Gran Paradiso 4061m

alpine intro & autonomy

Photos: Mer de Glace - Summit celebrations - Cosmiques
Alpine Introduction

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 which is the highest peak in Italy. By the end of the week you should have climbed vertical ice, learned key ropework, travelled over glaciers, led a rock route, and climbed a 4000m mountain. Great for a first Alpine trip! If you fancy climbing Mont Blanc after this week, you could consider the two week Mont Blanc Achievement trip, or a two day Mont Blanc extension.


Glacier Haute Route trek

Traverse the glaciers from Chamonix to Zermatt, staying in huts each night of the trek. Led by an IFMGA guide. Culminates with ascent of Breithorn 4164m.


Glacier Safety Weekends

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

Sat & Sun: guiding (1:2) and night in mountain hut. Price: £399 (inc. technical kit and hut). Dates: 28 - 29 Jul, 18 - 19 Aug 2018. Extra dates for 4 or more

Autonomy Techniques

If you have used crampons before, then you should choose this rather than the Alpine Introduction. This is a fast track course that is designed to make you more autonomous. You cover the technical syllabus of the Intro course in greater detail, with smaller guiding ratios and a focus on moving together and leading. At the end of the week you have the choice of two day routes, or a two day ascent of an Alpine peak with a night in a hut. We aren’t scared of making you autonomous!


Two person summer week

Based in Chamonix, this week is tailored to you. Learn to lead, develop autonomy, or just climb some famous routes.

Sunday: briefings, Mon-Fri: key Alpine ascents (1:2), Saturday: depart. Price: £1199. Includes a private flat for the two of you. Dates: run on demand Jun - Sep '18
mont blanc summit
Mont Blanc Summit Week

Our most popular course tackles the highest mountain in the Alps. We summit by the classic Gouter route, or via the Trois Mont Blanc traverse, or via the Italian Gonella route. We carefully designed our itinerary to assist your acclimatisation, and to offer several summit weather windows. The 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 using crampons, and your stamina and determination will be tested to the limit. Any previous mountain skills, scrambling or altitude experience will be beneficial to increase your summit chances.

Sun: briefings & kit checks, Mon: glacier crampon skills and ice climbing (1:6), Tue - Fri: preparation training routes and Mont Blanc summit, with one (inc) or two nights in mountain huts (1:2), Sat: depart. Price: £1499. Dates: every week between 17 June & 8 Sept 2018

Mont Blanc Achievement

A popular two week course for those who need more time to acclimatise and learn skills, before their ascent of Mont Blanc. The course is the Alpine Introduction week climbing Gran Paradiso, followed by the Mont Blanc Summit course. More time for you to acclimatise and the training will increase your summing chances.


Apprenticeship Month

Four weeks of back to back courses, to fast track your Alpine career; Autonomy week, Mont Blanc summit, Monte Rosa 4000m peaks, and culminating with the ascent of the Matterhorn or Eiger.

Price: £4999 (save £497 from the separate courses). Dates: 15 Jul - 11 Aug 2018

Alpine Big 3 Extensions

Two days guiding to attempt Mont Blanc, the Eiger or the Matterhorn summit.

Mont Blanc Autonomy

If you want more time to acclimatise and train before an ascent of Mont Blanc, but have existing crampon and climbing skills. This course is the Autonomy Techniques week, followed by Mont Blanc Summits course. This trip will provide more skills for greater autonomy, such as leading and Alpine short-roping, as well as attaining the highest summit in the Alps.


Mont Blanc £1099 (1:1 ratio) or £549 each (1:2 ratio), Matterhorn or Eiger £1099 (1:1 ratio). Run on demand.
Aiguille du Moine

technical
alpine ascents
Technical Ice & Classics

This course tackles a mixture of famous snow, rock, ice and mixed routes to AD+ or D grade, such as Dent du Geant, the Rochefort Arête, or the Chere Couloir. Each itinerary for this course is flexible to cater for the conditions, weather and your aspirations. Push your grade, develop your climbing skills, practice moving together, gear placement and leading.


Alpine Technical 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 routes!


Aiguille Verte

This magnificent peak is considered the Alpine summit that makes a mountaineer. Climb Whymper Couloir or Moine ridge.

Sun: briefings & kit checks, Mon-Fri: technical ascents (1:1 ratio), Sat: depart. Price: £2499 (inc. night in hut). The course is run on demand, normally in June & July.

Grandes Jorasses

The Walker Spur takes a plumb line to the highest point. Descend into the Italian Val Ferret via the Boccalatte mountain hut.

Duration: 7 days (5 days 1:1 Guiding). Price: £3999 (Walker Spur), or £2499 (Normal Route).

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, Col Copt or Contamines Grisole / Mazeaud on Mont Blanc du Tacul. This appeals to those with Alpine or ice experience to PD+ or AD / III ice.


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 Weisshorn, Chardonnet, and the Frontier Ridge of Mont Maudit. We operate this course both in Summer and in Winter, on all weeks.

Sun: briefings & kit checks, Mon-Fri: technical ascents (1:1), Sat: depart. Price: £1999. To ascend harder routes (e.g. Brouillard Arête), book this and a supplement is payable if conditions allow.
Photos: Matterhorn Lion ridge - Sunrise - Eiger Mittellegi

matterhorn
& eiger
Matterhorn 4478m

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 Alpine 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, crampon use and exposed scrambling is essential for this course.


Eiger 3970m traverse

The Eiger towers above the Swiss village of Grindelwald, with its foreboding north face almost always in the shade. As you look upwards from Kleine Scheidegg, the Mittellegi runs along the top left ridge of the face and offers competent Alpinists a hard and very exposed climb. The descent is made by the South Ridge to make a full traverse of the mountain. Before this course you should have good Alpine experience such as classic AD grade routes. From the Mittellegi hut, the climb is a mixture of rock towers with some fixed lines, and steep snow slopes, 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 Jungfraujoch. Here you take the train down to Grindelwald through a rock tunnel descending behind the north face.


Alpine Giants Trilogy

This two week course ascends 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 is five days 1:1 guiding in which to attempt the Matterhorn and Eiger. For this challenge, very high fitness and motivation is required. Although Mont Blanc requires no previous experience, you should meet the pre-requisites for the ascents of the Matterhorn and Eiger.

Monte Rosa 4000m peaks

classic alpine 4000m peaks
Monte Rosa 4000ers

This area is peppered with 4000m peaks and your aim is to ascend as many as possible, staying in huts for four nights. Nicknamed the Spaghetti Tour, because of its great food, one night is spent in the Margherita hut, the highest hut in the Alps. Groups typically climb up to six 4000m summits during the week such as Castor, Pollux, Liskaam West, Breithorn, Corne Nero, Signalkuppe, P. Vincent. A great progression from the Intro course.

Oberland 4000ers week

Five days of summits in the Oberland, staying in mountain huts each night. Peaks include Monch, Jungfrau and the Finsteraarhorn. You maximise climbing time by using the famous Jungfraujoch railway in the North Face of the Eiger.

Zermatt Climber Classics

Climb some of the classic AD grade ridge routes above Zermatt such as 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. This course is a good alternative to the Tech Ice & Classics.

Saas 4000ers week

Saas is a quiet corner of Switzerland, peppered with snowy 4000m peaks. A great progression from our Alpine Intro course, or alternative to the Autonomy Techniques course, for those seeking a hut based week. Climb in the Mischabel and Alphubel massif, overlooking Zermatt and Saas. Climb 4000m summits such as Weissmies, Lagginhorn and Alphubel.

Dufourspitze 4634m

Climb the highest peak in the Monte Rosa massif. It’s the second highest peak in Switzerland, so it provides a challenge that is a good alternative to Mont Blanc. Ascend from either the Monte Rosa Hut or the famous Margherita hut.

Glacier Summits week

Designed for those who want to progress from an Alpine Intro level course, with more nights in mountain huts. Designed for those wanting to escape the crowds. Climb in three countries during the week.
alpine ice &
scottish winter
Winter Alpine Intro

Learn key skills; avalanche safety, ice climbing, glacier travel, crevasse rescue, and ropework. Climb up to grade IV ice and classic winter routes. Technical equipment hire is included in the course price. Option of a night in a mountain hut.


Chamonix Technical Ice

If you have some experience of ice climbing on waterfall or glacier ice, but want to to push your grade, and to learn to lead. Spend a full week ice climbing.

Sun: briefings, Mon-Fri: Waterfall ice (1:2), Sat: depart. Price: £1199. Dates: 28 Jan - 3 Feb, 4 - 10 Mar 2018

Winter Alpine Classics

A week of classic snow, ice and mixed routes in the Chamonix region such as Chevallier, Aig Marbees, & Chere Couloir.

Sun: briefings, Mon-Fri: Climbs (1:2), Sat: depart. Price: £1199. Dates: 28 Jan - 3 Feb, 4 - 10 Mar, 1 - 7 Apr 2018

Val de Cogne Italian Ice

Each night in Cogne is spent half board in a hotel close to the ice climbs. Classic ice routes climbed include Patrie, Archeronte, or Stella Artice. This course is aimed at those wishing to climb grade III to IV+ ice.


Winter Ice Weekend

Two days ice climbing at a 1:2 guide ratio. Choose either multi-pitch ice or classic altitude winter routes above Chamonix. Includes Friday and Saturday night B&B.


Scottish winter intro week

A full week tackling grade I and II gullies and ridges. Objectives include Carn Mor Dearg Arete or Ledge Route on Ben Nevis, and Curved Ridge in Glencoe.


Scottish winter weekend

Learn to use your crampons and ice axe, and self arrest. Focus on snow anchors, winter skills, and winter climbing. Two days guiding, and two nights B&B hotel.


Scottish technical ice

Five days of 1:2 guiding on grade III & IV gullies on Ben Nevis & Glencoe ranges.

Lake District mountain skills

Photos: Crinkle Crags - Swirl How - Wild camping

laker district walks & skills
Alpine Training weekend

These Lake District weekends are to help you prepare and train for a Alpine course. They are a great mixture of developing hill skills and fitness, and coaching you on efficient movement over broken mountain terrain. A chance to talk about kit choices and personal training plans, with your instructor who is one of our Alpine guiding team. Mont Blanc presentation in evening.

Price £99. Dates: 5 - 6 May, 2 - 3 Jun 2018

Wild camping weekend

A weekend to get away from it all, with a night wild camping in a remote high spot in the Lake District mountains. You learn how to wild camp and leave no trace. You spend an exhilarating night under the stars. Also learn key navigation skills. This weekend is great training for expedition skills for those planning a long tent based trip, such as to Aconcagua or Kilimanjaro. One night expedition style meal provided, and we supply tents and stove(s).


Navigation skills days

Beginner or advanced level navigation training days, following NNAS syllabus. Skills covered; setting the map, contour interpretation, pacing, bearings, timings, route choice, aspect of slope, relocation.


Rock climbs & scrambling

Classic multi-pitch Lakes rock routes, roped scrambles or single pitch climbs.

Price: £200 in total for 1 or 2 people. Dates: on demand.

UK avalanche training day

Essential pre-season training for skiers and mountaineers alike. Based in the Lake District, with a mixture of hill and classroom sessions. Safety kit included.


Epic Weekends

Escape the city for the weekend. Arrive on the first train on Saturday morning, and return home on Sunday eve!

Mountain Leader QMD’s

Designed for those approaching their ML assessment, or building QMD’s. This is private guiding tailored to you (or up to 4 booking together). Days can include ML ropework refreshers, or mock exams.

Price: £160 (1 day) or £300 (2 day, includes night nav), or £360 for 2 day mini-expedition, night nav and camp.

Lake District summits

Great mountain days; Helvellyn Striding Edge, Scafell Pike, Blencathra via Sharp Edge, or the Coniston Old Man.

Price: £160 (1:8 maximum ratio, private guiding). Dates: on demand throughout the year.

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Chamonix Via Ferrata

Photos: Cheserys TMB - Alpine sunrise - Rifugio Bonatti

alpine treks & self-guided
Paradiso trek & summit
This is a great mix of challenging trekking over the first three days, then a two day climbing ascent of Gran Paradiso 4061m, the highest peak completely in Italy. Stay in mountain rifugios in the national park.

Corsica GR20 North trek
This is a tough week long trek across the technical northern section of the GR20, from Vizzavone to Calvi. It has several sections of exposed ladders and chains.
Sun: briefings, Mon - Sat trekking (6 days), Sun: return. Price: £895. Dates: 24 Jun - 1 Jul, 9 - 16 Sep 2018

Full Walkers Haute Route
This famous trek links the two Alpine capitals of Chamonix and Zermatt. The nights are spent in mountain huts and hotels, with twelve days trekking, so you complete the full route and high passes.

Rugged Tour Mont Blanc
Walk every step of the TMB, staying in mountain huts each night of the trek. We tackle all the high passes and variants in just one week. It will appeal to regular hill walkers, and is the most challenging TMB trek, averaging 25km and +1500m a day.

Luxury Tour Mont Blanc
Full TMB, with bag transfers, small rooms in hotels and lodges. 10 days guiding.

Demi Tour Mont Blanc
Choose wither the West or East section of TMB, 4 days holiday with 3 days guiding.

Self-guided TMB treks
Route dossier, maps, logistics, baggage storage and hut bookings. From £149.

Best of Chamonix Treks
A week of famous walks to explore the hidden gems of the region; the dinosaur prints, hidden caves, and highest trekking peak in the massif. You usually trek in Switzerland, France and Italy.

Intro Via Ferrata
Aimed at beginners on via ferrata, based in Chamonix, you are led by qualified guides. Day routes, returning to your base in the valley. Small group sizes, and the free loan of via ferrata technical safety kit.

Bochette Way Dolomites
These classic via ferrata are set high in the Dolomites of northern Italy. Led by a qualified IFMGA mountain guide. Includes six nights half board in huts and lodges.
Mount Elbrus 5642m

worldwide & altitude peaks
Kilimanjaro 5985m
Our most popular expedition, with 96% summit success since 2005! We avoid routes that gain altitude too quickly, to ensure you acclimatise. We offer ascents via three different routes, each of which has different characteristics; Machame, Rongai, and Lemosho routes. On each of these, the usual descent is via the the Mweka. Many clients opt for the 4 day ascent of Mount Meru before Kilimanjaro, or to visit Zanzibar’s beaches after.

Kilimanjaro Rongai (9 days) or Lemosho (10 days). Price £1099 for either trip, for private groups of 4+. To add Mount Meru before any ascent is an extra £900

Peak Lenin 7134m
Climb the highest peak in the Pamirs of Kyrgyzstan. This is a 21 day expedition, using 4 camps ascending the mountain. This 7000m giant is a non-technical climb, led by English speaking local guides.


Elbrus 5642m, Russia
Climb the highest peak in Europe, and one of the prized seven summits. You fly in to Mineralye Vody via Moscow and transfer to a Baksan valley hotel base. After acclimatisation climbs you make your summit bid from either the south or north side of the mountain, staying in huts. See ski pages for touring ascents.


Aconcagua 6959m
Second highest of the seven summits, and the highest trekking peak in the world! We take the Polish Traverse route where you ascend by the Vacas valley to the Falso de los Polacos route, then summit & descend the same route. Led by qualified guide, with mules & porters.


Winter Toubkal, Morocco
Climb the two highest peaks of the Atlas; Toubkal 4167m and Ouanoukrim 4089m. Crampon skills are taught during week.

Iceland Laugavegur trail
The remote trek from Landmannalaugar to Þórmörk, staying in mountain huts, with 4x4 vehicle baggage support.

Everest Base Camp
Visiting the viewpoint of the Kala Patar, Namche Bazaar, Thyangboche monastery and the base camp by the Khumbu icefall.

Mera Peak 6476m, Nepal
The highest trekking peak in Nepal, over a three week trip. Great summit views to Lhotse, Nuptse, and to Mount Everest.
Italian Val Ferret snowshoeing

backcountry snowshoeing
Chamonix snowshoeing

Snowshoeing is the fastest growing winter sport and this week will show you why; snowy forests, amazing views, and glittering peaks. Includes classic winter snowshoe summits, such as Monts Truc, Lachat, and Arpille. You often snowshoe in 3 countries; Italy, Switzerland & France, for great snow! Snowshoes and all avalanche safety kit are loaned for free.


Italian snowshoe weekend

A gourmet weekend spent in stunning scenery with a night in a mountain hut. Watch the sun set over Mont Blanc.

Sat & Sun: snowshoeing with night in hut. Price: £249.
Dates: 3 - 4 Mar, 31 Mar - 1 Apr, 14 - 15 Apr 2018

Swiss snowshoe weekend

Snowshoe into the remote mountains to stay in the Grand Saint Bernard hospice, and snowshoe to Col Ouest du Barrason. Visit the St Bernard dogs in Martigny too.

Sat & Sun: snowshoeing. Price: £299. 27 - 28 Jan, 24 - 25 Feb, 10 - 11 Mar, 7 - 8 Apr 2018

3 countries snowshoeing

Snowshoeing in three countries; Italy, France and Switzerland. Over five days, with four nights in huts. Highlights of Tete Chevrette & Tete Entre Deux Sauts.

Sun: travel, Mon - Fri: guiding, Sat: depart. Price: £1299. 28 Jan - 3 Feb, 4 - 10 Mar, 25 - 31 Mar, 8 - 14 Apr 2018

Snowshelters and survival

A two day snowshoe expedition into the backcountry, to dig & stay in a snowhole!


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Auberge Bivouac Vallée Blanche

Two day snowshoe descent of the glacier with a mountain guide, from Aiguille du Midi to Montenvers. Night in Requin hut.

Price: £449. Dates: 31 Mar - 1 Apr, 14 - 15 Apr 2018

Oberland snowshoeing

Four day glacier snowshoe trekking, with mountain guide & three nights in mountain huts. Summit the Aebniflueh 3892m.

Chamonix Off Piste skiing

off piste ski guiding
Chamonix off piste level 1

Experience the best conditions for fresh tracks and thrilling descents. For those who have skied between the pistes or done a little off piste. Popular areas include the Vallée Blanche, the Grands Montets, and Lavancher bowl. Develop techniques, and build avalanche skills.


Avalanche safety day

Avalanche prediction, route choice, islands of safety, trigger points, and transceiver searches. You dig snow pits and perform a rutschblock test.


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 skills to the next level. Ski some of the Chamonix classics; Pas de Chevre, Italian Bowl, Le Tour gullies, Envers, Helbronner glaciers and Courmayeur. The week is challenging, as you ski gullies and learn on the steeps!


Zermatt backcountry

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. This trip is aimed at level 2 skiers who are looking for a mixture of freeride skiing and day tours.


Zinal off piste paradise

A hidden gem for off piste in the Swiss Valais. Highlight are skiing past the Moiry dam, and from the Victorian Hotel Weisshorn down to St Luc.


Vallée Blanche off piste

The classic off piste run is a must for all skiers / boarders from the Aiguille du Midi at 3842m to Montenvers / Chamonix.

Price: £340 (up to 6) inc safety kit. Dates: Jan to Apr.

Av airbag

We stock Black Diamond Jet-force airbags for hire on all our off piste ski courses. Details are supplied to all those on a ski trip.
Haute Route ski tour

alpine ski touring
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 with a day of contingency built into the itinerary.

Previous tour experience, such as the Intro Touring & Backcountry week or the Silvretta Tour is required and you should be a competent off piste skier.


Intro tours & backcountry

A popular course, based in Chamonix, to introduce you to ski touring on glaciers and in the remote backcountry. This is a great springboard for those who dream of the Haute Route ski tour. There is also the option of a night in a mountain hut on a two day mini tour. This course focuses on developing your autonomy in safe route selection, kit choice, avalanche safety, and skiers crevasse rescue techniques.


We also offer a weekend version of this course, from Fri-Sun with 2 nights Chamonix B&B accommodation, for £399. Dates: 30 Mar - 1 Apr, 13 - 15 Apr 2018

Bernese Oberland tour

This tour tackles several ski touring peaks around the huge Aletsch glacier basin. It is a step up in technical difficulty from Haute Route, with mountaineering skills being used on several days. As the Oberland is a mountain massif at altitude it keeps the snow for longer and we can run trips later into Spring.


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.


Ski touring hut weekend

Two days touring, with a night in a hut.

Objectives in France, Italy, & Switzerland.


Silvretta Alps ski tour

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 huts are famed for great food!

Mount Elbrus 5642m ski tour

worldwide ski tours
Aosta Ski Touring, Italy

Early season ski tour alternative to the Chamonix Intro Ski Touring week. Based in hotels in the Aosta valley.


Otztal Vent Tour, Austria

Ski tour on the Austrian-Italian border. Peaks include Weisskugel, Fluchtkogel & Wildspitze. Similar level to Silvretta.

Sun-Sat (5 days guiding). £1299. Date: 15-20 Apr 2018

Tatras Ski Tour, Slovakia

The Tatras mountains form the border of Slovakia, Poland and Ukraine, and they provide some great hut-to-hut ski touring.

Sun-Sat (5 days guiding). £1099. Date: 21-28 Apr 2018

Gourmet Ski Tour, Italy

A ski tour for the cogniscenti, staying in some of the best mountain huts for great Italian cooking, wine lists and hospitality. Enjoy great ski tours in the days, with comfort and good food and drink in the convivial evenings in the mountain huts.


Kebnekaise Tour, Sweden

A secret gem of a ski tour in Lapland. The remote huts, mountain lodges with bastu's (saunas), and the total wilderness, make a ski tour here so special.

Sun-Sat (5 days guiding). £1799. Date: 1 - 7 Apr 2018

Mont Blanc ski tour

A week of 1:2 guiding to acclimatise and train you for a ski touring ascent of Mont Blanc, via the Traverse or Grands Mulets routes. A high level of fitness is required.


Ski Mount Elbrus 5642m

Ski tour to the highest mountain in the Russian Caucasus and Europe, in a 10 day trip, with 8 days skiing. Our itinerary is designed to acclimatise to a good level before the summit bid from a private hut. We opt to ski the north side of the mountain, as it keeps better snow conditions later in Spring. Led by an English speaking Russian guide. We also offer summer climbing ascents.

Fri: briefing, Sat-Sat: ski touring (1:6), Sun: depart. Price: £1499. Date: 20 - 29 Apr, 27 Apr - 6 May, 4 - 13 May, 18 - 27 May, 25 May - 3 Jun 2018

Ski Mt Toubkal 4167m

Ski the highest peak in the Moroccan Atlas mountains. Fly to Marrakesh, and start the ski tour from the trailhead at Imlil, via the Mouflon refuge (not Neltner) to the summit. Five days guiding included, with all meals on the mountain. Suitable for experienced tourers, as up to 40 degrees.

Chamonix trail running

BUY author signed copies of this award-winning guidebook from our online mountain store

Photos: Chamonix Vertical KM - Plan d’Aiguille - Flegere

alpine trail running
Chamonix trail running
For those regularly running between 10km and half marathon distances, even with limited off road experience. Our trips are based in Chamonix, though you often get to run in Switzerland and Italy too. The courses teach you about coping with varied terrain and steep ground, the use of poles, what to carry, the effects of altitude, hydration, race planning, tactics, and navigation. You are coached by a Personal Trainer and UIMLA International Mountain Leader, often a finisher of major races such as UTMB or Tor des Geants.


Chamonix skyrunning
Skyrunning is a progression from trail running, where you move onto higher and rougher mountain terrain. Highlights are to run Mont Buet and Jonction. Coached by a Personal Trainer and UIMLA guide.


Gran Canaria trail running
Five days running on all mountain terrain from volcanic rocky trails to lush forests. Run up to 15-20km each day, often on sections of Trans Gran Canaria. Stay in a hotel close to the beach, so you can relax and swim after the efforts of each day.


UTMB guided recce run
If you’ve ever dreamt of running the Ultra Trail du Mont Blanc, or if you have a place and want to recce the full race route. Five days guiding, led by a UTMB finisher.

Sun: briefings, Mon-Fri: trail running, Sat: depart. Price: £999 (inc. half board in huts). Date: 15 - 21 Jul ’18. NB: we also offer this as self-guided for £149. See website.

Mont Blanc one-shot run
One training day, then a one day ascent. Led by IFMGA guide & elite trail runner.


Alpine winter trail running
A winter weekend version of our popular summer trail running weeks. You will run both on snow trails, and on untracked backcountry terrain on snowshoes. Two nights B&B, and free loan of av beacons.


Mount Toubkal trail run
Two days running, one nights mountain hut, and one night in Marrakesh. Run up the highest peak in the Moroccan Atlas at 4164m. Enjoy an epic long weekend.

Lake District fell running

BUY author signed copies of this newly released guidebook from our online mountain store

Photos: Kentmere fells - Inov8's - Coniston trail running

lake district

mountain runs
Fell & trail run weekend

Based in the Lake District, these weekend courses are for those wanting to get into fell and trail running. They are aimed at those running c.10km distances. Two full days of running coaching on a wide variety of mountain terrain. You focus on descent techniques, pacing, kit, use of poles, and runners navigation.


Night runner sessions

Scheduled on Saturday nights, these runs offer experience and training for those contemplating ultra-trails or 24hr events. Learn about night running kit, choice of head torches, and mountain safety skills.

Price £40 in total for groups of between 1 to 4 runners. Dates: 16 Dec 2017, 13 Jan, 26 May, 24 Nov 2018

Running personal training

Book a running coach to develop skills, or to provide race specific training and plans.

Price: £25 per hour (2 hours minimum). On demand.

Ultra-trail weekend

If planning your first ultra-trail running event, learn key skills such as pacing, race strategy, hydration, nutrition, kit, psychology, and night running.


Intro trail running day

Take your first steps off road running, on an introductory day in the Lake District.

Price: £75pp. Dates: 16 Dec 2017, 06 Jan, 17 Feb, 28 Apr, 12 May, 02 Jun, 09 Jun, 15 Sep, 29 Sep, 10 Nov 2018. Extra days on demand for 2+ booking together

Lake District trail week

Spend a full week trail running in the Lake District. Learn varied terrain techniques and steep ground, the use of poles, kit, hydration, and race plans. Run sections of famous Lake District fell and trail races.


Bob Graham Round recce

Run over the 42 peaks of the famous Bob Graham round over 3 days, covering a total of 66 miles with 26,000ft of ascent. Three days guided running, two nights half board YHA / hostel accommodation.


Runners nav & race recce

Many mountain running events require you to navigate. Dates are scheduled to be a few weeks before events, to learn to navigate on a section of the race route.

Price: £75pp. Dates: 03 Dec 2017 (Tour de Helvellyn), 7 Jan (Grizedale 26), 16 Sep (Lakes in a Day) 2018
Lake District shop & talks

Course clients receive a 15% discount off all kit and clothing in our Windermere mountain store. We stock leading brands; Black Diamond, Grivel, Inov-8, Ortovox, MSR, Montane, and a selection of hire kit. We select all of our products based on feedback and advice from our guide team.

We hold a series of open evenings in the store. Mont Blanc nights, and trail running talks are very popular!

Chat with a trip adviser

Icicle is celebrating its 18th year offering inspirational mountain adventure holidays. We pride ourselves on our safety record, and all our trips are led by top qualified mountain professionals. Come and meet course advisers in our Windermere office to chat through your plans over a cuppa!

How to contact us

+44 (0)1539 44 22 17 / info@icicle.co.uk
Tweet: @IcicleLakesHQ / @IcicleChamonix

Bookings are made direct with Icicle, whose registered address is at: Icicle, 11a Church Street, Windermere, Cumbria, LA23 1AQ, UK. Icicle Mountaineering Ltd is a Private Limited Company registered in England under number: 4136635 and trading as 'Icicle'. VAT number is: 770 1379 33. Icicle is a licensed and EC compliant tour operator; TTA member U3307 and ATOL licence T7228.