

2019



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.

Sun: briefings & kit checks, Mon: mountain skills and navigation (1:6), Tue: crampon techniques with glacier travel and ice climbing (1:6), Wed: mountaineering route at altitude (1:6), Thu: rock climbing and trek up to mountain hut (1:3), Fri: Gran Paradiso 4061m (1:3), Sat: depart. Price: £899. Dates: 23 - 29 Jun, 7 - 13 Jul, 21 - 27 Jul, 4 - 10 Aug, 18 - 24 Aug, 1 - 7 Sep 2019

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.
Dates: 14 - 22 Jun, 20 - 28 Jul, 17 - 25 Aug 2019

Glacier Safety Weekends

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

Sat & Sun: guiding (1:6) with a night in a mountain hut.
Price: £399 (inc. technical kit and hut). Dates: 27 - 28 Jul, 17 - 18 Aug 2019. 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!

Sun: briefings & kit checks. Mon: glacier travel & ice climbing (1:6). Tue: mountaineering ridge climb (1:3). Wed: altitude snow route and crevasse rescue (1:3). Thu: glacier ascent to mountain hut for the night (1:3). Fri: main Alpine ascent (1:3). Sat: depart. Price: £999. 16 - 22 Jun, 30 Jun - 6 Jul, 14 - 20 Jul, 28 Jul - 3 Aug, 11 - 17 Aug, 25 - 31 Aug, 8 - 14 Sep 2019

Two person summer week

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

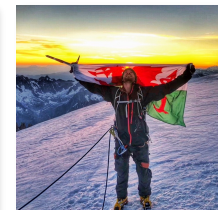
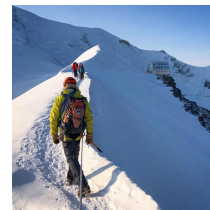
Sunday: briefings, Mon-Fri: key Alpine ascents (1:2), Saturday: depart. Price: £1199. Includes a private flat for the two of you. Dates: run on demand Jun - Sep '19



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climb

Mont Blanc 4810m summit



Photos: Summit sunrise - Gouter ridge - Summit success

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 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. For ascents by the Trois Mont Blanc traverse, book the 1:1 itinerary for £2499, as this is its safe guiding ratio.

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 summiting chances.

Price: £2299 (Intro + Mont Blanc = £2398. Save £99).
Dates: 23 Jun - 6 Jul, 7 - 20 Jul, 21 Jul - 3 Aug, 4 - 17 Aug, 18 - 31 Aug, 1 - 14 Sep 2019

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.

Price: £2399 (Autonomy week + Mont Blanc = £2498. Save £99). Dates: 16 - 29 Jun, 30 Jun - 13 Jul, 14 - 27 Jul, 28 Jul - 10 Aug, 11 - 24 Aug, 25 Aug - 7 Sep 2019

Apprenticeship Month

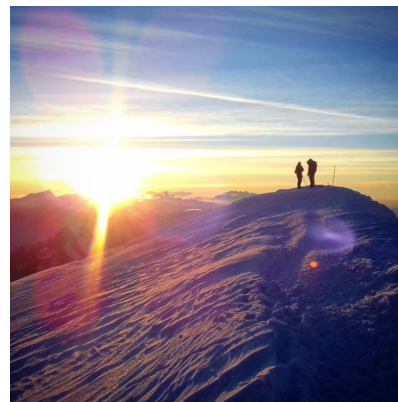
Four weeks of back to back courses, to fast track your Alpine career; Autonomy week, Mont Blanc summit, Monte Rosa 4000m peaks, and culminating with the ascent of the Matterhorn or Eiger.

Price: £4999 (save £497 from the separate courses).
Dates: 14 Jul - 10 Aug 2019. Includes accommodation

Alpine Big 3 Extensions

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

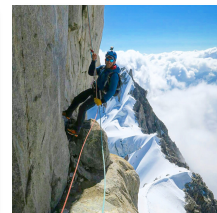
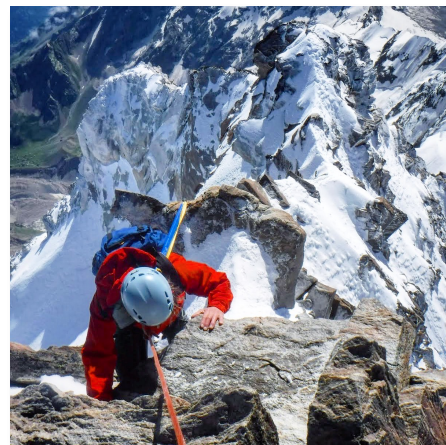
Mont Blanc £1199 (1:1 ratio) or £599 each (1:2 ratio),
Matterhorn or Eiger £1299 (1:1 ratio). Run on demand.



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Aiguille d'Entrèves, Courmayeur



Photos: Cresta Rey - Arête de la Table - Dent du Géant

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.

Sun: briefings & kit checks, Mon-Fri: technical ascents (1:2), Sat: depart. Price: £1199. Dates: 7 - 13 Jul, 21 - 27 Jul, 28 Jul - 3 Aug, 4 - 10, 11 - 17, 18 - 24, 25 - 31 Aug, 1 - 7 Sep 2019. Extra dates for 2 on demand

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!

Sun: briefings & kit checks, Mon-Fri: technical Alpine rock climbing (1:2 guiding), Sat: depart. Price: £1199. Dates: 30 Jun - 6 Jul, 28 Jul - 3 Aug, 4 - 10 Aug 2019. Extra dates on demand, for 2 booking together.



Aiguille Verte

This magnificent peak is considered the Alpine summit that makes a mountaineer. Climb Whympre 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 Grisele / Mazeaud on Mont Blanc du Tacul. This appeals to those with Alpine or ice experience to PD+ or AD / III ice.

Sun: briefings & kit checks, Mon-Fri: technical ascents of ice and mixed routes (1:2), Sat: depart. Price: £1199 (inc. night in hut). Dates: 16 - 22 Jun, 23 - 29 Jun 2019. Extra dates for 2 people booking together to end of July

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.

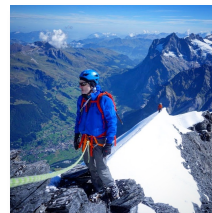
Sun: briefings & kit checks, Mon-Fri: technical ascents (1:1), Sat: depart. Price: £1999. To ascend harder routes (e.g. Brouillard Arête), book this and a supplement is payable if conditions allow.



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Matterhorn Hörnli Arete



Photos: Matterhorn summit - Mittellegi ridge - Eiger summit

Matterhorn & Eiger Summit

Matterhorn 4478m

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 - Sun: briefings & kit checks, Mon-Wed: Training and summits (1:2), Thu-Fri: Matterhorn (1:1), Sat: depart. Price: £1899. Dates: 7 - 13 Jul, 14 - 20 Jul, 21 - 27 Jul, 28 Jul - 3 Aug, 4 - 10 Aug, 11 - 17 Aug, 18 - 24 Aug, 25 - 31 Aug, 1 - 7 Sep 2019.

WINTER - Sunday: briefings & kit checks. Monday: Chamonix test climb (1:1), Tue-Fri: Matterhorn (1:1). Sat: depart. Price: £2799. Dates: 27 Jan - 2 Feb, 14 - 20 Apr 2019. Extra dates are run on demand in the winter

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 Monchsloch, before you return to Jungfraujoch. Here you take the train down to Grindlewald through a rock tunnel descending behind the North face.

Sun: briefings, Mon-Wed: Training and acclimatisation climbs (1:2), Thu-Fri: traverse the Eiger Mittellegi (1:1), Sat: depart. Price: £1899. Dates: 7 - 13 Jul, 14 - 20 Jul, 21 - 27 Jul, 28 Jul - 3 Aug, 4 - 10 Aug, 11 - 17 Aug, 18 - 24 Aug, 25 - 31 Aug, 1 - 7 Sep 2019. This ascent is also available as a 2 day extension for £1299.

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.

£3799. Dates: 7 - 20 Jul, 14 - 27 Jul, 21 Jul - 3 Aug, 28 Jul - 10 Aug, 4 - 17 Aug, 11 - 24 Aug, 25 Aug - 7 Sep '19



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Dufourspitze 4634m summit views



Photos: Tacul séracs - Monte Rosa hut - Finsteraarhorn

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.

Sun: briefings, Mon-Fri: five ascent days, 1:3 guiding, Sat: depart. Price: £1249. Dates: 23 - 29 Jun, 7 - 13 Jul, 21 - 27 Jul, 4 - 10 Aug, 11 - 17 Aug, 25 - 31 Aug 2019

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 Jungfrauoch railway in the North Face of the Eiger.

Sun: briefings & kit checks, Mon-Fri: five days 1:2 guiding in the Eiger region, Sat: depart. Price: £1499. Dates: 30 Jun - 6 Jul, 14 - 20 Jul, 28 Jul - 3 Aug, 18 - 24 Aug, 1 - 7 Sep 2019. Extra dates on demand.

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.

Sun: briefings & kit checks, Mon-Fri: technical ascents, with nights in huts (1:2), Sat: depart. Price: £1699. Dates: 28 Jul - 3 Aug, 4 - 10 Aug, 8 - 14 Sep 2019

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.

Sun: briefings & kit checks, Mon-Fri: technical ascents, classic routes & summits, with nights in huts (1:2), Sat: depart. Price: £1449. Dates: 30 Jun - 6 Jul, 14 - 20 Jul, 4 - 10 Aug, 25 - 31 Aug 2019

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.

Sun: briefings, Mon - Fri: summits (1:2), Sat: depart. £1699. Dates: 7-13 Jul, 21-27 Jul, 28 Jul-3 Aug, 1-7 Sep 2019. Extra dates for 2 people booking together

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.

Sun: briefings, Mon - Fri: summits (1:2), Sat: depart. Price: £1499. Dates: 4 - 10 Aug, 25 - 31 Aug 2019

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.

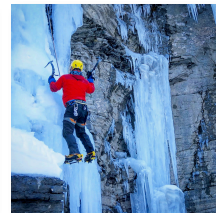
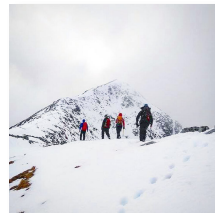
Sun: briefings, Mon - Fri: summits (1:3), Sat: depart. Price: £1199. Dates: 28 Jul - 3 Aug, 18 - 24 Aug 2019. Also available as a bespoke 1:2 course for £1349



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Chamonix ice climbing



Photos: Scottish winter - Ben Nevis range - Val de Cogne

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.

Sun: briefings & kit checks, Mon: winter skills (1:6), Tue: glacier travel (1:6), Wed: ice climbs (1:6), Thu-Fri: alpine climbs (1:2), Sat: depart. Price: £899. Dates: 27 Jan - 2 Feb, 24 Feb - 2 Mar, 24 - 30 Mar, 7 - 13 Apr 2019

Chamonix Technical Ice

If you have some experience of ice climbing on waterfall or glacier ice, but want 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: 3 - 9 Feb, 3 - 9 Mar 2019

Winter Alpine Classics

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

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.

Sun: briefings, Mon-Fri: Waterfall ice routes (1:2), Sat: depart. Price: £1449, inc 4 nights half board in hotel. Dates: 10 - 16 Feb, 24 Feb - 2 Mar 2019

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.

Fri: arrive, Sat & Sun: guiding (1:2). Price: £499. Dates: 25 - 27 Jan, 22 - 24 Feb, 22 - 24 Mar 2019. Extra dates can be run on demand for 2 people booking together.

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



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.

Sun: briefings, Mon-Fri: climbs, Sat: depart. Price: £695. Dates: 11 - 17 Jan, 18 - 24 Jan, 25 - 31 Jan, 8 - 14 Feb, 22 - 28 Feb, 8 - 14 Mar, 15 - 21 Mar, 22 - 28 Mar 2019

Scottish Technical Ice

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

Sun: briefings, Mon-Fri: climbs, Sat: depart. Price: £895. Dates: operates every week 13 Jan - 30 Mar 2019



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climb

Summit day Mount Elbrus 5642m



Photos: Elbrus summit - Summit sunrise - Winter Toubkal

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 Machame (9 days). Price: £999. Dates: 23 - 31 Dec, 9-17 Feb, 23-31 Mar, 27 Jul - 4 Aug, 3-11 Aug, 23 - 31 Aug, 21 - 29 Sep, 19 - 27 Oct, 22 - 30 Dec 2019

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.

Duration: 21 days, excluding flights. Price: £2999. Dates: 6 - 26 Jul, 21 Jul - 10 Aug 2019

Elbrus 5642m, Russia

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.

South Route (8 days). Saturday: travel, Sun - Fri: climb, Sat: depart. Price: £1299. Dates: 26 May - 2 Jun, 9 - 16 Jun, 23 - 30 Jun, 7 - 14 Jul, 28 Jul - 4 Aug, 25 Aug - 1 Sep, 1 - 8 Sep, 8 - 15 Sep, 22 - 29 Sep 2019

North (10 days). Friday: travel, Sat - Sat: climb, Sun: depart. Price: £1499. Dates: 21 - 30 Jun, 5 - 14 Jul, 12 - 21 Jul, 26 Jul - 4 Aug, 30 Aug - 8 Sep, 20 - 29 Sep 2019

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.

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

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.

Sun - Sat: 5 days trek. Price £1899. Dates: 23 - 29 Jun, 7-13 Jul, 28 Jul-3 Aug, 11-17 Aug, 25-31 Aug, 8-14 Sep

Everest Base Camp

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

20 Oct - 3 Nov, 17 Nov - 1 Dec, 22 Dec 18 - 5 Jan 19. Price: £1699. inc. flight Kathmandu to Lukla.

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.

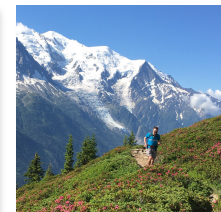
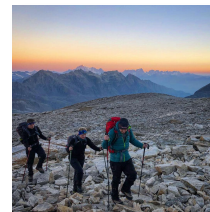
Date: 27 Apr - 18 May, 12 Oct - 2 Nov '19. Price: £2599.



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trek

IML pre-assessment coaching



Photos: TMB Mont Favre - Gran Paradiso - Chamonix trek

Guided
Alpine Treks

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 refugios in the national park.

Sun: travel, Mon - Fri: guiding, Sat: depart. Price: £849.
Dates: 27 Jul - 3 Aug, 11 - 17 Aug, 25 - 31 Aug 2019

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.

Sun: briefings, Mon - Sat trekking (13 days), Sun: dep.
Price: £1999. Dates: 14 - 28 Jun, 1 - 15 Sep 2019

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.

Sun: briefings, Mon - Fri: trek to Zermatt, Sat: travel.
Price: £2399. Dates: 1 - 14 Sep 2019. Extra dates for groups of 4 or more people booking together.

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.

Sat: travel, Sun - Sat: trek, Sun: depart. Price: £899.
22 - 30 Jun, 27 Jul - 4 Aug, 24 Aug - 1 Sep, 8 - 14 Sep

Express Tour Mont Blanc

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

Price: £899. Dates: 3 - 11 Aug, 31 Aug - 8 Sep 2019.

Luxury Tour Mont Blanc

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

Price: £1899. Dates: 28 Jul - 8 Aug, 4 - 15 Aug 2019.

Demi Tour Mont Blanc

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

Price: £499. Dates: 28Jun-1Jul, 26-29 Jul, 23-26 Aug 19

IML pre-assessment days

Weekends and private coaching for those approaching their UIMLA assessments.

Price: £199. Dates: 6 - 7 Jul, 10 - 11 Aug 2019

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.

Sun: briefings, Mon - Fri: treks, Sat: depart. Price: £699.
Dates: 16 - 22 Jun, 30 Jun - 6 Jul, 21 - 27 Jul, 28 Jul - 3 Aug, 25 - 31 Aug 2019. Extra dates upon demand.

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.

Sun: travel, Mon - Fri: guiding, Sat: depart. Price: £999.
Dates: 14 - 20 Jul, 28 Jul - 3 Aug 2019

Bochette Way Dolomites

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

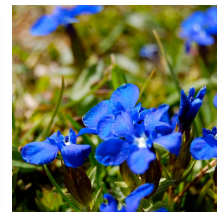
Sun: travel, Mon - Fri: guiding, Sat: depart. Price: £999.
Dates: 4 Aug - 10 Jul 2019. Extra dates upon demand



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trek

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.



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trek

Italian Val Ferret snowshoeing



Photos: Vallorcine snowshoeing - Rutschblock - Mont Truc

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.

Sunday: briefings, Mon - Fri: snowshoeing with the option of a night in a mountain hut, Saturday: depart. Price: £799 inc. B&B. Dates: 27 Jan - 2 Feb, 24 Feb - 2 Mar, 24-30 Mar, 7 -13 Apr 2019. 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. 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.

Sun: travel, Mon - Fri: guiding (4 nights half board), Sat: depart. Price: £1249. Dates: 17 - 23 Mar, 14 - 20 Apr 2019. Extra dates on demand for groups.

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.

Sat & Sun: snowshoeing. Price: £299. Dates: 2 - 3 Feb, 2 - 3 Mar, 6 - 7 Apr 2019



3 Countries Snowshoeing

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

Sun: travel, Mon - Fri: guiding, Sat: depart. Price: £1299. Dates: 3 - 9 Feb, 3 - 9 Mar 2019

Snowshelters and Survival

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

Sat & Sun: snowshoeing and skills with a night out. Price: £299. Dates: 13 - 14 Apr 2019. Extra on demand

Snowshoe Vallée Blanche

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

Price: £499. Dates: 30 - 31 Mar, 20 - 21 Apr 2019

Oberland Snowshoeing

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

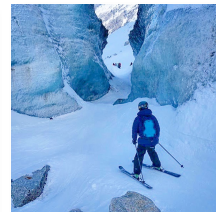
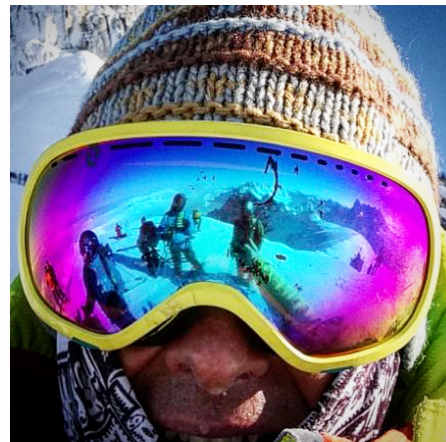
Price: £999. Dates: 26 - 29 Apr 2019



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trek

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.

Sun: briefings, Mon-Fri: off piste ski guiding (1:6), Sat: depart. Price: £799. Dates: 27 Jan - 2 Feb, 24 Feb - 2 Mar, 31 Mar - 6 Apr 2019. Extra group dates on demand

Avalanche Safety Day

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

Price: £75 (kit inc). Dates: 28 Jan, 25 Feb, 25 Mar, 08 Apr. Extra dates on demand in Chamonix / Courmayeur.

Monte Rosa Freeride

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

Sun: arr, Mon - Fri: off piste & ski tours (1:6), Sat: dep. Price: £1099. Dates: 10 - 16 Feb, 10 - 16 Mar 2019

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!

Sunday: briefings, Mon - Fri: off piste ski guiding (1:6), Saturday: depart. Price: £799. Dates: 3 - 9 Feb, 3 - 9 Mar, 24 - 30 Mar 2019. Extra dates for groups

Verbier Freeride

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

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

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 Mar, 31 Mar-6 Apr 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 Weissshorn down to St Luc.

Sunday: briefings, Mon - Fri: off piste ski guiding (1:6), Saturday: depart. Price: £1299 (inc. accommodation). Dates: 17 - 23 Feb, 10 - 16 Mar 2019

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.

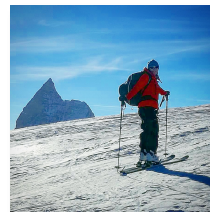
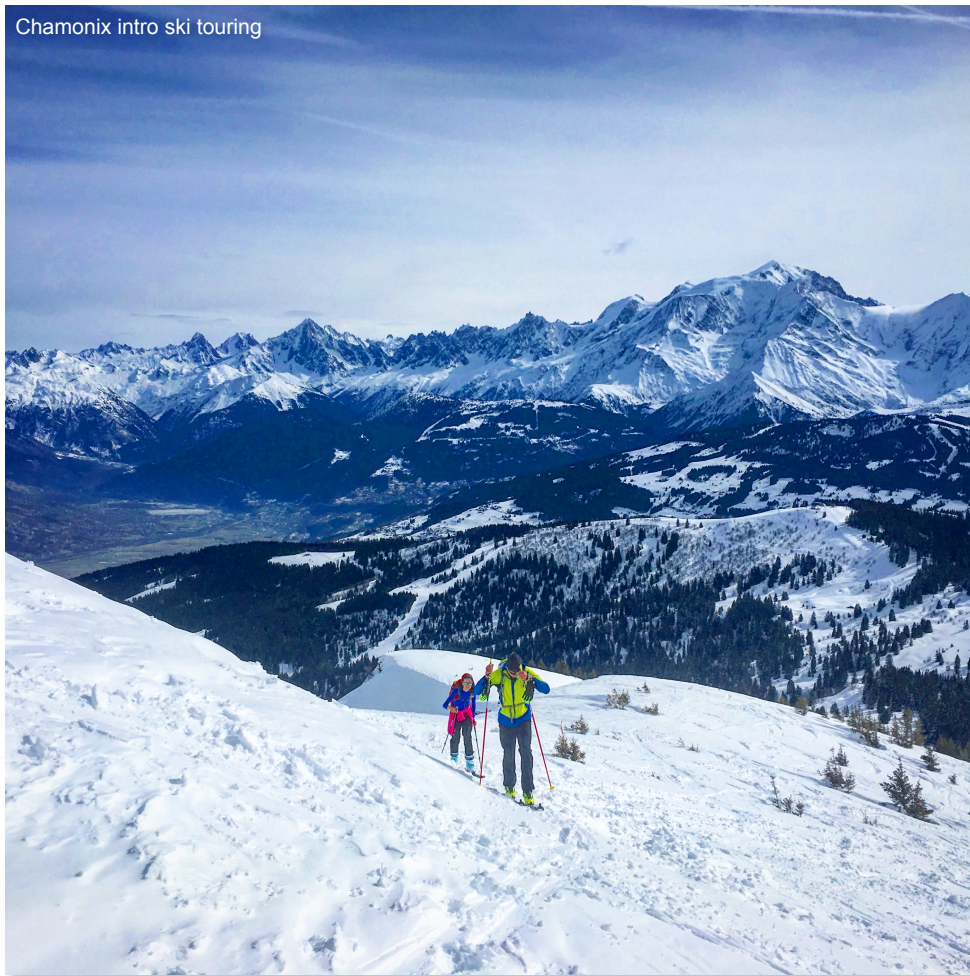
Price: £340 (up to 6) inc safety kit. Dates: Jan to Apr



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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.

Sun; travel, Mon-Sat: ski guiding (1:6). Sun: depart.
Price: £1199. Dates: 24 - 31 Mar, 31 Mar - 7 Apr, 7 - 14 Apr, 14 - 21 Apr 2019. Extra dates on demand.

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.

Sun: briefings, Mon-Fri: five days ski touring (1:6). Sat: depart. Price: £1399 (inc. 4 hut nights). Dates: 17 - 23 Mar, 7 - 13 Apr, 21 - 27 Apr '19. Extra dates on demand

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.

Sun: briefings, Mon-Fri: five days off piste and ski tours (1:6). Sat: depart. Price: £799. Dates: 27 Jan - 2 Feb, 24 Feb - 2 Mar, 3 - 9 Mar, 24 - 30 Mar, 7 - 13 Apr 2019

We also offer a weekend version of this course, from Sat-Sun with a night Chamonix B&B accommodation, for £399. Dates: 23 - 24 Mar, 13 - 14 Apr 2019

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.

Sun: briefings, Mon-Fri: five days ski touring (1:6). Sat: depart. Price: £1199. Dates: 31 Mar-6 Apr, 21-27 Apr '19

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.

Sun: travel, Mon-Fri: ski touring (1:6). Sat: depart. Price: £1249. Dates: 24 - 30 Mar, 14 - 20 Apr 2019

Ski Tour Long Weekend

Three days touring, with 2 nights in huts.
Objectives in France, Italy, & Switzerland.

Friday - Sunday: ski touring and 2 nights in huts (1:6).
Price: £599. Dates: 1 - 3 Mar, 29 - 31 Mar 2019

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!

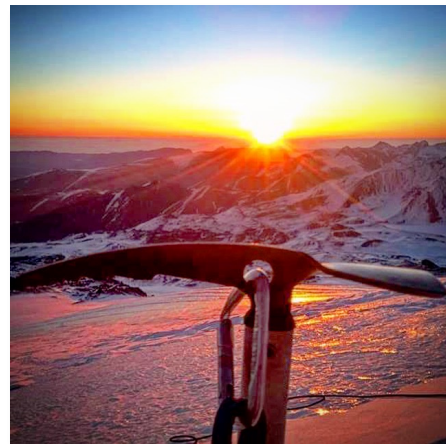
Sun: briefings, Mon-Fri: five days ski touring (1:6). Sat: depart. Price: £1299. Dates: 3 - 9 Mar, 24 - 30 Mar, 7 - 13 Apr 2019. Extra dates on demand for groups of 4+



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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.

Sun: briefing, Mon-Fri: ski tour (1:6), Sat: depart. Price: £1099. Dates: 20 - 26 Jan, 10 - 16 Feb 2019

Otztal Vent Tour, Austria

Ski tour on the Austrian-Italian border. Peaks include Weisskogel, 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.

Sun: briefing, Mon - Fri: ski touring (1:6), Sat: depart. Price: £1099. Date: 17 - 23 Feb, 10 - 16 Mar 2019

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.

Sun-Sat (5 days guiding): ski touring ascent & descent of Mont Blanc. Price: £1699 (inc. 1 night hut). Dates: 21 - 27 Apr, 12 - 18 May 2019

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).

Fri: briefing, Sat-Sat: ski touring (1:6), Sun: depart. Price: £1499. Date: 19 - 28 Apr, 26 Apr - 5 May, 3 - 12 May, 17 - 26 May, 24 May - 2 Jun 2019

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.

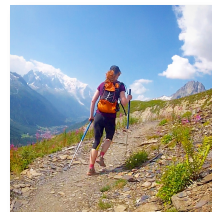
Sat: fly to Morocco, Sun-Fri: ski touring, Sat: return flight. Price: £999. Dates: 23 Feb - 2 Mar, 23 - 30 Mar, 6 - 13 Apr 2019. Extra dates available on request.



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Chamonix trail running



Photos: Winter trail running - Le Tour - Alpine sky running

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.

Sun: briefings, Mon-Fri: trail running days (1:6), Sat: depart. Price: £699 inc B&B. Dates: 23 - 29 Jun, 28 Jul - 3 Aug, 11 - 17 Aug, 25 - 31 Aug 2019

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.

Saturday-Sunday: guided running. Price: £299. Dates: 26 - 27 Jan, 23 - 24 Feb, 23 - 24 Mar 2019

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.

Sun: briefings, Mon-Fri: running (1:6), Sat: depart. Price: £699. Dates: 30 Jun - 6 Jul, 11 - 17 Aug 2019

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.

Sun: briefings, Mon-Fri: trail running, Sat: depart. Price: £899. Dates: 17 - 23 Feb, 10 - 16 Mar, 14 - 20 Apr 2019

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.

Fri-Sun. Price: £499. Dates: 1 - 3 Jun, 21 - 23 Sep 2019

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: arrive, Mon-Sat: trail running, Sun: depart. Price: £1349 (inc. half board in huts). Dates: 14 - 21 Jul, 28 Jul - 4 Aug, 11 - 18 Aug 2019. We also offer this self-guided

Mont Blanc one-shot run

One training day, then a one day ascent. Led by IFMGA guide & elite trail runner.

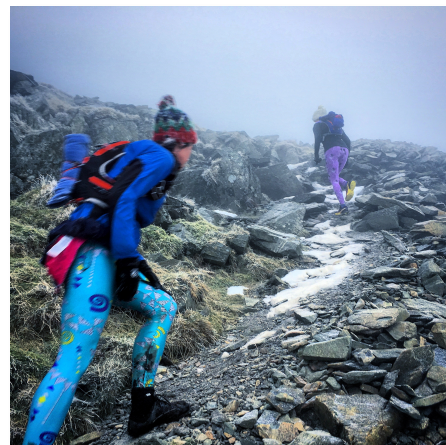
Price: £1899. Dates: 27 - 28 Jul, 3-4 Aug 2019. Price includes B&B accommodation and safety kit.



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run

Lake District fell running



Photos: Kentmere fells - Ultra weekend - Running in snow

Lake District Fell Running

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.

Sat & Sun: fell / trail running coaching (1:6). Price: £99.
8 - 9 Dec, 5 - 6 Jan, 16 - 17 Feb, 27 - 28 Apr, 18 - 19 May, 8 - 9 Jun, 28 - 29 Sep, 9 - 10 Nov 2019

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.

Price: £75pp. Dates: 10 Nov, 8 Dec, 5 Jan, 16 Feb, 27 Apr, 18 May, 8 Jun, 28 Sep 2019. Extra on demand.



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.

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.

Ultra-Trail Run Weekend

If planning your first ultra-trail running event, there's often an intimidating range of key skills to learn; race strategy, hydration, nutrition, kit selection, and psychology. There's also a night run session to teach you how to adapt to the dark, and also about night nav and skills for pacing and safety. The second day brings all the elements together for one longer run, where you help plan the route and navigate at a comfortable race pace. These weekends are an ideal springboard before you sign up for your first ultra-trail.

Guiding: Sat & Sun. Price £149. Dates: 12 - 13 Jan, 18 - 19 May, 23 - 24 Nov 2019

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.

Price £40. Dates: 12 Jan, 18 May, 23 Nov 2019. Extra dates available on demand for private groups.



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run



Lake District / UK guiding

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.

Lake District classic summits... Helvellyn, Scafell Pike, Blencathra, Conistone Old Man. Price: £160 (1:8 max). Dates: on demand.

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.

Rock climbs & scrambling... Classic multi-pitch Lakes rock routes, or roped scrambles. Led by MIA / MIC, for top level instruction too. Price: £200 (1:2 max). Dates: on demand.

Mountain Leader QMD's... Approaching your ML assessment, or building up your QMD's? Days include ML refreshers, 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 adviser 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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