France. The closest international airport is in Geneva, just over the border in Switzerland. Regular shuttles operate between Geneva and Chamonix, and the trip takes about 1.5 hours. Your shuttle driver will drop you at your accommodation. At the completion of the course, the shuttle can pick you up from your hotel and take you



▲ Stunning climbing in stunning settings. Photo: Alessandro Bosio



▲ Suitable for any level of climber. Photo: Guy Cotter



▲ Enjoy Cogne's finest frozen waterfalls. Photo: Guy Cotter

back to the airport. The shuttle transfers are at your own cost but we can arrange this for you.

ACCOMMODATION

Accommodation is provided on a twin share basis from Friday evening through to the following Sunday morning after breakfast. The 2-3 star hotels we utilise are clean and comfortable and include breakfast and an evening meal for the night in Cogne. If you wish to have a single room or a higher standard of accommodation, we can arrange this for you.

Please enquire about options and costs at the time of booking.

PRICES

The cost of the Cogne Ice Climbing Weekend, ex Chamonix, France is:

€1,890 1:1 guide-to-climber ratio

€1,050 per person 1:2 guide-to-climber ratio

ADD ON DAY RATE

€840 1:1 guide-to-climber ratio

€450 per person 1:2 guide-to-climber ratio

NOTE: The add on day rate includes one night hotel

All prices are subject to change without notice.

The cost includes:

- Qualified mountain guide
- Group technical equipment
- 2 nights hotel accommodation on a twin share basis (B&B in Chamonix, half board in Cogne)
- Local ground transport as per scheduled itinerary
- Breakfasts during the course and an evening meal in Cogne

The cost **does not** include:

- Any lift, hut, hotel or transport costs additional to the programme due to weather or logistics (any changes will be actioned only after you have been consulted by your guide)
- Personal mountaineering clothing and equipment as per lists supplied
- Rental equipment
- Lunches
- Evening meals/drinks during Chamonix hotel nights



▲ Our emphasis is on small groups for maximum learning. Photo: Jude Spancken



Come along with some friends for the perfect weekend getaway. Photo: Suze Kelly



▲ Italy's winter wonderland. Photo: Suze Kelly

- Additional meals or snacks/drinks purchased from huts/hotel
- Single supplement for the 1:2 option
- Insurance
- Transport to and from Chamonix (although we can arrange it for you)
- Gratuity

PAYMENT

All payments should be made by bank transfer to the following Euro bank account:

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington
New Zealand

For the account of Adventure Consultants Limited

Account Number: 1000-594771-0002

Account Type: Euros

Swift Address: BKNZNZ22

NOTE: All bank transfer charges are for the remitter's account.

We can also accept your deposit and balance payment by credit card (Visa, Mastercard, and Amex).

DEPOSIT

To confirm a place on one of our Cogne Ice Climbing Weekends we require a completed registration form with a deposit of €500.

BALANCE

The balance payment is due 60 days prior to the course start date.

CANCELLATION & REFUND POLICY

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 60 days prior to your trip commencement date. A climber may then cancel their participation on the following basis:

- Cancellations outside of 60 days will result in the loss of the trip deposit.
- For cancellations made within 60 days of the trip commencement date we reserve the right to retain 50% of the full fee.



▲ Learn the latest techniques and have fun on the ice! Photo: Jude Spancken

- For cancellations made within 30 days of the trip commencement date we reserve the right to retain 75% of the full fee.
- For cancellations within 15 days of the departure date a cancellation fee of 100% of the full fee applies.

We recommend taking trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS TRIP

If you would like to join one of our Cogne Ice Climbing Weekends please complete our online booking form and forward your deposit payment at <https://adventureconsultants.com/courses-training/europe-training/cogne-ice-climbing-weekend>.

CONTACT US

If you require more information, please contact us at:

Adventure Consultants Ltd
5/12 Frederick Street
PO Box 739
Wanaka, 9343
New Zealand

Phone: + 64 3 443 8711

Email: info@adventure.co.nz

Web: www.adventureconsultants.com



The stunning Cogne Valley, a picture perfect retreat. *Photo: Guy Cotter*



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

