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Icicle Guides

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Alpine Courses & Expeditions
Trekking & Snowshoeing
Ski Touring & Off Piste





Chamonix & Mont Blanc 4810m

Mont Blanc Summits week

Our most popular course tackles the highest mountain in the Alps. We summit by either the Traverse or the Aiguille du Gouter. We have carefully designed our itinerary to assist in your acclimatisation, and to offer several summit weather windows. The course itinerary is deliberately flexible to help maximise your summit chances. Your guide will suggest preparation routes tailored to your experience, such as the Cosmiques Arête, Petite Verte, or Gran Paradiso. You should be in great physical shape for Mont Blanc, as the climb involves over 1300m of ascent on a snow ridge on crampons, and your determination will be tested to the limit. Any previous mountain or altitude experience will be beneficial.

Sun: briefings & kit checks, Mon: glacier skills and ice climbing (1:6), Tue - Fri: preparation routes and Mont Blanc summit, with up to two nights in huts (1:2), Sat: debrief. Price: £1349. Dates: every week between 5 June and 24 Sept 2011. Upgrade this course with an Acclimatisation Weekend, for only £99!

Alpine Introduction course

This course teaches a complete novice the skills needed for the Alps, including glacier travel, ropework, ice climbing, rock skills, navigation, and crevasse rescue. You spend a night in a mountain hut, have an Alpine start for a route, and ascend Gran Paradiso 4061m. By the end of the week you will have climbed vertical ice, gained a navigation award, led a rock route, and climbed a 4000m mountain. Not a bad effort for your first Alpine trip!

Sun: briefings & kit checks, Mon: skills & navigation (1:6), Tue: glacier ice climbing (1:6), Wed: altitude glacier mountaineering (1:6), Thu: rock and ascent to hut (1:3), Fri: Gran Paradiso 4061m (1:3), Sat: debrief. Price: £799. Dates: 12 - 18 June, 26 June - 2 July '11, 10 - 16 July, 17 - 23 July, 31 July - 6 Aug, 7 - 13 Aug, 14 - 20 Aug, 28 Aug - 3 Sep, 11 - 17 Sep, 18 - 24 Sep.

Mont Blanc Achievements

Alpine Intro then Mont Blanc Summits

Price: £1949 (Intro + Mont Blanc = £2148. Save £199). Dates: 12 - 25 June '11, 26 June - 9 July, 10 - 23 July, 17 - 30 July, 31 July - 13 Aug, 7 - 20 Aug, 14 - 27 Aug, 28 August - 10 Sept 2011, 11 - 24 September 2011.

Alpine Autonomy course

If you have previous rock 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 the technical syllabus of the Introduction course in greater detail, with smaller guiding ratios. At the end of the week you typically ascend the Domes du Miages, the Aiguille du Tour, or Mont Blanc du Tacul. We aren't scared of making you more autonomous!

Sun: briefings & kit checks, Mon: glacier travel & ice climbing (1:6). Tue: mountaineering ridge climb (1:3). Wed: altitude snow route (1:3). Thu: glacier trek to mountain hut (1:3). Fri: main ascent (1:3). Sat: debrief. Price: £899. Dates: 5 - 11 June '11, 19 - 25 June '11, 3 - 9 July, 24 - 30 July, 7 - 13 August, 21 - 27 August, 4 - 10 September 2011.

Mont Blanc Intermediate

Alpine Autonomy & Mont Blanc week

Price: £2049 (Autonomy week + Mont Blanc = £2248. Save £199). Dates: 5 - 18 June 2011, 19 June - 2 July, 24 July - 6 Aug, 7 - 20 Aug, 21 August - 3 September, 4 - 17 September 2011.

Photo: celebrations on the summit of Mont Blanc after an ascent made by the Gouter route



Alpine Classic Routes

Technical Ice & Classics

This course tackles a mixture of famous snow, rock, ice and mixed routes up to AD+ or D grade, such as Dent du Geant, the Rochefort Arête, or Chere Couloir. Every itinerary for this course is different to cater for the conditions and your preferences.

Sunday: briefings & kit checks, Monday to Friday: technical ascents (1:2), Saturday: debrief. Price: £999 (inc. night in hut). Dates: 26 June - 2 July, 24 - 30 July, 21 - 27 August, 28 Aug - 3 Sept, 18 - 24 Sept 2011.

Chamonix Rock

Welcome to the granite pillars and faces that overlook Chamonix. The infamous routes include: Arête des Papillons, Frison Roche, Chapelle de la Gliere, or the Rebuffat on Midi. Advance your technical skills and grades on different styles of rock, selecting from over 4000 rock routes!

Sunday: briefings, Monday to Friday: technical rock climbing (1:2 guiding throughout the course), Saturday: debrief. Price: £949. Dates: 3 - 9 July 2011, 7 - 13 August 2011. Extra dates on demand.

Summer North Faces

This course is run in early summer while the north faces are in condition. Routes often attempted include the North Faces of Tour Ronde or Gran Paradiso, Table Couloir or Col Copt. This appeals to those with Alpine or ice experience to AD / grade III ice.

Sunday: briefings & kit checks, Monday to Friday: technical ascents (1:2), Saturday: debrief. Price: £999 (inc. night in hut). Dates: 5 - 11 June, 12 - 18 June '11.

Advanced 1:1 week

Clients looking for 1:1 guiding have a range of different aspirations, and so this course is tailored individually. Previous clients have climbed famous routes such as the Grand Capucin, the Petit Jorasses, Chardonnet, and the Frontier Ridge of Mont Maudit.

Sunday: briefings & kit checks, Monday to Friday: technical ascents (1:1), Saturday: debrief. Price: £1799. If you are looking to ascend harder routes (e.g. Brouillard Arête), book this and a supplement is payable if conditions allow. Dates: on demand.

Aiguille Verte

This magnificent peak first ascended by Edward Whymper, is considered as the Alpine summit that turns you into a mountaineer. This week trains and acclimatises you, before taking the best weather window for the ascent. Ascents by the Jardin Arete or the Whymper or Couturier Couloirs.

Sunday: briefings & kit checks, Monday to Friday: technical ascents & ascend Aiguille Verte (1:1 ratio), Saturday: debrief. Price: £1999.

Zermatt Climber Classics

Climb some of the classic AD grade ridge routes above Zermatt including Zinal-Rothorn, Dent Blanche, traverse of the Nadelgrat, Rimpfischhorn, or the East Ridge of Breithorn.

Sunday: briefings & kit checks, Monday to Friday: technical ascents, classic routes & summits, with nights in huts (1:2), Saturday: debrief. Price: £1299 (inc. 4 nights half board in huts). Dates: 10 - 16 July, 31 July - 6 August 2011, 11 - 17 September 2011.

Photo: on the third pitch of the Chere Couloir on North Face of Tacul



Matterhorn & Eiger & Jorasses

Matterhorn summer week

On this mountain your balance, fitness and ability with exposure are key. You prepare ascending classic Chamonix routes such as Dent du Geant or the Rochefort Arête. We maximise your chance of summit success on the Matterhorn, using a 1:1 guide ratio on either the Hornli or Lion ridges.

Sun: briefings, Mon- Wed: Chamonix ascents and hut (1:2), Thu-Fri: Ascent of Matterhorn (1:1), Sat: debrief. Price: £1599. Dates: 10 - 16 July 10, 17 - 23 July '10, 24 - 30 July, 31 July - 6 Aug, 7 - 13 Aug, 14 - 20 Aug, 21 - 27 Aug, 28 Aug - 3 Sept, 4 - 10 September 2011.

Matterhorn winter ascent

To summit the Matterhorn in winter requires cast iron determination, with at least two nights spent on the peak. The ascent pushes your stamina and endurance to the absolute limit. Most book on a 1:1 week, and upgrade if the mountain is in condition.

Sunday: briefings & kit checks. Monday: Chamonix test climb (1:1), Tue-Fri: Matterhorn (1:1). Sat: debrief. Price: £2499, run on demand throughout the winter.

Eiger Mittileggi 3970m

The Mittileggi ridge offers competent Alpinists a hard and very exposed climb, as it runs along the edge of the North Face. Before this course you should have good Alpine experience such as classic AD grade routes.

Sun: briefings, Mon-Wed: Chamonix acclimatisation climbs (1:2), Thu-Fri: traverse the Eiger from Mittileggi hut to Jungfraujoch (1:1), Sat: debrief. Price: £1599. Dates: 17 - 23 July, 24 - 30 July, 31 July - 6 Aug 2011, 7 - 13 August, 14 - 20 August, 21 - 27 August 2011.

Grandes Jorasses

The North Face of the Jorasses is in an amazing amphitheatre of some of the most notorious routes in the world, and none are more famous than the Walker Spur which takes almost a plumb line from the highest point. Descend into the Italian Val Ferret.

Duration: 7 days (5 days 1:1 Guiding). Previous Skills: rock to 6a, aid to A1, ice to V, excellent ropework, very competent on Alpine D+ / TD / ED grade routes, Scottish grade VI Ice, UK E2 rock. Price: £2499 (Walker Spur), or £1999 (Normal Route).

Alpine Trilogy course

This two week course attempts to ascend the three key Alpine giants of Mont Blanc, the Eiger and Matterhorn. Price: £2999. Dates: run on demand in the summer.

Big 3 Extensions

On the two days directly after an Icicle course to attempt Mont Blanc, Eiger or the Matterhorn. The prices are for two days of guiding only.

Mont Blanc £999 (1:1 ratio) or £499 each (1:2 ratio), Matterhorn or Eiger £999 (1:1 ratio). Run on demand.



Photo: the Eiger Mittileggi ridge with Stephanie guiding a client to the hut



European & Alpine Treks

Corsica GR20 trek

This is a tough and exhilarating trek across the mountainous spine of Corsica, from Calenzana to Bavella. It has several sections of ladders and chains to negotiate, as well as steep scree and exciting slabby scrambles. We offer both the Northern section as a one week trek, or the whole trek in two weeks from the North to South.

1 week - Sat: briefings, Sun - Fri (6 days) trekking, Sat: return flight. Price £799. Dates: 2 - 9 July 2011, 27 Aug - 3 September 2011. Extra dates for 4 or more.

2 weeks - Sat briefings, Sun - following Fri (12 days) trekking, Sat: return flight. Price: £1299. Dates: 2 - 16 July 2011, 27 August - 10 September 2011.

Iceland 'Fire & Ice' trek

From cold deserts to bubbling lava, Iceland is a land of extremes. This trekking week introduces you to this fantastic landscape. You also swim in geothermal pools, and visit Reykjavik town and the world famous Geysers.

Sat: briefings, Sun-Fri: trekking days, Sat: return flight. Price £1099. Dates: 6 - 13 August 2011.

Walkers Haute Route

This famous trek links the two Alpine capitals of Chamonix and Zermatt. The nights are spent in mountain huts and lodges, so this course will really appeal to a keen hillwalker who wants to get away from it all. You spend seven days trekking in the spectacular scenery of the French and Swiss Alps.

Sat: briefings, Sun - Sat: trek to Zermatt, Sun: travel. Price: £999. Dates: 2 - 10 July '11, 30 July - 7 Aug '11, 20 - 28 August 2011. Extra dates for 4 or more.

Classic Chamonix Treks

A week of famous walks to explore the best of the region, including the dinosaur prints of Emmosson and an ascent of Mont Buet 3096m. Learn about flora, fauna and glaciers. Other classic treks may include La Jonction, Aiguillette des Posettes, and Tricot.

Sun: briefings, Mon - Fri: day treks, with option of a night in hut, Sat: debrief. Price: £499. Dates: 3 - 9 July, 21 - 27 August 2011. Extra dates for 4 or more.

Tour du Mont Blanc

Icicle is a genuine specialist in the Tour du Mont Blanc (TMB), as we have groups on it nearly every week of the summer season from early June through to late September. The TMB is the legendary 180km circuit of Mont Blanc. This is one of the world's finest circular treks, visiting France, Italy and Switzerland. We offer it over three time scales; in ten, seven or three days trekking. We also offer a self-guided TMB providing detailed route cards, maps & logistical support.

Classic TMB, 10 days guiding, 12 days total, £1299. Dates: 10 - 21 July, 7 - 18 August, 9 - 20 Sept 2011.

TMB Highlights, 7 days guiding, 9 days total, £799. Dates: 26 June - 2 July 2011, 31 July - 6 August 2011, 20 - 28 August 2011, 4 - 10 September 2011.

Demi TMB (Contamines to Courmayeur), 3 days guiding, 5 days total, £499. Run on demand for 2 or more.

Self-guided TMB, 1-3 people £299 in total, 4-6 people £499 in total. Departures each week of the summer.

Photo: on the classic trekking peak of Mont Buet with Mont Blanc behind



Hut-to-hut climbs & via ferrata

Monte Rosa 4000ers week

This area is peppered with 4000m peaks and your aim is to ascend as many as possible. You stay in huts including the Margherita hut, which is the highest refuge in the Alps.

Sun: briefings & kit checks, Mon-Fri: five ascent days, 1:2 guiding, Sat: debrief. Price: £1249 (inc. four nights huts). Dates: 26 June - 2 July 2011, 17 - 23 July 2011, 24 - 30 July, 14 - 20 August, 28 Aug - 3 Sept 2011.

Oberland 4000ers week

Five days of summits in the Oberland, including the Monch, Jungfrau and the Finsteraarhorn. Nights in refuges.

Sun: briefings & kit checks, Mon-Fri: five days 1:2 guiding in the Eiger region, Sat: debrief. Price: £1249 (inc. 4 nights huts). Dates: 19 - 25 June, 24 - 30 July, 21 - 27 August 2011. Extra dates on demand.

Gran Paradiso week

This is a classic route and is a great mix of challenging trekking and easy climbing to the highest point in Italy.

Sun: briefings, Mon - Fri: trek & climb, Sat: debrief. Price: £699. Dates: 26 June - 2 July, 21 - 27 Aug 2011.

3 Countries, 3 Summits

If you have done an Intro course, but don't feel ready for a Classics course, this week is at an intermediate level and is great fun! Climb three 4000m summits in three countries; Gran Paradiso (Italy), Mont Blanc du Tacul (France) and Breithorn (Switzerland).

Sun: briefings, Mon - Fri: summits, 2 nights huts (1:2), Saturday: debrief. Price: £1099. Dates: 10 - 16 Jul '11, 31 July - 6 August 2011, 28 August - 3 September '11.

Saas 4000ers week

A great progression from our Summer Alpine Introduction course, located in a different region of the Alps. Based in mountain huts for four nights, this course tackles key 4000m peaks in the region including the Weissmies, Lagginhorn and Alphubel.

Sunday: briefings & kit checks, Monday to Friday: technical ascents, classic routes & summits, with nights in huts (1:2), Saturday: debrief. Price: £1249 (inc. 4 nights half board in remote mountain huts). Dates: 3 - 9 July, 7 - 13 August, 4 - 10 Sept 2011.

Intro Via Ferrata

Built for access into the mountains for soldiers during WW2, via ferrata has now become a popular sport in its own right. This week is aimed at beginners on via ferrata, and has been carefully designed to develop your skills. Based in Chamonix, you are led by qualified leaders and guides, so are in the best of hands. Key features of this course are the small group sizes, and the free loan of via ferrata safety kit.

Sunday: briefings, Monday to Friday: via ferrata days with option of night in hut (1:6), Saturday: debrief. Price: £699, inc. Chamonix B&B. Dates: 3 - 9 July '11, 24 - 30 July 2011, 21 - 27 August 2011.

Bochette Way Dolomites

As seen in the 'Cliffhanger' film, these classic via ferrata are set high in the Dolomites of northern Italy. Led by a qualified IFMGA Mountain Guide.

Sunday: briefings, Monday - Friday: via ferrata (1:6), Saturday: debrief. Price: £999, inc. 6 nights huts. Dates: 31 July - 6 August, 28 August - 3 Sept 2011.

Photo: on Monte Rosa traversing to the Rifugios Gnifetti and Margherita



Haute Route & classic ski tours

Haute Route to Zermatt

The Haute Route is the most famous ski tour in the Alps, traversing 114 miles to Zermatt over a week. Each night you stay half board in mountain huts. You require previous ski touring experience, such as the Intro Ski Tour weekend or the Silvretta Ski Tour, and be a competent off piste skier.

Sunday: briefings, Mon - Fri: five days ski touring (1:6).
Saturday: debrief. Price: £849. Dates: 13 - 19 March, 20 - 26 March, 27 Mar - 2 April, 3 - 9 April, 10 - 16 April, 17 - 23 April, 24 - 30 April 2011. Extra dates and prices for group bookings throughout the touring season.

Intro ski tour weekend

To learn the skills, ski techniques and the equipment for touring. Two days of ski touring with an IFMGA guide. Prior off piste experience is required.

Saturday: briefing & kit checks, then guiding, & evening instruction. Sunday: ski touring. Price: £249 (drops to £199 if you book a ski tour such as the Haute Route straight afterwards). Dates: 12 - 13 March 2011, 19 - 20 March, 26 - 27 March, 2 - 3 April, 9 - 10 April, 16 - 17 April 2011, 23 - 24 April 2011.

Gran Paradiso ski tour

A relatively undiscovered gem! You ski through the Gran Paradiso Park, and experience gourmet food in the comfy mountain huts. You summit and ski down the Gran Paradiso 4061m, the highest peak completely in Italy, with a vertical drop of over 2000m down to the valley floor at Pont.

Sunday: briefings, Mon - Fri: five days ski touring (1:6).
Saturday: debrief. Price: £899 (inc. 4 hut nights).
Dates: 27 Mar - 2 April 2011, 17 - 23 April 2011.

Bernese Oberland tour

This tour tackles several ski touring peaks including Gross-Wannenhorn 3905m and the Mittaghorn 3143m, and the infamous glacier descent down to Munster. It is a step up in terms of technical difficulty from Haute route, and is famed for good snow.

Sunday: briefings, Mon - Fri: five days ski touring (1:6).
Saturday: debrief. Price: £999 (inc. 4 hut nights).
Dates: 20 - 26 March 2011, 10 - 16 April 2011.

Monte Rosa ski tour

Monte Rosa has the largest land area in the Alps over 4000m, so keeps its snow well into the late touring season, and is great for peak bagging. Stay a night in the Margherita hut, which is the highest mountain hut in the Alps. Italians call this the Spaghetti Tour, as it winds its way along the ridge crest!

Sunday: briefings, Mon - Fri: five days ski touring (1:6).
Saturday: debrief. Price: £949 (inc. 4 nights in huts).
Dates: 3 - 9 April 2011, 24 - 30 April 2011.

Silvretta Alps ski tour

The Silvretta Alps on the border of Switzerland and Austria offers many 3000m summits, including Piz Buin. If you only have a couple of days touring experience, the terrain is perfect for improving your skills. The mountain huts are famed for food and showers!

Sunday: briefings, Mon - Fri: five days ski touring (1:6).
Saturday: debrief. Price: £899 (inc. 4 nights in huts).
Dates: 20 - 26 February 2011, 13 - 19 March 2011.

Photo: on day 2 of the Haute Route near to the Rosablanche



Off Piste ski guiding

Chamonix off piste level 1

Experience the best conditions for fresh tracks and thrilling descents. This level is for those who have skied between the pistes or done a little off piste, who want some more! Popular areas include the Vallée Blanche, the Grands Montets, and Plan d'Aiguille. The guides often use video analysis to help correct and improve techniques.

Sunday: briefings, Mon - Fri: off piste ski guiding (1:6), Saturday: debrief. Price: £599 (inc. accommodation). Dates: 30 Jan - 5 Feb, 6 - 12 Feb, 13 - 19 Feb 2011, 20 - 26 Feb, 27 Feb - 5 Mar, 6 - 12 Mar, 20 - 26 March, 10 - 16 April 2011, Extra dates run for private groups.

The Vallée Blanche

The classic off piste run is a must for all skiers / boarders from the Aiguille du Midi at 3842m to Chamonix. Your guide will take you down the most challenging route for your ability.

Skills: Black runs on-piste. Price: £300 for up to 4, +£10 extra per person to 6 max. Includes safety kit.

Chamonix off piste level 2

Designed for skiers with at least a week of previous off piste experience, the focus is on techniques for all mountain skiing. This course will take your skiing to the next level. Ski the Chamonix classics; Pas de Chevre, Italian Bowl, Le Tour gullies, Envers, Helbronner glacier and Courmayeur.

Sunday: briefings, Mon - Fri: off piste ski guiding (1:6), Saturday: debrief. Price: £599 (inc. accommodation). Dates: 6 - 12 Feb, 6 - 12 March, 20 - 26 March 2011, 27 Mar - 2 April '11. Extra dates run for private groups.

Avalanche awareness

This popular one day course studies avalanche prediction, route choice, islands of safety, trigger points, and tranceiver search patterns. You dig snow pits and perform rutschblock tests. The course is on snowshoes for accessibility for skiers and boarders.

Dates: every day (min 3 people). Price: £49 (kit inc).

Zermatt off piste level 2

Zermatt has brilliant linked lift access, steep couloirs, stunning views and deep powder. During the week you will also ski the Cervinia (Italian) side.

Sunday: briefings, Mon - Fri: off piste ski guiding (1:6), Saturday: debrief. Price: £899 (inc. accommodation). Dates: 23 - 29 January 2011, 20 - 26 March 2011.

Verbier off piste level 2

The bowls and slopes around Verbier and the nearby Grand Combin offer great off piste. There is the option of a heli-skiing day for a supplement.

Sunday: briefings, Mon - Fri: off piste ski guiding (1:6), Saturday: debrief. Price: £899 (inc. accommodation). Dates: 30 Jan - 5 Feb 2011, 13 - 19 March 2011.

Ski descent of Mont Blanc

A week to prepare and acclimatise you to ski Mont Blanc, descending from the summit down to Chamonix.

Sunday: briefing, Mon - Fri: ski touring, Sat: debrief. Price: £1349. Dates: 24 - 30 April, 29 May - 4 June '11.

Photo: amazing off piste snow conditions at Le Tour in Chamonix



Alpine adventures & weekends

Ski tour hut weekend

For those with previous touring and off piste experience, you tour up to a mountain hut then ascend a summit the next day before a great off piste descent back down to the valley.

Saturday: guiding and night in hut, Sunday: ski touring.
Price: £299 (drops to £249 if on a ski tour afterwards).
Dates: 26 - 27 March 2011, 16 - 17 April 2011.

Acclimatisation weekend

Run every weekend in summer, this is great preparation for all those booked on a major ascent the following week such as Mont Blanc. The objective of the weekend is to improve hill fitness and to ascend a 3000m trekking peak.

Sat: meet at 12:00 to ascend to mountain hut for night, Sun: climb peak and descend, Price: £99. This is also available as a stand alone weekend adventure.

UK Alpine preparation

Hill training, mountain fitness, skills for steep ground, safety techniques, & kit.

Price: £99. Dates: 30 - 31 Oct 2010, 6 - 7 Nov 2010, 21 - 22 May 2011, 28 - 29 May 2011 (all Lake District).

Winter Ice weekend

Our most popular weekend course with two days of 1:2 guide ratio. You can choose either multi-pitch waterfall ice or classic altitude mountaineering. Technical equipment is included in the price. This course can also be run mid week for two people booking together as part of a winter holiday, or so you can benefit from cheaper flights. No previous experience is required, but if travelling alone, we will match you.

Sat: guiding & evening instruction. Sun: guiding (1:2).
Price: £399. Dates: 22 - 23 Jan 2011, 5 - 6 Feb 2011, 12 - 13 Feb, 26 - 27 Feb. Extra dates for 2 or more.

Winter skills weekend

This weekend teaches you winter skills that are essential Alpine know how for hillwalkers, skiers / boarders and climbers alike, such as avalanche awareness, ropework, glacier travel and use of crampons and ice axe.

Sat: briefing & guiding (1:6), Sun: glacier & skills (1:6).
Price: £199. Dates: 18 - 19 Dec '10, 16 - 17 April 2011, 23 - 24 April 2011. Extra dates for 4 or more people.

Trail running

We offer weeks of running skills, or two day courses of trail running or snowshoe racing. The courses aim to teach you about the vast choice of equipment, coping with varied terrain, the use of poles, running on steep ground, what to carry, the effects of altitude, hydration, and much more.

Courses are run on demand. Week long course £599, Weekend Demi Ultra Trail £399, Weekend Snowshoe Racing £399, and a Chamonix Marathon course recce and preparation briefing with 2 half day outings £99.

Paragliding

Many people book a tandem flight on the Saturday after their Icicle course, and these last around 30 minutes. If you want to learn to fly solo, we offer a course which runs over a week with ground canopy control, and solo flights with radio contact. In June and September we offer tandem flights off the summit of Mont Blanc 4810m.

Tandem experience flight £90, Week course £699, Tandem flight from the summit of Mont Blanc £1499.

Photo: an Ski Tour weekend group on the Vallée Blanche



Ice & winter courses

Winter Intro 'Ice & Alpine'

Learn key skills for winter climbing; glacier travel, avalanche awareness, ropework, crevasse rescue, and snow shelters. You climb up to Grade IV ice, an Alpine winter route, and you spend a night in a remote mountain hut. No previous experience is necessary.

Sun: briefings & kit checks, Mon-Tue: two day journey with hut (1:6), Wed: glacier / ice (1:6), Thu-Fri: routes (1:2), Sat: debrief. Price: £799. Dates: 12 - 18 Dec '10, 16 - 22 Jan 2011, 30 Jan - 5 Feb 2011, 20 - 26 Feb, 13 - 19 March 2011, 3 - 9 April 2011.

Waterfall Ice & Gullies

In the Chamonix valley there are over 300 ice routes. Clients booking on this course have some basic experience of ice climbing, but want to push their grade, learn leading, or to experience climbing altitude routes or gullies in the very best of winter conditions.

Sunday: briefings, Mon-Fri: Waterfall ice routes and Alpine ascents (1:2), Saturday: debrief. Price: £999. Dates: 16 - 22 January 2011, 30 January - 5 Feb 2011, 27 February - 5 March 2011, 20 - 26 March 2011.

Two person winter week

If there are two of you seeking a week of ice and snow climbing in the Alps, this course is tailored to you. Learn to lead, develop autonomy, or just climb some famous Alpine winter routes.

Sunday: briefings, Mon-Fri: Alpine ascents (1:2), Saturday: debrief. Price: £999, inc. two person flat. Dates: run on demand throughout the winter.

Cogne / La Grave Ice

Climb routes at your absolute limit. Each night in Cogne or La Grave is spent in a comfortable hotel with a sauna, bar and jacuzzi, on half board basis. Classic routes often climbed include Patrie, Archeronte, or Pylone.

Sunday: briefings, Mon-Fri: Waterfall ice routes (1:2), Saturday: debrief. Price: £1299, inc 4 nights half board in hotel. Dates: 6 - 12 February, 6 - 12 March 2011.

1:1 Ultimate Ice week

For strong climbers, the 1:1 ratio lets you ascend up to Grade VI ice routes!

Sunday: briefings, Mon-Fri: Waterfall ice routes (1:1), Saturday: debrief. Price: £1799. Dates: on demand.

Dry tooling and mixed

During the week you can climb routes such as Pelissier, or the Haston Cave. This course appeals to strong rock or ice climbers to learn the techniques.

Sunday: briefings, Mon-Fri: Ice & dry tool routes (1:1), Saturday: debrief. Price: £1799. Dates: on demand.

Glacier Travel & Rescue

Learn coils, crevasse rescue, belays, anchors, use crampons and ice axes.

Sat: guiding & evening instruction. Sun: glacier skills. Price: £199 (5/6 pers), £249 (3/4 pers), £299 (2 pers).

Norway icefall climbing

Based in Rjukan, there is every type of ice, from amazing walls to pillars.

Sunday: travel, Mon-Fri: Waterfall ice routes (1:2), Saturday: travel. Dates: 6 - 12 Mar, 13 - 19 Mar 2011.

Canadian icefall climbing

Based in Canmore, ice routes climbed include Hydrophobia or the Sorcerer.

Sunday: travel, Mon-Fri: Waterfall ice routes (1:2), Saturday: travel. Dates: 6 - 12 Mar, 13 - 19 Mar 2011.

Photo: ice climbing in perfect conditions on Cascade Lilliaz, Val de Cogne



Snowshoeing

Chamonix snowshoe week

Snowshoeing is the fastest growing winter sport and this week will show you why; snowy forests, amazing views, and glittering peaks. A popular course for non-skiers wishing to explore the Mont Blanc massif in the winter. Includes several summits, such as Monts Truc, Lachat, & Arpille.

Sunday: briefings, Mon - Fri: snowshoeing with the option of a night in a mountain hut, Saturday: debrief. Price: £499. Dates: 16 - 22 Jan 2011, 6 - 12 Feb 2011, 20 - 26 Feb 2011, 6 - 12 March, 27 Mar - 2 April 2011.

Snowshoe summit days

Book our expert snowshoe guides for a day or more, to explore the region.

Price: up to 4 people £160 in total, +£10pp up to 8. Dates: run on demand for 2 or more all winter.

Snowhole and survival

Learn about avalanche safety, Alpine winter navigation and bushcraft skills, with optional night spent in snowhole!

Sat & Sun: snowshoeing and skills with a night out. Price: £199pp for 2 people. Dates: run on demand.

Swiss snowshoeing week

Spend a week in the Swiss Alps, with four nights on a half board basis in a series of mountain villages, exploring the peaks on snowshoes every day.

Sunday: briefings, Monday - Friday: snowshoeing, with four nights half board in mountain lodges, Sat: debrief. Price: £799. Dates: 13 - 19 Feb, 20 - 26 March 2011.

Italian snowshoe weekend

A gourmet weekend spent in stunning scenery, with a night in a mountain hut that is famed for its wine list and food.

No snowshoeing experience required.

Sat & Sun: snowshoeing with night in hut. Price: £99. Dates: 19 - 20 Feb 2011, 12 - 13 Mar, 2 - 3 April 2011, 16 - 17 April 2011, 23 - 24 April, 30 Apr - 1 May 2011.

Moonlight snowshoeing

There are few things more magical than an evening snowshoeing through the silent snowy forests by moonlight, with stars twinkling in the night sky.

Price: up to 4 people £100 in total, +£5pp up to 8. Dates: run on demand for 2 or more all winter. We also offer evening snowshoe treks to mountain restaurants.

Snowshoeing with dogs

A day snowshoeing with a mountain dog and their handler, to discover the secret forest paths, alpages and virgin snow pockets in the Chamonix region.

Price: up to 4 people £160 in total, +£10pp up to 8. Dates: run on demand for 2 or more all winter.



Photo: snowshoeing in champagne powder near the Chalets du Truc



Worldwide trips

Winter ascent of Toubkal

Djebel Toubkal is close to Marrakesh, and is the highest peak of the Atlas Mountains of Morocco. This trek enables you to enjoy both the walking and the colourful local culture of the Berber villages that are built into the steep valley sides. Crampon skills are taught during the week, but the ascent is not technical, so this is suitable for non-mountaineers and keen walkers.

Sat: briefings, Sun-Fri: trek, Sat: return. Price £549. Dates: 4 - 11 Dec 2010, Christmas: 21 - 28 Dec 2010, New Year: 28 Dec '10 - 4 Jan 2011, 22 - 29 Jan 2011, 5 - 12 Feb, 12 - 19 Feb, 5 - 12 March, 2 - 9 April 2011.

Everest Base Camp

This has to rank as one of the most famous treks in the world, visiting the viewpoint of Kala Patar, Namche Bazaar, Thyangboche monastery and the base camp by the Khumbu icefall. Breathtaking scenery is guaranteed!

Date: 9 - 24 Oct 2011 (16 days). Price: £1499. Inc. internal flights from Kathmandu to Lukla airport.

Kilimanjaro & Mt Meru

Our most popular expedition, with 95% summit success since 2005! We avoid routes that gain altitude too quickly, to ensure you acclimatise. We ascend the Machame Route passing the Western Breach, and descend the Mweka. Many clients opt for the four day ascent of Mount Meru before Kilimanjaro, or a three day safari extension or the beaches of Zanzibar after it. No previous altitude trekking or climbing experience is required.

Kilimanjaro (9 days). Price: £899. Dates: 25 Dec 2010 - 2 Jan '11, 6 - 14 Aug, 10 - 18 Sep, 17 - 25 Sep 2011. Kilimanjaro & Mount Meru (13 days). Price: £1499. For Meru the dates are run as above, but arriving on the Tuesday beforehand so the Meru ascent runs Wednesday to Saturday before Kilimanjaro. Extra dates can be run on demand for private

Mount Elbrus, Caucasus

This expedition is hopefully running again this year, as FCO advice about visiting the region has been improved.

Price: £899. Date: 6 - 13 August 2011.

Aconcagua 360° climb

Second highest of the seven summits, and the highest trekking peak in the world! We opt for the 360 route where you ascend by the Vacas valley on the Falso de los Polacos, then descend the Normal route, circumnavigating the mountain. Supported by local guides, mules and porters. There is a day at each end of the trip in the vibrant town of Mendoza, and you can enjoy tango shows, steaks and wine. Good fitness and stamina is required.

Price: £1999. Date: 6 - 26 February 2011, 18 Dec 2011 - 7 Jan 2012, 5 - 25 February 2012 (21 days).

Mera Peak, Nepal

A non-technical altitude trekking peak, overlooking Everest from its summit at 6476m. It provides a good challenge for hillwalkers. Your crampon skills and acclimatisation are developed on the trek to maximise summit chances.

Price: £1699. Date: 23 Oct - 13 Nov 2011 (22 days). Includes internal flights from Kathmandu to Lukla.

Photo: high camp at 6100m on Aconcagua on the Falso de los Polacos

Why choose Icicle?

Our price guarantee states that if you find a cheaper 'like-for-like' course, we will beat the price. We offer value without sacrificing our standards. What sets us apart from our competitors is the quality of our guiding team, evening theory instruction sessions where we aren't afraid of making you more autonomous, and course flexibility to maximise your summiting chances.

Mountain environment

Our itineraries aim to minimise the carbon footprint. All of our expeditions and courses are designed to be sensitive to the local economy, and we ensure that all local staff (leaders, hosts, drivers, cooks, porters) are suitably trained, clothed, paid and looked after. We are committed to this through our close links with porter protection schemes in Nepal and Kilimanjaro. We aim to leave all mountains in a better and cleaner state than we found them. We hold the UIAA Environment Label, and are a proud member of 'Leave No Trace'.



Alpine guiding team

We believe that personality and teaching ability should match technical ability, and the goal of all our staff is for you to enjoy, learn and achieve. All mountaineering and ski courses in the Alps are led by qualified IFMGA Mountain & Ski Guides who are bilingual in English & French. The trekking and snowshoeing courses in the Alps are led by UIMLA International Mountain Leaders. Our guiding team have a vast local knowledge of routes, conditions, and weather systems. You can rest assured that you are led by the very best! The guides are supported by our Chamonix hosts who are on hand to assist you throughout your stay.

Full financial protection

All bookings are financially protected through ATOL and Travel Trust Association bonding. Icicle follows their strict code of practice, and all monies that you pay are held in trust until after your course. Our website has a secure online booking and payments system.

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All bookings are made with Icicle Mountaineering Ltd, whose contact and registered address is Icicle, Adminzone, Earnshaw Business Centre, Hugh Lane, Preston, PR26 6PD. Icicle Mountaineering Ltd is a Private Limited Company registered in England under number: 4136635 and trading as 'Icicle' or 'Icicle Mountaineering'. Our VAT Number is: 770 1379 33.

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