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





Mont Blanc 4810m courses

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: depart. Price: £1349. Dates: every week between 3 June and 22 Sept 2012. Upgrade this course with an Acclimatisation Weekend, for only £99!

Mont Blanc Achievements

This is a two week course for those who need more time to prepare and acclimatise before their ascent of Mont Blanc. The itinerary follows the Alpine Introduction course for the first week with the 4061m summit of Gran Paradiso, then the second week is the Mont Blanc Summits course.

Price: £1999 (Intro + Mont Blanc = £2148. Save £149).
Dates: 10 - 23 June '12, 24 June - 7 July, 8 - 21 July, 15 - 28 July, 29 July - 11 Aug, 12- 25 Aug, 26 Aug - 8 September, 9 - 22 September 2012.

Mont Blanc Autonomy

Run over a fortnight for those who want to develop existing crampon and climbing skills. The course follows the Alpine Autonomy course on the first week, then the Mont Blanc Summit course during the second week.

Price: £2099 (Autonomy week + Mont Blanc = £2248. Save £149). Dates: 3 - 16 June, 17 - 30 June, 1 - 14 July, 22 July - 4 August, 5 - 18 Aug, 19 Aug - 1 Sept, 2 - 15 September 2012.

Alpine 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.

Mont Blanc Take Two

If you have previously failed to summit Mont Blanc due to weather in the past three years with a guide, we offer a three day guiding only package for 1 or 2 people, to make it happen!

Sat: altitude training, Sun: ascend to hut, Mon: summit Mont Blanc and descend. Price: £649pp for 2 people booking together, £1299 for 1:1 guiding.

Ski descent of Mont Blanc

A winter week to prepare very strong ski tourers to acclimatise you to ski Mont Blanc, descending to Chamonix.

Sunday: briefing, Mon - Fri: ski touring, Sat: depart. Price: £1599 each (1:2 ratio). Date: 22 - 28 April 2012.

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



Alpine introduction & autonomy

Alpine Introduction course

If you are a keen hillwalker who has always wanted to climb in the Alps, to venture onto glaciers, and to attempt a 4000m peak, this is the course for you. It 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 high 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 climbing and ascent to mountain hut (1:3), Fri: Gran Paradiso 4061m (1:3), Sat: depart. Price: £799. Dates: 10 - 16 June, 24 - 30 June, 8 - 14 July, 15 - 21 July, 29 July - 4 August, 12 - 18 August, 26 Aug - 1 Sep, 9 - 15 Sep, 16 - 22 Sep 2012.

Alpine Autonomy course

If you have used crampons for winter hill walking or mountaineering before, and have either scrambling or rock climbing experience, then you should choose this rather than the Alpine Introduction course. This is a fast track course that is designed to make you more autonomous in the Alps. You cover the technical syllabus of the Introduction course in greater detail, with smaller guiding ratios. At the end of the week you typically have the choice of two day routes, or a two day ascent of an Alpine peak such as the Domes du Miages, or Aiguille du Tour, with a night in a hut. We aren't scared of making you 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: depart. Price: £899. Dates: 3 - 9 June '12, 17 - 23 June, 1 - 7 July, 22 - 28 July, 5 - 11 August, 19 - 25 August, 2 - 8 September 2012.

3 Countries, 3 Summits

This challenge attempts three Alpine peaks in three different countries. If you have used crampons previously, and are keen for a mountain focused week, this course will appeal and is great fun! The summits chosen vary depending on conditions, but often include; Gran Paradiso or Aiguille du Thoule (Italy), Mont Blanc du Tacul or Aiguille du Tour (France) and Mont Velan or Breithorn (Switzerland).

Sun: briefings, Mon - Fri: summits, 2 nights huts (1:2), Saturday: depart. Price: £1099. Dates: 8 - 14 Jul '12, 29 July - 4 August 2012, 26 August - 1 September '12.

Two person summer week

For two people seeking a week of summer Alpine climbing, this course is tailored to you. Learn to lead, develop autonomy, or just climb some famous routes. Based in Chamonix, the price includes a private two person flat.

Sunday: briefings, Mon-Fri: Alpine ascents (1:2), Saturday: depart. Price: £999. Dates: run on demand.

Photo: a couple of Icicle Alpine Intro groups on Gran Paradiso 4061m, the highest peak completely in Italy



Technical and 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 the 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: depart. Price: £999 (inc. night in hut). Dates: 24 - 30 June '12, 22 - 28 July, 19 - 25 August, 26 Aug - 1 Sept, 16 - 22 Sept 2012.

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: depart. Price: £949. Dates: 1 - 7 July 2012, 12 - 18 August 2012. 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, with one night included in a high mountain hut (1:2), Saturday: depart. Price: £999. Dates: 3 - 9 June, 10 - 16 June '12.

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: depart. 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 Arête or the Whymper or Couturier Couloirs.

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

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).

Photo: climbing to the summit of the Tour Ronde on the frontier border between Italy and France



Matterhorn and Eiger summits

Matterhorn 4478m ascent

This iconic mountain attracts climbers from all over the world. There are two classic routes on the peak; the Hornli Arête from the Swiss side above the town of Zermatt, and the Lion Ridge from Cervinia in Italy. Either route is a serious undertaking, and it will test your balance, fitness and ability with exposure. You prepare by ascending classic Chamonix routes such as the Dent du Geant or Rochefort Arête. On the ascent of the Matterhorn, we use a 1:1 guide ratio to maximise safety. In terms of previous experience, many clients have climbed Mont Blanc or another Alpine PD / AD grade route. Some experience of outdoor rock climbing and exposed scrambling would be highly advantageous.

Sun: briefings, Mon- Wed: Chamonix ascents and hut (1:2), Thu-Fri: Ascent of Matterhorn (1:1), Sat: depart. Price: £1599. Dates: 8 - 14 July, 15 - 21 July, 22 - 28 July, 29 July - 4 Aug, 5 - 11 Aug, 12 - 18 Aug, 19 - 25 Aug, 26 Aug - 1 Sept, 2 - 8 September 2012.

Eiger Mittileggi 3970m

Probably the most famous peak in the Alps, the Eiger towers above the Swiss village of Grindewald, with its foreboding North Face almost always in the shade. As you look upwards from Kleine Scheidegg, the Mittileggi runs along the top left ridge of the face and offers competent Alpinists a hard and very exposed climb. Before this course you should have good Alpine experience such as classic AD grade routes. From the Mittileggi hut, the climb is a mixture of rock towers and steep snow, so good experience on both rock and snow is essential. The descent is longer than the ascent, and makes its way down to Monchsjoch, before you return to Jungfrauoch to catch the train back to Grindewald.

Sun: briefings, Mon-Wed: Chamonix acclimatisation climbs (1:2), Thu-Fri: traverse the Eiger from Mittileggi hut to Jungfrauoch (1:1), Sat: depart. Price: £1599. Dates: 15 - 21 July '12, 22 - 28 July, 29 July - 4 August, 5 - 11 August, 12 - 18 August, 19 - 25 August 2012.

Alpine Trilogy course

This two week course attempts to ascend the three key Alpine giants of Mont Blanc, the Eiger and Matterhorn. The first week follows the Mont Blanc Summits course, then the second week has five days of 1:1 guiding in which to attempt both the Matterhorn and Eiger. For this course, you need the pre-requisite skills for the Eiger, and excellent fitness and stamina.

Price: £2999. Dates: 8 - 21 July, 15 - 28 July, 22 July - 4 Aug, 29 July - 11 Aug, 5 - 18 Aug, 12 - 25 August.

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: depart. Price: £2499, run on demand throughout the winter.

Photo: two icicle groups approaching the summit of the Eiger, ascending by the Mittileggi ridge



Alpine 4000m peaks & via ferrata

Monte Rosa 4000ers week

This area is peppered with 4000m peaks and your aim is to ascend as many as possible, staying in huts for four nights. Usually one night is spent in the Margherita hut, which is the highest refuge in the Alps. Groups typically climb between eight and twelve 4000m peaks during the week.

Sun: briefings & kit checks, Mon-Fri: five ascent days, 1:2 guiding, Sat: depart. Price: £1249 (inc. four nights huts). Dates: 24 - 30 June 2012, 15 - 21 July, 29 July - 4 August, 12 - 18 August, 26 Aug - 1 Sept 2012.

Oberland 4000ers week

Five days of summits in the Oberland, including the Monch, Jungfrau and the Finsteraarhorn. Four nights in huts. You maximise climbing time by using the famous Jungfrauoch railway that ascends through a tunnel constructed within the North Face of the Eiger.

Sun: briefings & kit checks, Mon-Fri: five days 1:2 guiding in the Eiger region, Sat: depart. Price: £1249 (inc. 4 nights huts). Dates: 17 - 23 June, 22 - 28 July, 19 - 25 August 2012. Extra dates on demand.

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. The aim is to climb the best classics from either Zermatt or Val d'Anniviers side.

Sunday: briefings & kit checks, Monday to Friday: technical ascents, classic routes & summits, with nights in huts (1:2), Saturday: depart. Price: £1299 (inc. 4 nights half board in huts). Dates: 8 - 14 July '12, 29 July - 4 August 2012, 9 - 15 September 2012.

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: depart. Price: £1249 (inc. 4 nights half board in remote mountain huts). Dates: 1 - 7 July, 5 - 11 August, 2 - 8 Sept 2012.

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: depart. Price: £699, inc. Chamonix B&B. Dates: 1 - 7 July '12, 22 - 28 July 2012, 19 - 25 August 2012.

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: depart. Price: £999, inc. 6 nights huts. Dates: 5 - 11 August, 26 August - 1 September 2012.

Photo: on Monte Rosa massif posing for a summit photo with the Matterhorn behind



Ice climbing and winter courses

Winter Intro 'Ice & Alpine'

Learn key skills for winter climbing in the Alps including ice climbing, glacier travel, avalanche awareness, snow shelters, ropework, crevasse rescue, and weather. Climb up to Grade IV ice, an Alpine winter route, and 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: depart. Price: £799. Dates: 29 Jan - 4 Feb, 11 - 17 March 2012, 15 - 21 April 2012.

Chamonix 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: depart. Price: £999. Dates: 22 - 28 January 2012, 5 - 11 Feb, 26 February - 3 March 2012, 18 - 24 March 2012.

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. This course will really appeal to those of you who already climb grade III ice.

Sunday: briefings, Mon-Fri: Waterfall ice routes (1:2), Saturday: depart. Price: £1299, inc 4 nights half board in hotel. Dates: 12 - 18 February, 4 - 10 March 2012. Extra dates on demand for 2 people booking.

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. The course is based in Chamonix and includes private flat accommodation.

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

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: depart. 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: depart. Price: £1799. Dates: on demand.

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: on demand, Jan to March.

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: on demand, Jan to March.

Photo: ice climbing in perfect conditions in the Val de Cogne in Italy



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 & Backcountry week or Silvretta Tour, and be a competent off piste skier.

Sunday: briefings, Mon - Fri: five days ski touring (1:6).
Saturday: depart. Price: £899. Sunday to Saturday dates: 11 - 17 March '12, 18 - 24 March, 25 - 31 March, 1 - 7 April, 8 - 14 April, 15 - 21 April, 22 - 28 April 2012.
Midweek (Thu - Wed) dates: 22 - 28 March, 29 March - 4 April, 5 - 11 April 2012. Extra dates and prices for group bookings throughout the touring season.

Bernese Oberland tour

This tour tackles several ski touring peaks including Gross-Wannenhorn 3905m and the Mitterhorn 3143m, and the infamous glacier descent down to Munster. It is a step up in technical difficulty from Haute Route.

Sunday: briefings, Mon - Fri: five days ski touring (1:6).
Saturday: depart. Price: £999 (inc. 4 hut nights).
Dates: 8 - 14 April 2012, 22 - 28 April 2012.

Intro tours & backcountry

A popular course, based in Chamonix, with a great mix of backcountry skiing and an introduction to ski touring. This is a great springboard for those who dream of the Haute Route ski tour, but who haven't any touring experience. There is even the option of a night in a mountain hut on a two day mini tour.

Sunday: briefings, Mon - Fri: five days off piste and ski tours (1:6). Sat: depart. Price: £699. Dates: 29 Jan - 4 Feb, 26 Feb - 3 Mar, 11 - 17 March, 15 - 21 April 2012.

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: depart. Price: £899 (inc. 4 hut nights).
Dates: 25 - 31 March 2012, 8 - 14 April 2012.

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 and long ski descents. Four nights in mountain huts. Italians call this the Spaghetti Tour, as the huts are famed for their pasta and the wiggly ridge crest!

Sunday: briefings, Mon - Fri: five days ski touring (1:6).
Saturday: depart. Price: £999 (inc. 4 nights in huts).
Dates: 1 - 7 April 2012, 22 - 28 April 2012.

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: depart. Price: £999 (inc. 4 nights in huts).
Dates: 19 - 25 Feb, 11 - 17 March, 1 - 7 April 2012.

Photo: ski touring above the Rifugio Benevolo in the Gran Paradiso national park



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. Safety skills you will learn are how to use avalanche transceivers and the safe selection of routes when off piste.

Sunday: briefings, Mon - Fri: off piste ski guiding (1:6), Saturday: depart. Price: £649 (inc. accommodation). Dates: 29 Jan - 4 Feb, 5 - 11 Feb, 12 - 18 Feb, 26 Feb - 3 Mar, 4 - 10 Mar '12. Extra dates 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: £340 for up to 4, +£10 extra per person to 6 max. Includes safety kit.

Chamonix off piste level 2

Designed for skiers with a couple of weeks of previous off piste skiing experience, the focus is on techniques for all mountain skiing. This course will take your skiing to the next level. Ski some of the Chamonix classics; Pas de Chevre, Italian Bowl, Le Tour gullies, Envers, Helbronner glacier and Courmayeur. The course aims to provide a challenge and is fun too!

Sunday: briefings, Mon - Fri: off piste ski guiding (1:6), Saturday: depart. Price: £649 (inc. accommodation). Dates: 5 - 11 Feb, 4 - 10 March, 18 - 24 March 2012, Extra dates run for private groups.

Zermatt backcountry

Zermatt has brilliant linked lift access, steep couloirs, stunning views and deep powder. During the week you will also ski the Cervinia (Italian) side, and have the option of ski touring to the summit of Breithorn 4164m.

Sunday: briefings, Mon - Fri: off piste ski guiding (1:6), Saturday: depart. Price: £1099 (inc. accommodation). Dates: 22 - 28 Jan, 19 - 25 Feb, 8 - 14 April 2012.

Verbier off piste

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: depart. Price: £1099 (inc. accommodation). Dates: 29 Jan - 4 Feb 2012, 12 - 18 February 2012.

Avalanche awareness day

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

Dates: on demand (min 4 people). Price: £49 (kit inc).

Avalanche safety weekend

This weekend course covers all the syllabus of the day course but in far greater detail, including route choice, avalanche safety and crystal analysis.

Dates: on demand (min 3 people). Price: £149 (kit inc).

Photo: amazing champagne powder conditions at Le Tour in Chamonix



Alpine adventures and 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. The summit objective is usually the Domes du Miages or Mont Velan.

Saturday: guiding and night in hut. Sunday: ski touring.
Price: £399. Dates: 31 Mar - 1 April, 14 - 15 April 2012.

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.

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.

Tandem experience flight c.£90, Week course £999.

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. The Saturday night is spent in a hut or hotel on a half board basis.

Sat & Sun: guiding (1:2) & night in hotel or hut. Price: £499. Dates: 28 - 29 Jan, 4 - 5 Feb, 25 - 26 Feb, 3 - 4 March 2012. Extra dates for 2 or more.

Summer glacier safety

Learn coils, crevasse rescue, belays, anchors, use crampons and ice axes. Stay in a mountain hut on Saturday.

Sat & Sun: guiding (1:2) & night in mountain hut. Price: £499. Dates: 14 - 15 July 2012, 18 - 19 August 2012. Extra dates for 2 or more throughout the summer.

Private guiding & bespoke

Many clients prefer to design their own holiday with bespoke guiding. We can organise this for any group size from individuals to large teams.

CLIMB - Alpine or ice climbing from £320 per day for up to 4 people (route dependant). Extras +£10pp to 6.

TREK - Snowshoeing or trekking from £180 per day for up to 4 people (route dependant). Extras +£10pp to 8.

SKI - Off piste or ski touring from £320 per day for up to 4 people (route dependant). Extras +£10pp to 6.

Ski-Pod winter holidays

During the winter months, we rent out Chamonix studio apartments on a room only basis, for those who prefer to organise their own activities, or just to take time out and enjoy the resort. We call these purpose built flats our 'Ski-Pods', and you can view all the dates, availability and prices for them at www.ski-pod.com. Special offers include Christmas or February half term for two people for £350 in total.

Photo: an Icicle IFMGA Mountain Guide on the summit of Mont Blanc du Tacul 4248m



Alpine snowshoeing

Best of Mont Blanc 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. During the week you snowshoe in the three countries of France, Switzerland and in Italy, to sample the best snow! Sunday: briefings, Mon - Fri: snowshoeing with the option of a night in a mountain hut, Saturday: depart. Price: £599. Dates: 5 - 11 Feb 2012, 12 - 18 Feb 2012, 18 - 24 March 2012. Extra dates on demand.

Italian snowshoeing week

Spend a week in the Italian Alps, with four nights on a half board basis in mountain refugios and lodges. Each day you explore the peaks, and enjoy stunning backcountry snowshoeing. Sunday: briefings, Monday - Friday: snowshoeing, with four nights half board in mountain lodges, Sat: depart. Price: £899. Date: 25 - 31 March 2012.

Swiss snowshoeing week

Explore the best of the Swiss Valais on snowshoes, reach several classic snowshoe summits, staying in lodges and the Grand St Bernard monastery. Sunday: briefings, Monday - Friday: snowshoeing, with four nights half board in mountain lodges, Sat: depart. Price: £999. Dates: 26 Feb - 3 Mar 2012.

Italian snowshoe weekend

A gourmet weekend spent in stunning scenery with a night in a mountain hut. Sat & Sun: snowshoeing with night in hut. Price: £199. Dates: 18 - 19 Feb, 25 - 26 Feb, 3 - 4 Mar, 9 - 10 Mar, 17 - 18 Mar, 14 - 15 April 2012.

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. You finish your trek at a mountain gite and try local Savoyarde dishes. Price: £50 each (based on 4 min, 8 max) including the guiding, snowshoes, poles, transport and evening meal. Dates: run on demand throughout winter.

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 £180 in total, +£10pp up to 8. Dates: run on demand for 2 or more all winter.



Photo: snowshoeing above the Chalets d'Ayeres, with Mont Blanc behind



European and 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: 30 June - 7 July 2012, 25 Aug - 1 September 2012. Extra dates for 4 or more.
2 weeks - Sat briefings, Sun - following Fri (12 days) trekking, Sat: return flight. Price: £1299. Dates: 30 June - 14 July 2012, 25 August - 8 September 2012.

Gran Paradiso 4061m trek

This is a classic route and is a great mix of challenging trekking over the first three days, then a two day ascent of easy climbing of Gran Paradiso, the highest peak completely in Italy.

Sun: briefings, Mon - Fri: trek & climb, Sat: depart. Price: £699. Dates: 24 - 30 June, 19 - 25 Aug 2012.

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: 30 June - 8 July, 28 July - 5 Aug, 18 - 26 August 2012. Extra dates for 4 or more.

Classic Chamonix Treks

A week of famous walks to explore the best of this amazing 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: depart. Price: £499. Dates: 1 - 7 July, 19 - 25 August 2012. 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: 8 - 19 July, 5 - 16 August, 9 - 20 Sept 2012.

TMB Highlights, 7 days guiding, 9 days total, £799. Dates: 23 June - 1 July 2012, 28 July - 5 August 2012, 18 - 26 August 2012, 1 - 9 September 2012.

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 Tour du Mont Blanc trek, approaching the Tete Nord du Fours



Trail running and fitness camps

Alpine trail running camp

If you are regularly running between 10km and half marathon distances, you are in ideal fitness to consider getting into the fast growing sport of trail running. Our camps are based in Chamonix, though you often get to run in Switzerland and Italy too. The courses aim to teach you about the vast choice of equipment, coping with varied terrain and steep ground, the use of poles, what to carry, the effects of altitude, hydration, race planning and tactics, and much more. You are coached by a Personal Trainer and UIMLA International Mountain Leader, to maximise your safety and learning. All our leaders have competed in a number of major Alpine trail races such as the Ultra Trail du Mont Blanc and Chamonix Marathon events.

Sunday: briefings, Mon-Fri: trail running days (1:6),
Saturday: depart. Price: £599. Dates: 17 - 23 June '12,
15 - 21 July, 12 - 18 August, 16 - 22 September 2012.

Holistic fitness camps

You stay in a luxury 3 star hotel in Chamonix, and are led on a series of altitude fitness hikes to focus on your endurance, aerobic output, and toning training. This is no 'fat camp', but a highly tailored training programme to cater for your unique requirements. Many use these weeks to kickstart a new lifestyle, or to work towards a goal. After each day in the mountains you have a massage, and the hotel has a pool, sauna and jacuzzi.

Sunday: briefings, Mon-Fri: training and fitness (1:6),
Saturday: depart. Price: £1499. Dates: on demand.

UK Alpine hill training

This weekend course is used by those who seek guided coaching for their hill training, mountain fitness, skills for steep ground, safety techniques, and advice on equipment and if they need further training for Alpine objectives.

Price: £99. Dates: 19 - 20 May 2012, 24 - 25 Nov '12.

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, or as a stand alone Alpine adventure to build your hill fitness and endurance. The aim of the weekend is to ascend a 3000m trekking peak such as Mont Buet.

Sat: meet at 12:00 to ascend to mountain hut for night,
Sun: climb peak and descend. Price: £99. Budget an extra c.£50 for half board stay in mountain hut.

Chamonix marathon week

For those who are planning to enter the Mont Blanc marathon, Chamonix Cross (1/2 marathon) or 10km races, this is a week of preparation to learn the route, practice on the different types of trail and terrain, make race plans and tactics cards, and get tips from coaches who have run the race.

Price: £50 per c.5 hour session, Mon 25 - Fri 29 June 2012. Price is guiding only, excludes accommodation.

Photo: trail running near Gornergratt in the Zermatt valley of Switzerland



CONGRATULATIONS!
YOU ARE NOW AT

KILIMANJARO PEAK TANZANIA, 5895M AMSL

HIGHEST POINT
OF A FREE-STANDING MOUNTAIN

Worldwide treks and expeditions

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: Christmas 21 - 28 Dec 2011, New Year 28 Dec 2011 - 4 Jan 2012, 4 - 11 Feb, 11 - 18 Feb, 3 - 10 Mar.

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. Follow the climbers trail to Everest. Breathtaking scenery is guaranteed!

Date: 7 - 22 Oct 2012 (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: 18 - 26 Feb, 31 Mar - 8 Apr, 7 - 15 Apr, 15 - 23 Sep, 6 - 14 Oct '12.
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 groups.

Iceland 'Fire & Ice' trek

From cold deserts to bubbling lava, Iceland is a land of extremes. This trekking week is based in lodges.

Sat - Sat: 5 days treks. Price £1499. Date: 4 - 11 Aug.

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: 18 Dec 2011 - 7 Jan 2012, 16 Dec 2012 - 5 Jan 2013, 3 - 23 February 2013 (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: £1999. Date: 21 Oct - 10 Nov 2012 (21 days). Includes internal flights from Kathmandu to Lukla.

Photo: on the summit of Kilimanjaro 5895, the roof of Africa



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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