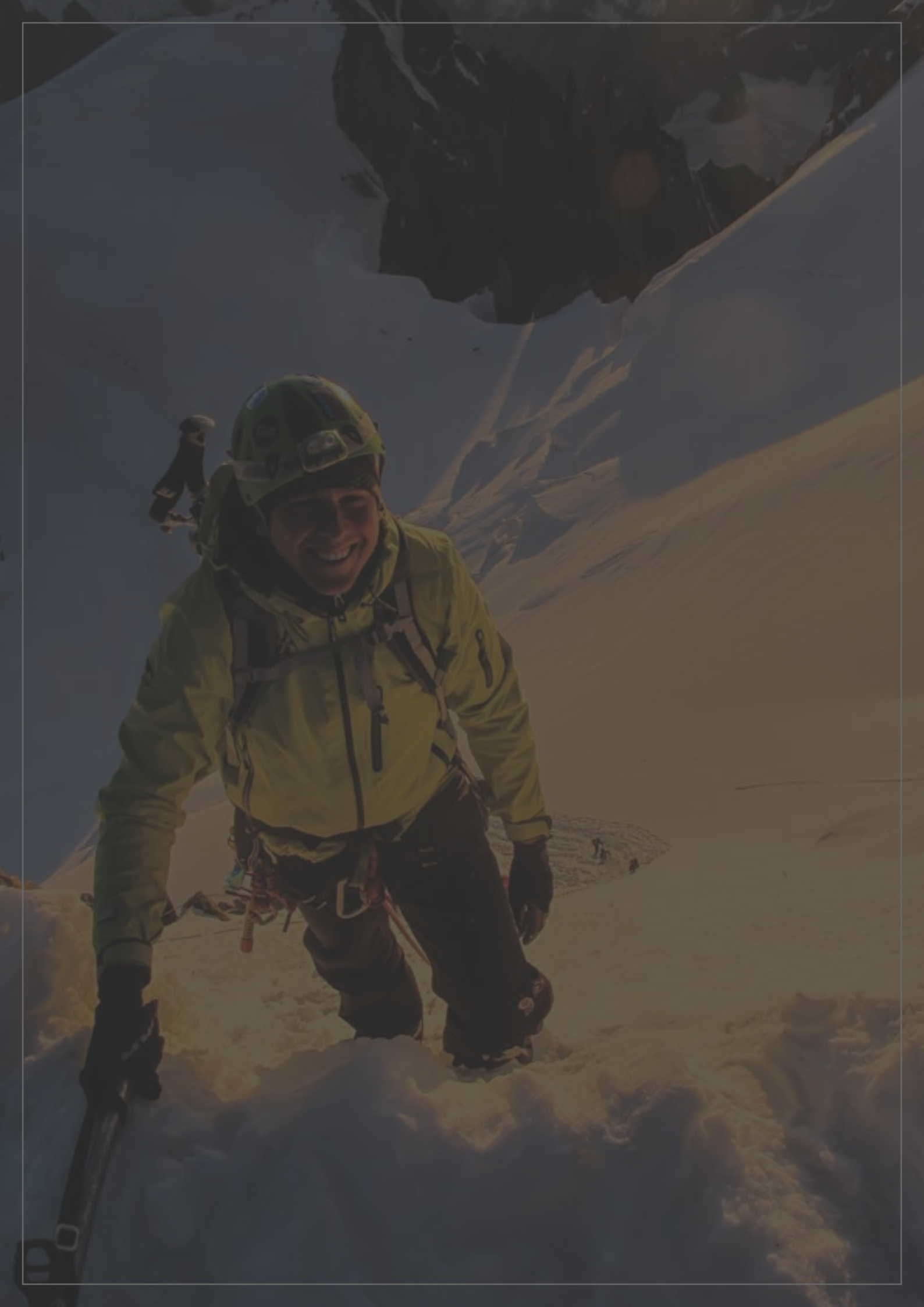




CHAMONIX EXPEDITION COURSE

2025 COURSE NOTES





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2025 COURSE DETAILS

Dates: Private course, available on demand

Duration: 6 days

Departure: ex Chamonix, France

Price: €5,260 for 1:1 guide to climber ratio
€3,020 for 1:2 guide to climber ratio

▲ Work your way up to bigger goals. Photo: Olivier Baron

Welcome to Adventure Consultants' Chamonix Expedition Course. This high-quality course is the perfect stepping stone to high expedition peaks and ideal for climbers looking to start tackling the Seven Summits. Introducing you to a wide array of techniques and fine-tuning existing skills, you'll develop the pre-requisites for going higher than you ever have before.

Based out of the climber's paradise of Chamonix in the French Alps, our 6-day Chamonix Expedition Course has been designed by Adventure Consultants to equip you with the essential skills and techniques to take your climbing to the next level and begin tackling major ascents.

Let our experienced guides help you navigate your way towards safe and successful climbing practices, with a special focus on expedition climbing to set you on your way towards your mountain objectives.

With a strong focus on practical experience, the course is directed toward fit and motivated people who have some background in the outdoors. Previous alpine or rock climbing experience, bushwalking or hiking to a demanding level or other related activities, which develop self-reliance and a mentally robust attitude, are the pre-requisites for this course.

At the end of the course, participants will have gained the skills to tackle more committing multi-day ascents, either guided or on their own.

SKILLS COVERED

- Snow-craft and ice-craft
- Rope skills applicable to alpine and expedition climbing
- Rescue techniques and emergency shelters
- Glacier travel and self-rescue skills
- Route finding and navigation
- Rock climbing
- Ice climbing
- Alpine rock climbing skills
- Preparation for high altitude expedition climbing



Learn skills that can take you mountaineering around the world. Photo: Olivier Baron

OUR GUIDES

Adventure Consultants only employs IFMGA qualified guides for European ascents and courses. Guides must undergo rigorous training and assessment on climbing, 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 and our guides operate to the highest industry standards, 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.

SAMPLE ITINERARY

DAY 0

This is our arrival day in Chamonix, check into our hotel and get a good night's sleep ahead of an action-packed week ahead.

DAY 1

We begin the course with an introductory lecture on expeditions and expedition planning, to whet your appetite both for your broader goals and the immediate week ahead. Your guide will go over the plan for the week and will check our gear, with last chance opportunities to rent or purchase items from Chamonix's

many mountain retailers. The afternoon is spent at the well-known local rock climbing area at Les Gaillands, going over basic rope skills, prusiking, rappelling, etc. before we return to our hotel for the night.

DAY 2

This morning we take the Montanvers rack and pinion railway (1,913m/6,276ft) and head up to the Mer de Glace (3,500m/11,500ft), a stunning glaciated valley on the northern slopes of the Mont Blanc Massif. Here we find the perfect setting for a fun day of ice school—learning crampon and ice axe skills, glacier travel, crevasse rescue, etc. We descend again for the evening and our third night at the hotel.

DAY 3

Day 3 is dedicated to further developing the rock and rope skills that we have learnt. We take the Flégère cable car (1,877m/6,158ft) and the Index lift (2,595m/8,514ft) to access the traverse of the Aiguilles Crochues (2,840m/9,317ft). This route offers fantastic views towards Mont Blanc and is ideal for newer alpine climbers. Here we discuss route finding before descending for our last hotel night.

DAY 4

The day begins with a discussion on navigation before we drive through the famous Mont Blanc tunnel, emerging in Entrèves, Italy. From here we take the Skyway Monte Bianco up to the Torino Hut (3,375m/11,073ft). In this vicinity, we will learn how to organise ourselves in the mountain environment when camping on snow by jumping straight in and setting up camp. We will practise travelling on glaciers, crevasse rescue, belaying and navigation skills before spending the night under canvas.



▲Tackling the traverse of the Aiguilles Crochues. Photo: Andrew Wexler



▲Focus on problem solving and decision making. Photo: Alessandro Bosio



▲Enjoy the charming mountain town of Chamonix. Photo: Guy Cotter

DAY 5

Today we make an early start for a traverse of the Aiguilles Marbrées (3,535m/11,598ft), whose jagged summits form the border between Italy and France. With enjoyable climbing and spectacular environs, these are enjoyable peaks are firm local favourites. Here we will spend time learning about avalanche awareness and rescue techniques, with more practise in climbing fixed ropes and further discussion on route finding before a second night camping.

DAY 6

Our final full day sees us take on the climax of the trip by climbing the traverse of the Entrèves (3,604m/11,824ft), a fun but exposed route with yet more exceptional views. Tired but delighted, we descend early and spend the afternoon talking through acclimatisation, mountain first aid and expedition health before a well-deserved hotel night.

DAY 7

Take a leisurely breakfast before heading home.

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

CLASS SIZE

This course is offered on a 1:1 and 1:2 guide-to-climber ratio, which offers you focused attention throughout the course. 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.

ACCESS TO THE MOUNTAINS

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

CLIMBING SEASON

We operate this course mid-June to September and other times as conditions allow. In June and early July, we can expect more snow cover on the routes and as temperatures warm up into the summer months from mid-July, we traditionally experience more settled weather and warmer temperatures.



▲ six full days of climbing and instruction. Photo: Alessandro Bosio

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. It is possible that weather conditions may thwart our programme. However, due to the length of the course 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 extremes of weather conditions. Our focus is on having the essential clothing and equipment to keep you warm and comfortable. 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 taken may vary subject to weather and route conditions. Group equipment including ropes and technical hardware 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 co-ordination and safety backup. Your own mobile phone should work in the region though you should check with your service provider first.

FITNESS & HEALTH

To make the most of your climbing experience we encourage you to work on your fitness prior. Training on hills with a +10kg/22lb pack is the best preparation for the mountains, to build your endurance. Your guide will be attuned to your fitness levels and will regulate the pace accordingly.

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

FOOD

Adventure Consultants will provide breakfasts for the duration of the course. You will be responsible for your lunches and snacks each day, plus evening meals on nights spent in Chamonix. This allows you to experience the exciting culinary options available in Chamonix, as there are many good restaurants and bars within close walking distance. Any additional food, beverages or meals you purchase that are not mentioned in the inclusions will be at your own expense.

You should bring a selection of your favourite snack food and hydration drinks with you to ensure you are fuelled by your preferred brands, as well as money for lunches and snacks whilst in the mountains. Required amounts depend on your consumption but two per day in addition to lunch is 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.



A focussed programme tailored to your skill level. Photo: Paolo Pieroni

ACCOMMODATION

Accommodation is provided from the evening of Day 0 to the morning of Day 7 after breakfast. For scheduled nights in Chamonix this will be at a comfortable hotel on a twin share B&B basis. Whilst in the mountains we will sleep in shared alpine tents and a sleeping bag and sleeping mat will be required.

We can arrange a single supplement for you at an additional cost for the Chamonix hotel nights. Please enquire about costs at the time of booking.

TRAVEL TO CHAMONIX

We commence our Chamonix Expedition Course from Chamonix in France. The closest international airport is in Geneva, just over the border in Switzerland. Regular shuttles operate between Geneva airport and Chamonix and the trip takes about 1.5 hours. Your shuttle driver will drop you off directly at your accommodation and can pick you up for the return leg. The shuttle transfers are at your own cost but we can help arrange these for you.

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.

PRE-COURSE ACCLIMATISATION

It is preferable to spend a few days at altitude prior to your trip to assist with your acclimatisation and our climbers regularly attend our Pre-Course Acclimatisation Programme. This 2-day acclimatisation and re-familiarisation programme takes you on day climbs to high elevations on peaks that are easily accessible from Chamonix. This kickstarts your acclimatisation and gets you out climbing before the main programme begins. By enhancing your acclimatisation and fine tuning your skills before the Chamonix Expedition Course



Learn essential snowcraft and camping skills. Photo: Alessandro Bosio

programme begins, you experience more enjoyment from the climbs and enjoy a greater success rate.

MONT BLANC ADD ON

Utilise your acclimatisation and climbing skills to join one of our guides for a quick ascent of Mont Blanc directly following your instruction course. This 3-day programme is available only to course participants.

PRICES

€5,260 1:1 guide to climber ratio

€3,020 per person 1:2 guide to climber ratio

NOTE: All prices are subject to change without notice.

The cost includes:

- Qualified mountain guide
- Lifts as per the standard itinerary
- 5 nights hotel B&B on twin share basis including first night and last nights of the course
- Transport during course dates as per schedule
- Ropes and group technical equipment
- Breakfast and evening meals during mountain component of course

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 equipment and clothing
- Evening meals during hotel nights in Chamonix
- Lunches
- Extra additional meals, snacks or drinks
- Insurance
- Transport to and from Chamonix
- Gratuities

PRE-COURSE ACCLIMATISATION

€1,090 per person at a 1:2 guide to climber ratio

€1,890 per person at a 1:1 guide to climber ratio

The trip price includes the hotel on your arrival day. The hotel on the second night would be included as Day 0 on the Chamonix Expedition Course programme to follow. Note this programme is designed to immediately precede the Chamonix Expedition Course with no rest day in between.



Hone your skills in the famous Mer de Glace. Photo: Paolo Pieroni



Learn to move safely in crevasse terrain. Photo: Alessandro Bosio



Enjoy fabulous alpine rock. Photo: Paolo Pieroni

MONT BLANC ADD ON

€1,720 per person at a 1:2 guide to climber ratio
€2,850 per person at a 1:1 guide to climber ratio

For further information on the Mont Blanc Add On please contact our office.

NOTE: All prices are subject to change without notice.

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), plus a 3% transaction fee.

DEPOSIT

To confirm a place on our Chamonix Expedition Course, 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.



▲Climb a variety of snow and rock 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 strongly recommend taking 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.

HOW TO JOIN THIS TRIP

If you would like to join this course, please complete our online booking form and forward your deposit payment at <https://adventureconsultants.com/courses-training/europe-training/chamonix-expedition-course#DepartureBookingBlock>.

CONTACT US

If you require more information, please contact us at:

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▲ Keep following your dreams. Photo: Finn Ghent



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.

