inspirational mountain adventure holidays
Midi-Plan traverse, Chamonix

Photos: Gran Paradiso - Ice training - Chabod glacier

Alpine Intro & Autonomy
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, route planning, 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, stayed in a mountain hut, 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.

Sat: briefings, Sun - Sat: guiding, Sun: depart. £1499.

Glacier Safety Weekends

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


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.

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 Italian Gonella route. We have 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 16 June & 14 Sept 2019.

Mont Blanc Achievement

A popular two week course for those who need more time to acclimatisate 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 acclimatisate and the training will increase your summiting 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.


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 acclimatisate 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 £1199 (1:1 ratio) or £599 each (1:2 ratio), Matterhorn or Eiger £1299 (1:1 ratio). Run on demand.
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 Géant, the Rochefort Arête, or the Chère 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 Coulour, 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 Frendo Spur, 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.
Matterhorn Hörnli Arete

Photos: Matterhorn summit - Mittellegi ridge - Eiger summit

Matterhorn & Eiger Summit
This iconic mountain attracts climbers from all over the world. There are two classic routes on the peak; the Hörnli 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 Géant 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.

**SUMMER**

**WINTER**

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### Eiger 3970m Traverse

The Eiger towers above the Swiss village of Grindlewald, 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 Grindlewald through a rock tunnel descending behind the North face.


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### 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 the 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.


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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 Jungfrau 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, Rimpfischorn, 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, and all of Switzerland. It provides a challenge that is a good alternative to Mont Blanc. Ascend from the luxurious Monte Rosa hut, where you stay 2 nights.


Barre des Ecrins 4101m

Five days climbing in the unspoilt Ecrins national park. Mixture of snow and mixed climbs, with four nights in mountain huts.


Three Countries Summits

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.

Chamonix ice climbing

Alps & Scottish Winter and Ice
**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. Avalanche safety kit hire included in the course price. Option of a night in a mountain hut.


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**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.


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**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.


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**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.


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**Scottish Winter Climbing**

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.


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**Winter Alpine Classics**

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

Sun: briefings, Mon-Fri: Climbs (1:2), Sat: depart. £1199. Dates: 3-9 Feb, 3-9 Mar, 31 Mar - 6 Apr, 14-20 Apr 2019

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**Scottish Winter Skills**

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.

£325. Dates: 11-13 Jan, 18-20 Jan, 25-27 Jan, 8-10 Feb, 22-24 Feb, 8-10 Mar, 15-17 Mar, 22-24 Mar 2019

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**Scottish Technical Ice**

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

Summit day Mount Elbrus 5642m

Photos: Elbrus summit - Summit sunrise - Winter Toubkal

Worldwide Altitude Peaks
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

Kilimanjaro 5985m

Climb the highest peak in Europe, and one of the prized seven summits. You fly in to Mineralnye 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.


Elbrus 5642m, Russia

Climbing the highest peak in Russia.

Winter Toubkal, Morocco

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

Sat: fly to Morocco, Sun-Fri: climb, Sat: return flight. Price £525. Dates: every week mid Oct - end April 2019. We also offer summer long weekend ascents £299

Iceland Laugavegur Trail

The remote trek from Landmannalaugar to Þórsmörk, staying in mountain huts, with 4x4 vehicle baggage support.


Climb the highest peak in Nepal, over a three week trip. Great summit views to Lhotse, Nuptse, and to Mount Everest.

Mera Peak 6476m, Nepal

Price: £3499. Dates: 15 Dec 18 - 2 Jan 19, 5 - 23 Jan, 2 - 20 Feb 2019. We also offer the normal route!

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.


Everest Base Camp

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


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 route to the Falso de los Polacos route, then summit & descend the same route. Led by qualified guide, with mules & porters.

Price: £3499. Dates: 15 Dec 18 - 2 Jan 19, 5 - 23 Jan, 2 - 20 Feb 2019. We also offer the normal route!
IML pre-assessment coaching

Guided Alpine Treks

Photos: TMB Mont Favre - Gran Paradiso - Chamonix trek
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 Trek

This is a tough 2 week long trek across the length of the GR20, from Calenzana to Conca. The trek has several sections of exposed ladders and chains.


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.


Express Tour Mont Blanc

Easier version of our Rugged TMB, with less distance each day. 7 days guiding.


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.


IML pre-assessment days

Weekends and private coaching for those approaching their UIMLA assessments.


Best of Chamonix Treks

A week of famous walks to explore the hidden gems of the region; the dinosaur prints, hidden caves, and mountain lakes.


Intro Via Ferrata

Aimed at beginners on via ferrata, based in Chamonix. Small group sizes, and the free loan of via ferrata technical safety kit.


Bochette Way Dolomites

Led by a qualified IFMGA mountain guide. Includes six nights half board in huts.

Chapieux valley on the TMB trek

Photos: Lac Blanc hut - Italian TMB signs - Gentian flowers

Self-Guided Classic Treks
Self-guided trekking

For those who have not come across the concept of self-guiding before, it couldn't be simpler. You guide yourself and all the logistics are arranged for you. We organise all the boring bits so you don't have to: route information, maps, hut and accommodation bookings. You get to walk with your friends, at your pace, rather than as part of a group. We provide a detailed briefing with a guide, and a 24 hour emergency local contact number. This level of support is unique to us. The route notes have been meticulously researched and produced by our guiding team. They are informative and also detail emergency escape routes, local numbers, and key information about the route.

Walkers Haute Route

Classic trek from Chamonix to Zermatt, which takes up to 14 days hiking, though several stages can be shortened to finish the trek in a shorter timescale. Highlights include a night in the high Moiry hut, and the Europaweg suspension bridge!

Tour du Mont Blanc

Choose your timescale, and the distance you walk / fast-pack / run each day;

Full TMB trekking route
10 day (16.7km / day, +1000m height)
7 day (23.9km / day, +1430m height)

Half TMB trekking route
West 4 day (17.2km & +1100m height)
East 6 day (16.3km & +930m height)

UTMB fast-packing / running route
6 day (28.3km / day, +1670m height)
4 day (42.5km / day, +2500m height)

Self-guided TMB prices
Up to 6 days: £199 for 1-3 people, £249 for 4-6 people.
Over 6 days: £299 for 1-3 people, £399 for 4-6 people.

Chamonix Trekking

Choose from a weekend or a week long timescale, and specify how many nights you want to stay in mountain huts, or if you prefer to be based in the valley.

Alps self-guided running

There are many famous running routes in the Alps, that make perfect hut-to-hut routes to trail run. These are also great ways for runners to do as a race recce. We offer the Ultra Trail Mont Blanc race routes as self-guided options; UTMB, TDS, CCC, OCC, and also the route of the 90km du Mont Blanc, & bespoke.

Bob Graham Round

Walk or run over the 42 peaks of the BGR over 5 or 3 days, covering a total of 66 miles with 26,000ft of ascent.

NEW self-guided trips

West Highland Way, Wainwrights Coast to Coast, Tour of Lake District, Dolomites, Tor des Géants, Monte Rosa, Matterhorn.
Italian Val Ferret snowshoeing

Backcountry Snowshoeing

Photos: Vallorcine snowshoeing - Rutschblock - Mont Truc
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 Snowshoeing Week

Spend a week in the Italian Alps, with four nights on a half board basis in mountain refugios. Led by a qualified guide, explore the peaks, and enjoy the backcountry. Highlights of the week include summits of Punta della Croce, Tête Entre Deux Sauts, and the amazing Italian food in the huts! Technical equipment hire included.


Italy 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: £299. Dates: 9 - 10 Feb, 9 - 10 Mar, 6 - 7 Apr 2019

St Bernard Monastery

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.


3 Countries Snowshoeing

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


Snowshelters and Survival

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


Snowshoe Vallée Blanche

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


Oberland Snowshoeing

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

Price: £999. Dates: 26 - 29 Apr 2019
Chamonix Off Piste skiing

Photos: Vallée Blanche - Chamonix off piste - Glacier ski

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.


Monte Rosa Freeride
Based in Gressoney, enjoy 5 days ski guiding, half board hotel, and quieter off piste than busier resorts like Chamonix.


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. Ski many Chamonix classics; Pas de Chevre, Italian Bowl, Le Tour gullies, Envers, Helbronner glaciers and Courmayeur. A challenging week, as you ski gullies and learn on the steeps!


Verbier Freeride
Great off piste in the Montfort bowls, and an option of heli-skiing the Grand Combin.


Zermatt Backcountry
Steep couloirs, stunning views and deep powder. You will also ski the Cervinia (Italian) side, and have the option of ski touring to the summit of Breithorn 4164m.

Sun: arr, Mon - Fri: off piste & ski tours (1:6), Sat: dep. £1299 (inc hotel). Dates: 17-23 Feb, 10 - 16 Mar 2019

Zinal off piste paradise
A hidden gem for off piste in the Swiss Valais. Highlights are deep powder above the Moiry dam, and tree skiing from 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
Chamonix intro ski touring

Photos: Haute Route - Zermatt backcountry - Tête Blanche

Alpine Ski Touring
Haute Route to Zermatt

The Chamonix to Zermatt Haute Route is the most famous ski tour in the Alps, traversing 114 miles over a week. Each night you stay half board in mountain huts with a day of contingency for weather. You need previous ski touring experience, such as the Intro Touring & Backcountry week / weekend, or the Silvretta Tour, and also be a competent off piste skier.


Intro Tour & 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.


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 and crampons 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 the 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 Tour Long Weekend

Three days touring, with 2 nights in huts. 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!


Gran Paradiso Ski Tour

A relatively undiscovered gem! You ski through the national park, and summit and ski down the Gran Paradiso 4061m, the highest peak completely in Italy, with a vertical drop of over 2000m down to Pont.

Mount Elbrus 5642m ski tour

Photos: Aosta ski tour - Ski Toubkal - Caucasus 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: 14-19 Apr 2019

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). £1199. Date: 20-27 Apr 2019

Maritime Alps weekend
Fly to Turin, and transfer to region. Two days guiding, and ski touring ascent of Mt Boscasso 2589m. Great for powder!
Fri-Mon (2 days ski). £699. 15 - 18 Feb, 8 - 11 Mar 2019

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 skiing). £1799. Date: 31 Mar - 6 Apr 19

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 (see p.15).

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. Includes all guiding, meals on the mountain, and Marrakesh hotels. Suitable for intermediate tourers, as to 35 degrees.
Alpine Trail & Sky 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 adapting to 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 Géants.


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. One night B&B, and free loan of av beacons.


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.


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


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.

Fell & Trail Run Weekend

Based in the Lake District, these popular 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. Don’t worry if this is your first time running in the mountains, as you are shown the key skills to enjoy this amazing sport.


Intro Trail Running Day

Take your first steps off road running, on an introductory day in the Lake District. If you don’t want to commit to a full two day weekend (see above), these are an ideal taster session. We can also offer these days as bespoke private guiding. Led by a running coach, who is a mountain leader.


Walking 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.

Runners Nav & Recce’s

Many mountain running events require you to navigate on full or partial sections of the route. We offer bespoke coaching for this, and also can provide full race route recce’s on demand. Key events we have trained clients for include the Tour de Helvellyn, Grizedale 26, and Lakes in a Day, and the Bob Graham Round.

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 including night time runners navigation.

From our Lake District base in Windermere, we offer a wide range of guided courses and mountain skills days. Here are our key trips:

**Alpine Training Weekend**... 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 from our Alpine guiding team. Evening presentation. Price £99. Dates: 19 - 20 Jan, 4 - 5 May, 1 - 2 Jun 2019

**UK winter skills & avalanche training**... Pre winter season training for skiers and climbers. Price £75. Dates: Dec & Jan.


**Wild Camping weekend**... Learn how to wild camp and leave no trace. We supply tent(s). Price £149. Dates: 11 - 12 May 2019.

**Navigation skills days**... Beginner through to expert level nav training. Gain a NNAS award. We also offer night nav sessions on demand. Price: £160 (1:8 max). Dates: throughout year.


**Mountain Leader QMD’s**... Approaching your ML assessment, or building up your QMD’s? Days include ML refresher, and mock exams. Price: £160 (1 day) or £300 (2 day), or £360 for 2 day mini-expedition, night nav and camp.

**Cuillin Ridge traverse**... Four days to allow for a weather window. Guiding ratio up to 1:2. Price £1199 (either 1:1 or 1:2 ratio), includes collection from Glasgow / Carlisle airports.

**Scottish Winter**... See pages 12-13 for our range of Scottish Winter climbing courses, which are based out of a Fort William 3* hotel, providing access to Glen Coe, Ben Nevis, the Mamores and Aonach More for climbing.

**Lake District shop & talks**

**Shop**... Course clients get a 15% discount in our Windermere mountain store. We stock key brands; Black Diamond, Grivel, Inov-8, MSR, Ortovox, Montane, and a selection of hire kit.

**Open evenings**... We hold a series of open evenings in the store. Our Mont Blanc / Eiger / Matterhorn nights (19 Jan, 4 May, 1 Jun 2019), and are always very popular! Meet some of our guiding and logistics team, for open and honest advice about kit and training.

**Chat**... Contact us to arrange a meeting with a course advisers in our Windermere office to chat through your plans over a cuppa!

**Photos**... All the photos used in this brochure have kindly been provided by guests or guides on our trips. No stock photos have been used!

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