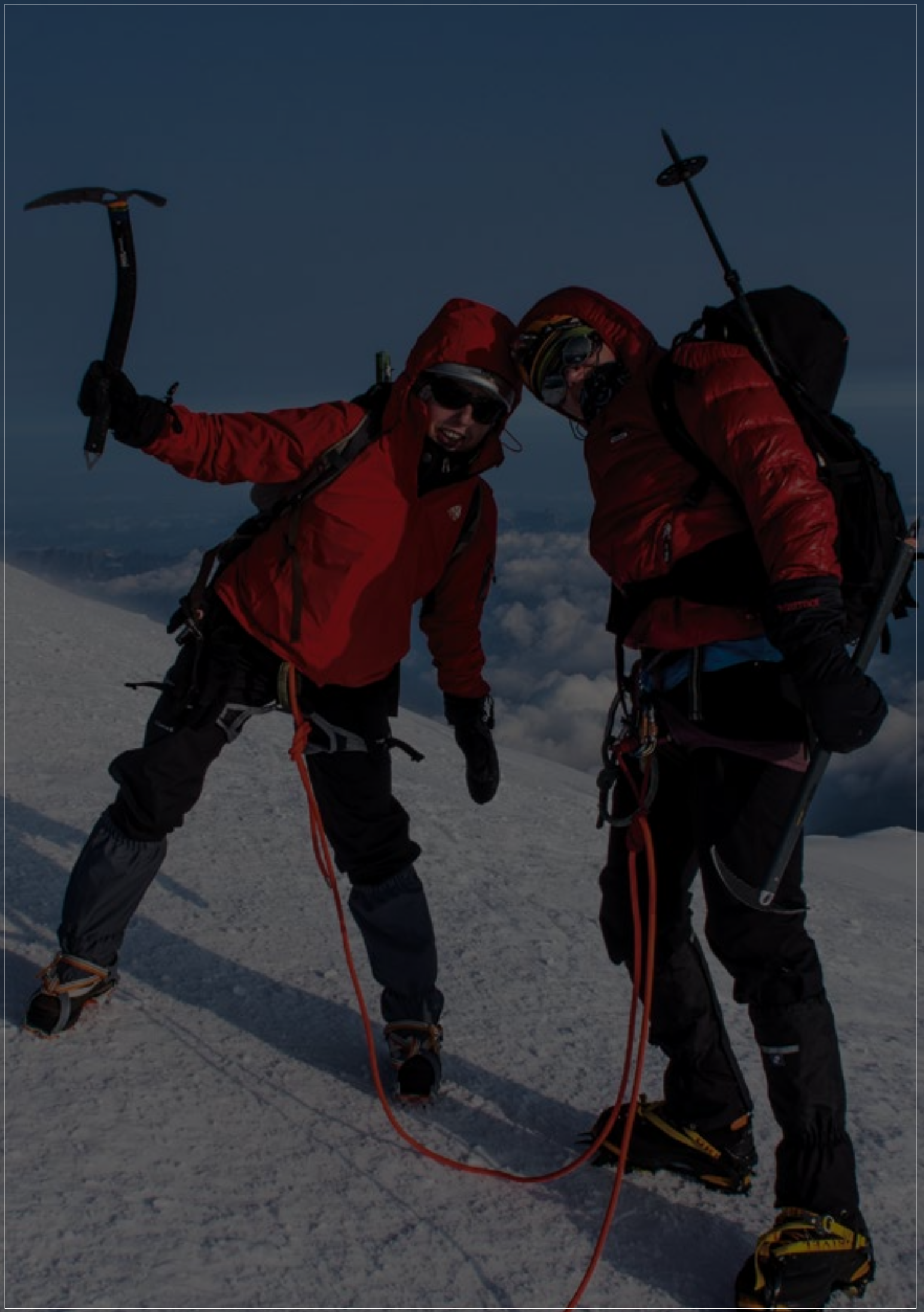




# EUROPE PRE-COURSE & ACCLIMATISATION PROGRAMME



**2025 COURSE NOTES**





# EUROPE PRE-COURSE & ACCLIMATISATION NOTES

## 2025 COURSE DETAILS

**Dates:** Available on demand  
June to September

**Duration:** 2 days

**Departure:** ex Chamonix, France

**Price:** €1,890 1:1 guide to climber ratio  
€1,090 each 1:2 guide to climber ratio



Refresh skills while you acclimatise. Photo: Paolo Pieroni

Ascents of the high peaks in the European Alps are significant objectives that require fitness, acclimatisation and stamina, and in some cases, more than a modicum of technical prowess. For any climber that is not already acclimatised, the challenges of these ascents can be greatly alleviated by spending just a bit more time climbing at altitude prior to your trip start date.

For this reason, you can schedule a two-day acclimatisation and re-familiarisation programme that takes you on day climbs to high elevations on peaks that are easily accessible from Chamonix, thus kick-starting your acclimatisation and getting you out climbing before the main programme begins.

The advantage you gain when you enhance your acclimatisation before embarking on one of the higher peaks in the Alps will be palpable. You will be able to really enjoy your climb once your body has fully adjusted to the higher elevations.

Add to that the benefit of having extra time to get 'back on your feet' with your climbing and you will be fully prepared for the upcoming course or ascent. Your guide will be happy to work with you during this time to work on specific techniques or ascents of lower alpine routes.

This option can also be used to extend your 1:1 guided ascent or Private Instruction Course, giving you a longer duration programme with additional weather contingency. If your summit is achieved early, there will be additional time at the end of the programme to tackle other great objectives in the local area.

## COURSE OBJECTIVE

- Gain valuable acclimatisation to enable you to better enjoy your upcoming ascent or course
- Get you 'back on your feet' prior to the ascent or course you are joining
- Use this as extra weather days for one of our 5 day/6 night programmes



▲ Enjoy a variety of climbs in the Chamonix region. Photo: Olivier Baron

## SAMPLE ITINERARY

### DAY 0

Arrive into Chamonix, hotel night.

### DAY 1

Meet your guide around 8:30am at your hotel for a briefing and gear check. You will then take a lift into the high alpine region for the day to climb peaks, work on technique and all the time promote acclimatisation. This is a good time and place to sort out minor problems with equipment or technique before venturing into the larger mountain setting. Typical ascents would be Aiguille de l'Index, Petite Aiguille Verte or similar. Descend to the valley for a Chamonix hotel night.

### DAY 2

You will again ascend one of the many lifts and potentially climb a peak or focus on technique. Typical areas we may visit would be accessed by the Aiguille du Midi or Helbronner Lifts. Whatever the activity, it will greatly enhance your adaptation to altitude.

If you are going on to make a 1:1 ascent during the upcoming week, it may be possible to move to a mountain hut on this night. This will accelerate your programme and give you more time to achieve the ascent and then focus on other peaks or technical skills, depending on your desire. Alternatively, we return to your comfortable Chamonix hotel.

This is night also serves as Day 0 of your planned Ascent or Course programme.

**NOTE:** This is a sample itinerary, your actual itinerary may vary if conditions are more suitable in

another region or factors such as the weather or lift service precludes access. In some cases, this may be an additional expense to you.

## THE ADVANTAGES OF CLIMBING WITH ADVENTURE CONSULTANTS

Adventure Consultants is renowned for the quality of its service and strategy applied to expedition and ascent climbing. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our climbers the best possible chance of success.

We employ strong and specialised IFMGA Mountain Guides, who are some of the most pre-eminent in the industry. Many of our expedition members and climbers come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions and guided ascents safe and successful.

## CLIMBING SEASON

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



▲ Available as a 1:1 or 1:2 guide to climber option. Photo: Olivier Baron



▲ Daily climbs from the alpine centre of Chamonix. Photo: Guy Cotter



▲ Spend valuable extra time in the mountains. Photo: Boris Lorencic

## 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 proximity of the climbing venues 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 encountered. Our focus is on having the essential clothing and equipment to keep you warm and comfortable during the climb.

You will be sent an equipment checklist upon confirmation of your booking, which your guide will go through with you at the start of your trip. It is possible to rent technical equipment, but you must provide your own mountaineering clothing as per the list. Actual equipment taken may vary subject to seasonal 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 coordination and safety backup. Your own mobile phone should work in the region, although you may wish to confirm with your service provider first.

## FITNESS & HEALTH

To make the most of your experience, we encourage you to work on your fitness prior to the trip. Training on hills with a 10kg/22lb+ pack is the best preparation for the mountains, with the aim of building your endurance. 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 of any medication you are taking. Any information you supply will be treated as confidential.



▲ Use the course to add on weather contingency days. Photo: Boris Lorencic

## FOOD

Adventure Consultants will provide breakfasts for the duration of the course. You will be responsible for your own lunch and snacks each day, plus evening meals on the non-mountain nights in Chamonix. This allows you to experience the exciting culinary options available in Chamonix, as there are many restaurants and bars within close walking distance that provide a variety of foods to suit your tastes. 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 to ensure you are fuelled by your preferred brands, as well as money for lunches and snacks whilst in the mountains. The amounts required will depend on your consumption but two 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.

## ACCOMMODATION

Accommodation for this programme is included on a twin share B&B basis for the nights of Day 0 and Day 1. The night of Day 2 will be included as part of your following Ascent or Course programme (it will be Day 0 of that programme).

There are no single supplements or private rooms available in the mountain huts but we can arrange this for you in Chamonix.

We can also arrange an upgrade to four or five-star hotel accommodation—please ask about options if interested.

## TRAVEL TO CHAMONIX

We commence our Europe Pre-Course and Acclimatisation Programme 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, with the trip taking about 1½ hours. Your shuttle driver will drop you at our accommodation. At the completion of the course, the shuttle can collect you from your hotel to take you back to the airport. Shuttle transfers are at your own cost but we can help arrange this 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.

## 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.



Refresh essential skills prior to your course or guided ascent. Photo: Paolo Pieroni

## PRICES

Cost for the Europe Pre-Course and Acclimatisation Programme, ex Chamonix is:

€1,890 1:1 guide to climber ratio  
€1,090 per person 1:2 guide to climber ratio

*All prices are subject to change without notice.*

The cost includes:

- Qualified mountain guide
- Group technical equipment
- Lifts as per the scheduled itinerary
- Transport as per the scheduled itinerary
- Hotel B&B 2 nights as per schedule
- Breakfast and dinner during mountain component of the 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 mountaineering clothing and equipment as per lists supplied

- Evening meals during hotel nights in Chamonix
- Lunches
- Additional meals, snacks or drinks purchased from huts or hotels
- Insurance for travel and climbing in Europe
- Transport to and from Chamonix (although we can arrange it for you)
- Gratuity

## 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.

## 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



▲ Enjoy finding your feet again prior to your ascent or course. Photo: Victor Saunders



▲ Explore more of the Alps' trails and routes. Photo: Paolo Pieroni



▲ Led by qualified and experienced IFMGA Guides. Photo: Victor Saunders

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 your place on one of our Europe Pre-Course and Acclimatisation Programme, we require a completed registration form with a deposit of €500 per person.

## BALANCE

The balance payment is due 60 days prior to the 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.
- 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.





▲ Make your summit goals a reality! Photo: Paolo Pieroni

## HOW TO JOIN THIS TRIP

If you would like to join one of our Europe Pre-Course and Acclimatisation Programme, please complete our online booking form and forward your deposit payment at <https://adventureconsultants.com/courses-training/europe-training/europe-pre-course-acclimatisation-program#DepartureBookingBlock>.

## CONTACT US

If you require more information, please contact us at:

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New Zealand

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



▲ Optimise your acclimatisation! Photo: Olivier Baron



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.

