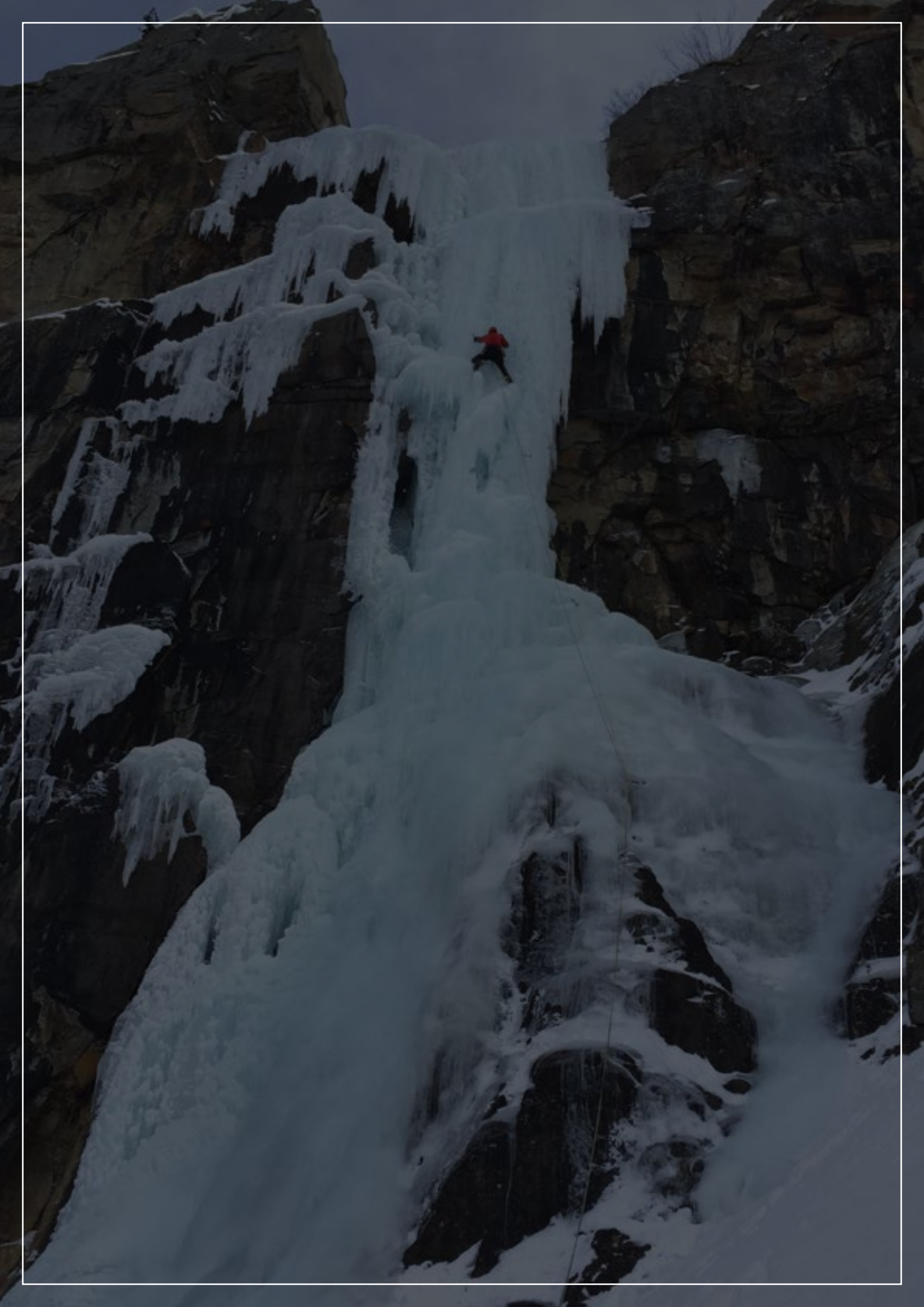




# CHAMONIX COGNE ICE CLIMBING WEEK

**TRIP NOTES**





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## 2025 TRIP DETAILS

**Dates:** CICW 1: December 29 to January 4  
CICW 2: January 5–11  
CICW 3: January 12–18  
CICW 4: January 19–25  
CICW 5: January 26 to February 1  
CICW 6: February 2–8  
CICW 7: February 9–15  
CICW 8: February 16–22

**Duration:** 5 days

**Departure:** ex Chamonix, France

**Price:** €4,610 1:1 guide to climber ratio  
€2,520 each 1:2 guide to climber ratio



▲ Push your limits ice climbing in Chamonix and Cogne. Photo: Guy Cotter

You will enjoy some of the best ice climbing venues on earth when you participate in our Chamonix and Cogne Ice Climbing Week. Envisage staying in charming local hotels with numerous ice venues of all levels just outside the door!

We begin the week sorting equipment in Chamonix before travelling a short distance to the famous Cogne region in Italy. This area spoils us for choice with its huge variety of ice climbing routes. We start out on easier routes and gradually build up the intensity to suit our development over the week. Without fail, people love to tell us that the routes that looked intimidating at the start of the week are fun climbs by the end!

You can decide whether to utilise the week for learning and developing new skills, or you may simply want to build up your experience on different routes and push your climbing standard. Many climbers who return each winter will have their guide select routes of ever increasing difficulty as their confidence develops. Others enjoy learning skills to enable them to progress their own leading capability, where the guide will lead the more difficult pitches on a longer route.

You'll be surprised with how well you progress during the week and your guide will work with you to help you achieve your goals. Whichever approach

you decide, there is a lot of flexibility with the Ice Climbing Week. You can come with a friend for 1:2 climbing with a guide or by yourself for climbing on a 1:1 ratio.

At the end of each day, you return to your hotel for a beer and wholesome meal at the climber-friendly and family-run hotels in Chamonix and Cogne. Rooms are on a twin-shared B&B basis in Chamonix, whereas an evening meal is also provided in Cogne. Should you desire a higher level of accommodation, we can upgrade you to single accommodation or a higher class of hotel.

## SKILLS COVERED

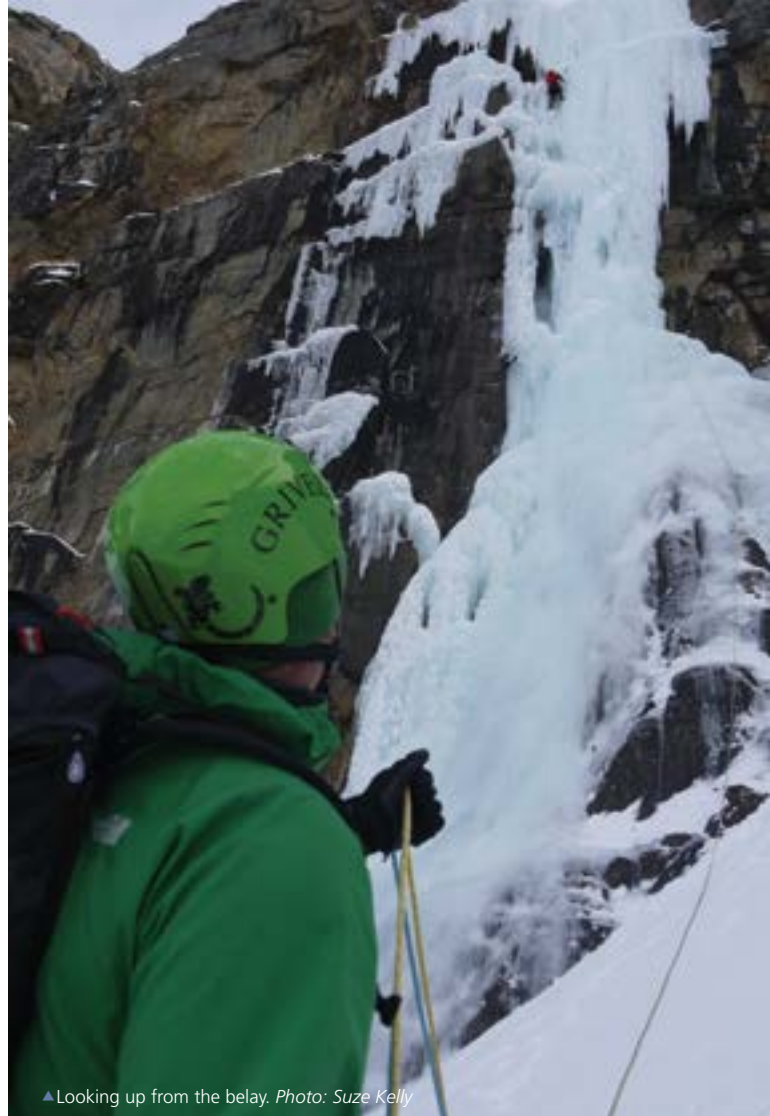
- Rope work and basic skills
- Ice climbing skills and movement
- Independent risk assessment
- Leading on ice
- Descending steep terrain
- Mountaineering skills relevant to approach and egress



▲ A climber dwarfed amidst snow and ice. Photo: Jon Bracey



▲ Suitable for any level of climber. Photo: Jude Spancken



▲ Looking up from the belay. Photo: Suze Kelly

## OUR GUIDES

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.

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.

## ITINERARY

Following is an ideal itinerary for our Chamonix Cogne Ice Climbing Week:

Day 0 Meet in Chamonix, overnight at in Chamonix hotel

Day 1 Travel to Cogne, ice climbing technique instruction and warm up, overnight at Cogne hotel

Days 2-4 Ice climbing in the Cogne region, overnight at Cogne hotel

Day 5 Return to Chamonix, ice climbing in the Chamonix region, overnight Chamonix hotel

Day 6 Depart Chamonix

## DETAILED ITINERARY

### Day 0 Sunday

Arrive into Chamonix. Hotel night.

### Day 1 Monday

We meet at the hotel at 8:00am for a briefing. Our guide will go over plans for the week and answer any last-minute questions. After organising any rental gear, we drive through the Mont Blanc Tunnel to the Cogne Valley in Italy. We visit one of the many ice climbing venues in the region to practice techniques and get warmed up for the week. Overnight in Cogne hotel.



▲ Learn under the close supervision of our qualified guides. Photo: Guy Cotter

## Day 2 Tuesday

Although there are some very challenging mixed climbs in the region such as the 'X Files' (one of the first M10s, climbed in 1997 by the eccentric Stevie Haston) there is also an abundance of easy training routes. Perhaps today we may attempt Lillaz Gully, a 200m Grade 4. Overnight in Cogne Hotel.

## Day 3 Wednesday

Today we may walk half an hour to attempt one of the many routes close to the hotel. There are several routes that are longer but of an easier grade, which help you to consolidate your skills without straining the body too much. Overnight in Cogne Hotel.

## Day 4 Thursday

Perhaps today we may tackle a route such as Patri Classica, a divine 4 pitch route that flows up a series of walls culminating in a stunning final pitch. The trail to the base follows the Valnontey Valley for just over an hour to the base, so you are well warmed up when you arrive. Overnight in Cogne Hotel.

## Day 5 Friday

Today we enjoy our last climbs in the Cogne Valley before driving back to Chamonix late in the

afternoon. We may now be leading something we've had our eye on to finish the week off or we may decide to climb Cold Couloir, one of the most famous long routes (400m, 1,300ft, Grade 4+). Finally, it is time to pack up gear and return to Chamonix and to celebrate a great week on the ice.

## Day 6 Saturday

Breakfast and a chance to exchange photos before departing for home.

**NOTE:** The itinerary may change if conditions are more suitable in another region, or factors such as the weather preclude access into this region.

## COURSE DATES 2025

**CICW 1:** December 29 to January 4

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▲ Many challenging climbs are possible for experienced climbers. Photo: Jon Bracey

You can also book any dates that suit you during the climbing season (from December to April) depending on guide availability.

**NOTE:** Venues may vary early and late season depending on conditions. Additional costs may be incurred due to additional travel and accommodation costs in alternative venues.

## CLASS SIZE

Our Chamonix Cogne Ice Climbing programme 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 you with large groups, we know your safety will be better protected and the learning progressions will be enhanced with the attentive care of your guide at our lower 1:2 ratio.

## ACCESS TO THE MOUNTAINS

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

## CLIMBING SEASON

We operate our scheduled Ice Climbing Weeks during January and February. In December, 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 generally encourages more stable weather. However, weather can be changeable and at times severe. It is possible that weather conditions may thwart our programme. However, due to the length of the trip and our focus on the forecasts, we can often change our itinerary slightly to work around frontal weather systems.

## EQUIPMENT

Climbing in the European Alps requires high quality clothing and equipment due to the potential 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 beginning of your trip. You can rent technical equipment for the course but you must provide your own mountaineering clothing as per the equipment list.

Actual requirements may vary subject to weather and route conditions. Group equipment including ropes and ice screws will be provided by your guide.

## 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 coordination and safety backup. Your own mobile phone should work in the region, although you may want to check with your service provider first. Local mobile phones can be rented at the international airports.



▲ Tailored trips to suit your level of experience. Photo: Suze Kelly

## 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 wearing 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 also 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 take. Any information you supply will be treated as confidential.

## FOOD

Adventure Consultants will provide breakfasts for the week. You will be responsible for your own lunch and snacks, plus your evening meals for the 2 nights in Chamonix. Evening meals for the four nights in Cogne are included.

In Chamonix, there are many eateries within close walking distance to the hotel that provide a variety of foods to suit your tastes.

It is also a good idea to bring a small selection of snacks and hydration drinks to ensure you are fuelled by your favourite brands. Actual amounts depend on your consumption but two bars/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.

## 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. If you were injured whilst on the trip, there is a very efficient rescue service nearby.



▲ Fantastic waterfall ice abounds. Photo: Suze Kelly

## TRAVEL TO CHAMONIX

We commence our Chamonix Cogne Ice Climbing Week from Chamonix in 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 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 B&B basis from Sunday evening through to the following Saturday morning after breakfast. The 2–3 star hotel that we utilise in Chamonix is clean and comfortable and includes breakfast. In Cogne, we stay in a convivial hotel that includes evening meals and breakfast. If you want single accommodation or a higher standard of accommodation, we can arrange this for you. Please enquire about options and costs at the time of booking.

## PRICE

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

€4,610 1:1 guide to climber ratio  
€2,520 per person 1:2 guide to climber ratio

**NOTE:** All prices are subject to change without notice.

The cost includes:

- Qualified mountain guide
- Group technical equipment
- 6 nights hotel accommodation on a twin share basis (B&B in Chamonix, half board in Cogne)
- Local ground transport as per the itinerary
- Breakfasts during the course and evening meals 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
- Rental equipment
- Lunches
- Evening meals or drinks in Chamonix





▲ Launch your ice climbing obsession! Photo: Jon Bracey



▲ A superb instruction venue with climbs of varying levels. Photo: Suze Kelly



▲ Spend time focussing on fine tuning correct technique. Photo: Guy Cotter

- Extra additional meals, snacks or drinks purchased from huts or hotels
- Single supplement for the 1:2 guiding option
- Insurance
- Transport to and from Chamonix
- 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:** BKNZ22

**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 Chamonix Cogne Ice Climbing Week 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.



▲ The region is also home to numerous technically challenging routes. Photo: Guy Cotter

- 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 you take out 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 Chamonix Cogne Ice Climbing Weeks please complete our online booking form and forward your deposit payment at <https://adventureconsultants.com/courses-training/europe-training/chamonix-cogne-ice-climbing-week>.

## CONTACT US

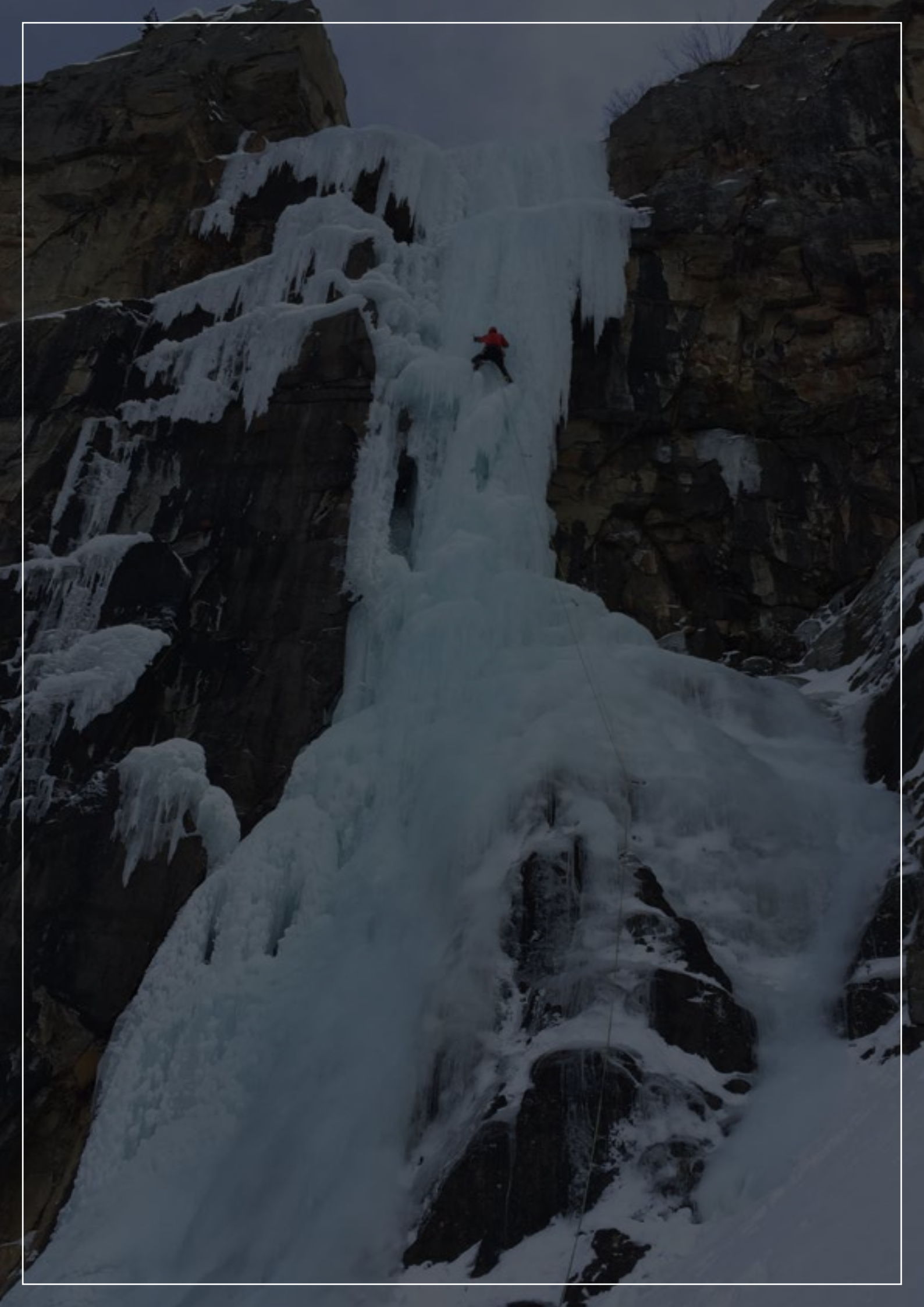
If you require more information, please contact us at:

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

**Phone:** + 64 3 443 8711

**Email:** [info@adventure.co.nz](mailto:info@adventure.co.nz)

**Web:** [www.adventureconsultants.com](http://www.adventureconsultants.com)





△ Join us for a week at Europe's premier climbing venue. Photo: Suze Kelly



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.

