



Icicle Mountaineering Ltd | Church Street
Windermere | Lake District | LA23 1AQ

Tel +44 (0)1539 44 22 17 | info@icicle.co.uk

Website: www.icicle-mountaineering.ltd.uk
Online: shop.icicle-mountaineering.ltd.uk



2024 trip dossier | **Alpine Autonomy £1099**

Website link | <http://www.icicle-mountaineering.ltd.uk/alpine%2Bautonomy%2Bcourse.html>

Key features

- Improve your skills to make you more autonomous, in a Chamonix based climbing week
- 5 days guiding (Monday - Friday), and Chamonix self-catering accommodation (Sunday - Saturday)
- Previous crampon or climbing experience is required, as this is a progression from the Intro course.
- Led by top qualified guides (IFMGA), 1:6 ratio for first day then 1:3 for 4 days.
- All technical equipment (e.g. B3 boots, crampons, ice axe etc.) can be hired from Icicle
- 2024 dates; 23 - 29 Jun, 7 - 13 Jul, 21 - 27 Jul, 4 - 10 Aug, 18 - 24 Aug, 1 - 7 Sep 2024.



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UK registered company 413 6635. VAT 770 137 933

'inspirational mountain adventure holidays'

24 years
established in 2000





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Course overview

- If you have previous climbing or crampon experience, and want a fast track course that is designed to make you more autonomous in the Alps, this is the course for you.
- You cover all the technical syllabus of the Introduction course in greater detail, with greater focus on route finding and equipment selection.
- On this course there is a real focus on climbing in some of the most stunning areas of the Mont Blanc massif, as well as learning skills that will be useful in your climbing after the course. The course culminates in the ascent of a quiet and remote summit, such as the Domes du Miages.
- The technical content will be tailored to build on your current experience, with an emphasis on glacier travel and crevasse rescue on both dry and wet glaciers. The course also covers a whole host of ropework and Alpine safety issues such as avalanche awareness, moving together, roped coils, belays and anchors, crampon and ice axe techniques.
- This course is set at just above the level of the Introduction course (summer or winter), so if you have a bit too much experience (such as previous rock climbing experience) this course is for you. The vast majority of the routes ascended are of the Alpine PD grade (roughly equivalent to Scottish Grade II/III).
- Many clients are pleasantly surprised how much chance they get to lead, or set up protection and how autonomous they really become over the week. We have seen several teams set off to climb their first 4000m peaks on their own (unguided) after the course, and this course is an Alpine apprenticeship that really works.
- For this season we have increased the technical instruction element of this course, and expanded the range of routes that could be climbed during the week. As a result, we have upgraded the pre-requisite skills and experience requirements for anyone booking on this to have;
- Crampons - have used crampons, even for winter skills / walking
- Rock - if no outdoor rock experience, to be a capable scrambler
- Fitness - to be similar fitness to those attempting Mont Blanc
- Ropework - be able to tie on to a rope, and to belay safety

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Sample itinerary

This course is deliberately flexible on the last two days of the course, to allow us to help develop an itinerary to cater for your preferences, and requirements for developing your autonomy as much as possible. Some opt for easier routes where they lead a lot more, while others select more techniques instruction

- **Sunday** - Travel to Chamonix to arrive for the 17:00 check-in followed by our course safety and itinerary briefings. There is time for kit checks or rental of equipment. Chamonix hosts accompany the group to pre-dinner drinks. Night in Chamonix.
- **Monday** - Day to learn and practice using crampons and ice axes on the Mer de Glace glacier (2000m). You also climb vertical ice, create ice anchors, and learn Alpine glacier travel skills. Guiding ratio 1:6 (max). Night in Chamonix
- **Tuesday** - Alpine ridge route, such as the Traverse of Aiguille du Crochues, to focus on ropework, moving together, anchors, and the assessment of objective dangers. The route is ascended in mountain boots. Ratio 1:3 (max). Night in Chamonix.
- **Wednesday** - Today you really progress your altitude snow skills with an ascent of another peak, such as Pointe Lachenal / Arete Lolo / Aiguilles Marbrees. This style of route will really work on your crampon skills and snow belays. Ratio 1:3 (max). Night in Chamonix.
- **Thursday** - The start of a two day route with a night in a mountain hut, or a day route. It's up to you to decide the itinerary for the last two days of this course. Typically groups ascend the Domes du Miages, Aiguille du Tour, Petite Forche, or Mont Blanc du Tacul, and the route chosen is a reflection of your autonomy skills and of the weather and mountain conditions. Ratio 1:3 (max). Night in hut / Chamonix.
- **Friday** - If you opted for a two day route, then today will be an Alpine start from the mountain hut to ascend one of the peaks mentioned on the previous day, or it could also be another day route if you have opted for that. After the main ascent of the week, you descend to Chamonix valley. Ratio 1:3 (max). Evening social drinks and celebratory meal, with the final night spent in Chamonix
- **Saturday** - Breakfast, then accommodation check out at 10:00, then you depart for home.

ITINERARY NOTES: Where possible we follow itineraries. Mountain adventures are weather and conditions dependant, so occasionally we are forced to alter the plans. If this is the case, suitable alternatives are offered. Please use this itinerary as a guide to the types of route / activity you attempt.

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Course Inclusions

1) IFMGA Mountain Guide for five days, 2) Chamonix course hosts for logistics & briefings, 3) Self-catered accommodation in Chamonix (inc. beddings & towels), 4) Pre course information booklet, 5) Equipment discount voucher for UK shops, 6) Free 36 page technical Course Instruction Booklet, 7) Road transport in Chamonix valley, 8) Evening technical instruction / briefing sessions.

Course Exclusions

1) Travel to and from Chamonix, 2) Equipment hire, 3) Cable cars & uplift, 4) Personal laundry, telephone calls, lunches, evening meals in valley, & any purchases in mountain huts / hotels / restaurants, 5) Optional night half board in mountain hut (inc. costs for guides), 6) Sunday pre-dinner drinks & Friday celebratory meal & drinks, 7) Activities insurance, & excess baggage charges.

Notes

Group size 2 - 3 clients per guide. This trip can be operated as a private course for a group of 3 people booking together, at a 1:3 ratio throughout, on any date throughout the summer season.

NOTES - This trip is guaranteed as soon as two people book. In the highly unlikely event that just one person books on a course, less guided days can be offered, however accommodation will be provided for the week, and guiding options / locations will be discussed with you within the budget paid.

Pre-requisite skills

These are outlined on this page; <http://www.icicle-mountaineering.ltd.uk/courses.html>, and this course is;

Course level: **Intermediate**
Mountaineering: **Some experience as itinerary.**
Ice & Rock: **Grades I/II gullies and / or rock 3 / V.Diff.**
Fitness: **High fitness and stamina.**

Fitness & stamina

The ideal fitness levels are detailed at; <http://www.icicle-mountaineering.ltd.uk/trainingpreparation.html>, and there are links to general training advice and planners that you can adapt to suit and follow.

This trip is graded: **Level 3** - At this level your fitness should be somewhere between running a fast paced 10km run, and half marathon fitness. Typically you'll enjoy more hill training, and so would be able to run for about an hour and a half of cross country, and enjoy big hill days out too.

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How to book

- All bookings are made securely online, and deposit of £250 is payable (with secure payments handled via our travel bonding by SinGS / Felloh). Ensure that when completing the form, you fill in all the required fields, in order for the 'SUBMIT' button to appear.
- All payments are protected by our Tour Operator travel bonding with ATOL and TTA, and your monies are held in trust until after you have travelled home. You are fully financially protected, in accordance with UK and EU laws.
- Website link: <http://www.icicle-mountaineering.ltd.uk/booking.html>

Before your trip

- As soon as you book online, you are sent confirmation of this, and attachments including joining instructions, course specific kit lists. If you haven't received this e-mail within half an hour of booking online, please check your junk / spam folder.
- At the office, we manually check all bookings, and you'll also receive a personalised e-mail from us formally confirming your course space, and sending you a deposit payment link. Once you have this office confirmation and paid the deposit, it's fine to go ahead and book your travel arrangements, and to arrange your activities insurance.
- Activities insurance is a requirement for all trip participants. Organise it as soon as you are booked, and ensure that it covers you for cancellation or curtailment, in case you injure yourself or get ill before your trip. This ensures you'd be fully reimbursed for the trip, and all travel costs.
- Website link: <http://www.icicle-mountaineering.ltd.uk/insurance.html>

Travel to the Alps

- The closest international airport to Chamonix, is Geneva (airport code GVA). There are many direct flights from the UK every day, and it's well served by the budget airlines e.g. EasyJet.
- Geneva is a small but busy airport, and it's only a very short walk from baggage reclaim into the arrivals area, where all the airport transfer companies meet. In the Course Information Booklet is a code for preferential rates from our reliable transfer partner Mountain Dropoffs.
- Chamonix is also very easy to travel to by rail, from the UK to Paris via Eurostar, then from Paris Gare du Lyon (or Austerlitz) to Saint Gervais by high speed TGV, then the local train up the valley to the Chamonix Aiguille du Midi (or Chamonix central) stop.

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- Driving can work out cheaper, if you're with others, and there's free parking close to the accommodation, on a first come first served basis. Generally a couple of laps, and a space will be freed up for you. See the Course Information Booklet map for the locations of this free parking.
- Website link: <http://www.icicle-mountaineering.ltd.uk/travel.html>

Meeting point

- Once you've booked, you'll receive the Course Information Booklet, which details the meeting point for Chamonix course clients.
- If you want an address for your airport transfer, provide the Aiguille du Midi cable car, on Rue Lyret, 74400 Chamonix. The accommodation is situated in a pedestrianized area, so you cannot be dropped off at the door, and the cable car station, or Chamonix Sud bus station are the closest access points. If arriving on EasyBus, Ouibus, or Flixbus, these all arrive at the bus station.

Course accommodation

- Most course clients stay in Chamonix in en-suite rooms, in a purpose built ski village in Chamonix Sud. These have a small kitchenette, for those wishing to self-cater.
- Check in time is from 16:00 (4pm) on the Sunday, and the meeting point to be shown into your accommodation is detailed in your Course Information Booklet, that is sent upon booking.
- The flats are normally twin rooms for two people sharing. If you are travelling as a couple (or named friends), you will share. If travelling on your own, you will be matched with another course client of the same sex.
- This accommodation is small and basic, to provide you low cost accommodation in Chamonix, but it is functional and really well located. If you wish to upgrade to higher quality accommodation, there is a £100 discount available for sourcing your own accommodation, which is applied to your invoice.
- Website link: <http://www.icicle-mountaineering.ltd.uk/chamflat.html>

Course briefing

- The course briefing for this trip is at 17:00 on the Sunday evening. The Course Information Booklet will confirm the exact location for this briefing. When you attend the briefing, take your passport and activities insurance details, for these to be noted.
- The briefing takes about 45 minutes, and it aims to answer all your queries about the course.

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- Attendance at the course briefing is obligatory, and you are asked to sign a copy of the Terms & Conditions. These are the same as those you accepted online when you booked, but it's for us to have a signed paper copy on record.

Equipment checks

- Take any equipment to the briefing that you would like one of our guiding team to advise you about. For some people that may be very little, whilst others want to double-check a few bits of kit. It's always a good idea to take your boots and crampons, so we can check the fit for you.
- If you've your own safety equipment, it's worth having one of the team check this over for you.
- Note that if you require any hire equipment, or any kit that is loaned on a course, you need to attend the course briefing, as it's straight after this that is when it is allocated.
- Website link: <http://www.icicle-mountaineering.ltd.uk/hire.html>

Late arrivals

- If they are pre-booked days ahead, we can accommodate late arrivals. We will organise for you to be able to check into your course accommodation at any time that you arrive. We do however ask you to assess how necessary a late arrival is, and for you to consider the disruption to your flatmate.
- You will require a separate Course Briefing, which involves an early start for our team, to fit this in before your guiding. It's not an ideal start to schedule a late arrival, followed by an early start, and sets you on the back foot. Please select suitable flight times to fit the advertised course timings.

Cable cars

- For the days you are climbing in Chamonix, the most cost effective cable car pass is called the Mont Blanc multi-pass. For this course you require a 5 day pass, from Monday to Friday (plus extra days if you arrive earlier). The 5 day pass costs 99.20€ (*2021 prices).
- Website link: <https://www.montblancnaturalresort.com/en/montblanc-multipass>

Breakfasts

- When you are in town and accommodation is included on a self-catering basis. There are a great range of cafes, bakeries, and coffee shops in town, where you can get breakfast, and there are a few offering cooked breakfasts too. Alternatively you can self-cater in your accommodation.

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- As the room is self-catering, it's yours for the week, so no need to check out when you are away in mountain huts. Should you use up any items from your breakfast or room supplies, there's a supermarket located just across the pedestrian square from the course accommodation.
- Website link: <http://www.icicle-mountaineering.ltd.uk/chamflat.html>

Lunches & drinks

- Everyone has their own idea of what they would like for lunch whilst in the mountains, varying from a stack of Mars bars to a large ham sandwich. For this reason we let you choose your own lunches, which may be easily purchased locally from shops and supermarkets.
- You will be advised in the briefings as to how many days lunches you should plan ahead and purchase. There is never time to cook hot lunches while on a course, but you could take a thermos.
- Website link: <http://www.icicle-mountaineering.ltd.uk/chamflat.html>

Evening meals

- In town clients normally take advantage of the excellent variety of local restaurants, and also the town's bars to celebrate week's achievements. We are also happy to book places in restaurants for you, should you wish an evening on your own.
- Some clients want an early night or to budget, so opt to cook for themselves in the self-catering flats. In guardianned huts, the cooked evening meal is normally three courses.
- Website link: <http://www.icicle-mountaineering.ltd.uk/chamonix.html>

Mountain huts

- Mountain Huts are run by a 'Guardian' who cooks, cleans and is on hand for your assistance. On most courses, the itineraries detail a specific number of nights in mountain huts.
- Clients share rooms, which often are on tiered bunks. Each person is allocated a mattress with its own pillow and blankets, but you should take a sleeping bag liner for comfort.
- There are normally storage / drying rooms. Meals are on a half board basis, with a basic continental breakfast and a three course cooked evening meal. Any extras you order, such as bottled water, beer or wine, packed lunch, or chocolate, must be paid for by you.
- Website link: <http://www.icicle-mountaineering.ltd.uk/chamflat.html>

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Weather & conditions

- It's natural for you to be avidly checking the weather on the weeks and days preceding your course, and we try and keep our social media channels updated daily, so you can see what's going on, and how the conditions are evolving. The website links below give you trustworthy weather forecasts.
- Website link: <http://www.icicle-mountaineering.ltd.uk/webcams.html> and http://chamonix-meteo.com/chamonix-mont-blanc/weather/forecast/morning/5_days_weather_forecast.php

Maps & guidebooks

- You don't need to take any maps and guidebooks for your trip, as you are being guided, but it's always a good idea from a safety perspective to have a map with you. Here are the key links;
- Chamonix map; <https://shop.icicle-mountaineering.ltd.uk/79/BooksMaps/Maps/Alpinemaps/IGNChamonix3630Omap.html>
- Instructional book; <https://shop.icicle-mountaineering.ltd.uk/165/BooksMaps/Books/Instructional/AlpineClimbing:TechniquetoTakeYouHigher.html>

Equipment lists

- You will be sent a precise course specific kit list upon booking, but we have a huge amount of kit advice on our website; <http://www.icicle-mountaineering.ltd.uk/boots.html>
- Website link: <http://www.icicle-mountaineering.ltd.uk/icicleshop%2BKIT%2BMTR.html>

Any questions?

Even if you've read all the detail here and in your Course Information Booklet, and on the website, you may still have some queries about your trip, so don't hesitate to get in touch.

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- Facebook message <http://m.me/iciclemountaineering>
- Here's our office hours, and online chat <http://www.icicle-mountaineering.ltd.uk/contact.html>
- When you're on a trip, you'll also be provided an in resort WhatsApp number for our team, so if you haven't already, please ensure that you download this free app to your phone.



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