



Icicle Mountaineering Ltd | Church Street
Windermere | Lake District | LA23 1AQ
Tel +44 (0)1539 44 22 17 | info@icicle.co.uk
Website: www.icicle-mountaineering.ltd.uk
Online: shop.icicle-mountaineering.ltd.uk



2025 trip dossier | **Alpine Introduction £1195**

Website link | <http://www.icicle-mountaineering.ltd.uk/alpine%2Bintroduction%2Bcourse.htm>

Key features

- **Climb your first Alpine 4000m peak, from one of Gran Paradiso / Vincent Pyramid / Breithorn**
- **5 days guiding (Monday - Friday), and Chamonix self-catered accommodation (Sunday - Saturday)**
- **NO previous experience is required, as you are taught everything during the course**
- **Led by top qualified IFMGA mountain guides, to really launch your Alpine climbing career**
- **All technical equipment (e.g. B3 boots, crampons, ice axe etc.) can be hired from Icicle**
- **Scheduled dates on website. Extra dates for private groups of 6, available on demand**



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UK registered company 413 6635. VAT 770 137 933

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25 years
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Course overview

- Your first trip to the Alps is your most important and most rewarding, as you begin your Alpine climbing career, and learn safety skills that you will use for the rest of your life in the mountains.
- To join our Alpine Intro course you need no previous experience of climbing or mountaineering. This course is suitable for keen hill walkers, indoor wall climbers, or ramblers, to introduce you to the key technical aspects necessary for mountaineering.
- A key feature of the Intro course is that you attempt a Alpine peak, with a choice selected from one of three popular first Alpine 4000m peak options (listed in popularity order; Gran Paradiso 4061m, Vincent Pyramid 4215m, or Breithorn 4164m) at the end of the week. The bad weather alternative is Aiguille du Tour 3540m. The choice of route is made depending on the conditions for the season, and the experience of the group. All choices involve a day ascending to a mountain hut for the night, and an Alpine start the next morning to ascend the peak. A great experience, and this will confirm how much you have already learned.
- Alpine Introduction courses focus on the skills that you will require for ascents on Alpine rock, ice and snow; including ropework, glacier travel, navigation, crampon & ice axe use, and equipment selection.
- Even if you have had no previous contact with ropes, or experience of ice or rock climbing, by the end of the week you will have climbed pitches of glacial ice, a rock route and reached the summit of an Alpine peak.
- A principal feature of this course are the evening theory sessions, where you learn the background theory, so that the daylight hours are optimised for your climbing time. You can read more about these instruction sessions, which cover ropework, Alpine weather, and crevasse rescue, by [clicking here](#).

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Sample itinerary

- **Sunday** - Travel to Chamonix to arrive for the 17:00 check-in followed by and course safety and itinerary briefings. There is time for kit checks or rental of equipment. Briefings are over by 19:00 and the team accompany the group to pre-dinner drinks. Many clients opt to travel out a day or two early to do an acclimatisation weekend course to provide
- **Monday** - Meet your guide in the morning, to do a full kit check, and learn how to put it on / adjust it (e.g. crampons & harness) to ensure a good fit. Then set off for the day, typically in the Aiguilles Rouges doing snow skills on mixed terrain. If good snow conditions allow, ice axe arrest can be tried, and you can build some snow anchors. Guiding ratio 1:6 (max). Evening theory session / meeting with course hosts: [click for info](#). Night in Chamonix.
- **Tuesday** - Day to learn and practice using crampons and ice axes on the Mer de Glace / Argentiere glacier (2000m). You climb vertical ice, create ice anchors, and learn glacier travel skills. This is one of your most important days of the course in terms of skills development as it is essential to have good footwork with crampons. Guiding ratio 1:6 (max). Evening theory session / meeting with course hosts: [click for info](#). Night in Chamonix.
- **Wednesday** - Snow covered glacier travel skills, practising building snow anchors, crevasse rescue, route choice / probing for crevasses. The day is spent with a journey across either the Vallee Blanche, Pointe Lachenal and the Col du Midi, or on the Argentiere glacier basin. The day is essential for your acclimatisation before your main ascent. Guiding ratio 1:6 (max). Evening theory session / meeting with course hosts: [click for info](#). Night in Chamonix.
- **Thursday & Friday** – Main ascent options
 - **Gran Paradiso 4061m** - Drive through the Mont Blanc tunnel to Valsavaranches, and Pont at its head, where you trek up to either the Vittorio Emanuele or Chabod mountain hut for the night. After an Alpine start, you set off in the dark, across the moraines to reach the glacier and ascend to the plateau below the summit ridge. Here the route steepens, and you reach the rocky scramble on the top section to reach the summit. Descend the same route via the hut to collect anything you have left, to reach the valley in mid afternoon. Return to Chamonix for the night.
 - **Vincent Pyramid 4215m** - A longer drive through the Mont Blanc tunnel to the Gressoney area, up to Staffal, where you take the cable car to then trek up to the Mantova or Gnifetti huts for the night. A very early start the next day, as dawn breaks across the mountains, to

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ascend the Mont Rosa plateau towards the ridgeline including the summit of Vincent Pyramid. The snowy glacier surface steepens as you pass below the rocky slopes to curve up right to reach the summit. Descent via the same route back to the valley, and return to Chamonix for the Friday night.

- **Breithorn 4164m** - A choice of approach from either the Swiss or Italian sides, to reach the from the Plateau Rosa, staying in the Theodul or Guide del Cervino huts. After a night in one of these, you wake up early to start your ascent up to the Breithorn plateau at 3900m, where the slope steepens to around 30 degrees, on the snowy flank of Breithorn to bring you to its highest Western summit. The descent is made by the same route, past the mountain hut again, around lunchtime. After you descend to the valley, return to Chamonix for night.
- **Saturday** – Breakfast then the accommodation check out is by 10:00. Most arrange their transfers for around this time for a flight from Geneva about midday. Some people opt to book a tandem paraglider flight in the morning to celebrate the weeks efforts, and prices for this are from 100€ for a c.30 minute flight. These flights can be booked in resort up to the day before you wish to fly. Depart.

NOTES - Where possible we follow itineraries. Mountain adventures are weather and conditions dependant, so occasionally we are forced to alter the plans. If this is the case, suitable alternatives are offered. Please use this itinerary as a guide to the types of route / activity you attempt.

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Course Inclusions

1) IFMGA Mountain Guides for five days, 2) Chamonix course hosts for logistics & briefings, 3) Evening technical instruction / briefing sessions, 4) Six nights self-catered accommodation in Chamonix (inc. linen, bedding & towels) for the whole week, so you don't need to move out when in huts, 5) One night half board in mountain hut (inc. costs for guides), 6) Pre course information booklet, 7) Equipment discount voucher for UK shops, 8) Free 36 page technical Course Instruction Booklet, 9) Road transport from Chamonix to main ascent area, 10) Icicle discounts privilege card for reductions in local shops and restaurants in Chamonix.

Course Exclusions

1) Travel to and from Chamonix, 2) Equipment hire, 3) Cable cars & uplift (c. 80 euros depending on itinerary) for you (and guide if required), 4) Transport (inc. tolls / bus / tunnel ticket) and uplift for you and guide if travelling outside valley (not usually required) before main ascent, 5) Personal laundry, telephone calls, lunches, evening meals in valley, & any purchases in mountain huts / hotels / restaurants, 6) Sunday pre-dinner drinks, 7) Friday celebratory meal & drinks, 8) Activities insurance, & excess baggage charges.

Pre-requisite skills

These are outlined on this page; <http://www.icicle-mountaineering.ltd.uk/courses.html>, and this course is;

Course level: **Beginner**
Mountaineering: **No experience necessary**
Ice & Rock: **No previous experience is needed**
Fitness: **Good general fitness and stamina**

Fitness & stamina

The ideal fitness levels are detailed at; <http://www.icicle-mountaineering.ltd.uk/trainingpreparation.html>, and there are links to general training advice and planners that you can adapt to suit and follow.

This trip is graded: **Level 2** - We suggest that people on courses of this grade can run 10km without a problem, but we stress that for courses of this level you do not need to be any fitter than this minimum level, though it is there to ensure a good basic level of aerobic fitness and training.

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How to book

- All bookings are made securely online, and deposit of £250 is payable (with secure payments handled via our travel bonding by SinGS / Felloh). Ensure that when completing the form, you fill in all the required fields, in order for the 'SUBMIT' button to appear.
- All payments are protected by our Tour Operator travel bonding with ATOL and TTA, and your monies are held in trust until after you have travelled home. You are fully financially protected, in accordance with UK and EU laws.
- Website link: <http://www.icicle-mountaineering.ltd.uk/booking.html>

Before your trip

- As soon as you book online, you are sent confirmation of this, and attachments including joining instructions, course specific kit lists. If you haven't received this e-mail within half an hour of booking online, please check your junk / spam folder.
- At the office, we manually check all bookings, and you'll also receive a personalised e-mail from us formally confirming your course space, and sending you a deposit payment link. Once you have this office confirmation and paid the deposit, it's fine to go ahead and book your travel arrangements, and to arrange your activities insurance.
- Activities insurance is a requirement for all trip participants. Organise it as soon as you are booked, and ensure that it covers you for cancellation or curtailment, in case you injure yourself or get ill before your trip. This ensures you'd be fully reimbursed for the trip, and all travel costs.
- Website link: <http://www.icicle-mountaineering.ltd.uk/insurance.html>

Travel to the Alps

- The closest international airport to Chamonix, is Geneva (airport code GVA). There are many direct flights from the UK every day, and it's well served by the budget airlines e.g. EasyJet.
- Geneva is a small but busy airport, and it's only a very short walk from baggage reclaim into the arrivals area, where all the airport transfer companies meet. In the Course Information Booklet is a code for preferential rates from our reliable transfer partner Mountain Dropoffs.
- Chamonix is also very easy to travel to by rail, from the UK to Paris via Eurostar, then from Paris Gare du Lyon (or Austerlitz) to Saint Gervais by high speed TGV, then the local train up the valley to the Chamonix Aiguille du Midi (or Chamonix central) stop.

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- Driving can work out cheaper, if you're with others, and there's free parking close to the accommodation, on a first come first served basis. Generally a couple of laps, and a space will be freed up for you. See the Course Information Booklet map for the locations of this free parking.
- Website link: <http://www.icicle-mountaineering.ltd.uk/travel.html>

Meeting point

- Once you've booked, you'll receive the Course Information Booklet, which details the meeting point for Chamonix course clients.
- If you want an address for your airport transfer, provide the Aiguille du Midi cable car, on Rue Lyret, 74400 Chamonix. The accommodation is situated in a pedestrianized area, so you cannot be dropped off at the door, and the cable car station, or Chamonix Sud bus station are the closest access points. If arriving on EasyBus, Ouibus, or Flixbus, these all arrive at the bus station.

Course accommodation

- Most course clients stay in Chamonix in en-suite rooms, in a purpose built ski village in Chamonix Sud. These have a small kitchenette, for those wishing to self-cater.
- Check in time is from 16:00 (4pm) on the Sunday, and the meeting point to be shown into your accommodation is detailed in your Course Information Booklet, that is sent upon booking.
- The flats are normally twin rooms for two people sharing. If you are travelling as a couple (or named friends), you will share. If travelling on your own, you will be matched with another course client of the same sex.
- This accommodation is small and basic, to provide you low cost accommodation in Chamonix, but it is functional and really well located. If you wish to upgrade to higher quality accommodation, there is a £100 discount available for sourcing your own accommodation, which is applied to your invoice.
- Website link: <http://www.icicle-mountaineering.ltd.uk/chamflat.html>

Course briefing

- The course briefing for this trip is at 17:00 on the Sunday evening. The Course Information Booklet will confirm the exact location for this briefing. When you attend the briefing, take your passport and activities insurance details, for these to be noted.
- The briefing takes about 45 minutes, and it aims to answer all your queries about the course.

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- Attendance at the course briefing is obligatory, and you are asked to sign a copy of the Terms & Conditions. These are the same as those you accepted online when you booked, but it's for us to have a signed paper copy on record.

Equipment checks

- Take any equipment to the briefing that you would like one of our guiding team to advise you about. For some people that may be very little, whilst others want to double-check a few bits of kit. It's always a good idea to take your boots and crampons, so we can check the fit for you.
- If you've your own safety equipment, it's worth having one of the team check this over for you.
- Note that if you require any hire equipment, or any kit that is loaned on a course, you need to attend the course briefing, as it's straight after this that is when it is allocated.
- Website link: <http://www.icicle-mountaineering.ltd.uk/hire.html>

Late arrivals

- If they are pre-booked days ahead, we can accommodate late arrivals. We will organise for you to be able to check into your course accommodation at any time that you arrive. We do however ask you to assess how necessary a late arrival is, and for you to consider the disruption to your flatmate.
- You will require a separate Course Briefing, which involves an early start for our team, to fit this in before your guiding. It's not an ideal start to schedule a late arrival, followed by an early start, and sets you on the back foot. Please select suitable flight times to fit the advertised course timings.

Cable cars

- For the days you are climbing in Chamonix, the most cost effective cable car pass is called the Mont Blanc multi-pass. For this course you require a 3 day pass, from Monday to Friday (plus extra days if you arrive earlier). A 3 day pass costs from 105€ (*2024 prices).
- Website link: <https://www.montblancnaturalresort.com/en/montblanc-multipass>

Breakfasts

- When you are in town and accommodation is included on a self-catering basis. There are a great range of cafes, bakeries, and coffee shops in town, where you can get breakfast, and there are a few offering cooked breakfasts too. Alternatively you can self-cater in your accommodation.

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- As the room is self-catering, it's yours for the week, so no need to check out when you are away in mountain huts. Should you use up any items from your breakfast or room supplies, there's a supermarket located just across the pedestrian square from the course accommodation.
- Website link: <http://www.icicle-mountaineering.ltd.uk/chamflat.html>

Lunches & drinks

- Everyone has their own idea of what they would like for lunch whilst in the mountains, varying from a stack of Mars bars to a large ham sandwich. For this reason we let you choose your own lunches, which may be easily purchased locally from shops and supermarkets.
- You will be advised in the briefings as to how many days lunches you should plan ahead and purchase. There is never time to cook hot lunches while on a course, but you could take a thermos.
- Website link: <http://www.icicle-mountaineering.ltd.uk/chamflat.html>

Evening meals

- In town clients normally take advantage of the excellent variety of local restaurants, and also the town's bars to celebrate week's achievements. We are also happy to book places in restaurants for you, should you wish an evening on your own.
- Some clients want an early night or to budget, so opt to cook for themselves in the self-catering flats. In guarded huts, the cooked evening meal is normally three courses.
- Website link: <http://www.icicle-mountaineering.ltd.uk/chamonix.html>

Mountain huts

- Mountain Huts are run by a 'Guardian' who cooks, cleans and is on hand for your assistance. On most courses, the itineraries detail a specific number of nights in mountain huts.
- Clients share rooms, which often are on tiered bunks. Each person is allocated a mattress with its own pillow and blankets, but you should take a sleeping bag liner for comfort.
- There are normally storage / drying rooms. Meals are on a half board basis, with a basic continental breakfast and a three course cooked evening meal. Any extras you order, such as bottled water, beer or wine, packed lunch, or chocolate, must be paid for by you.
- Website link: <http://www.icicle-mountaineering.ltd.uk/chamflat.html>

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Weather & conditions

- It's natural for you to be avidly checking the weather on the weeks and days preceding your course, and we try and keep our social media channels updated daily, so you can see what's going on, and how the conditions are evolving. The website links below give you trustworthy weather forecasts.
- Website link: <http://www.icicle-mountaineering.ltd.uk/webcams.html> and http://chamonix-meteo.com/chamonix-mont-blanc/weather/forecast/morning/5_days_weather_forecast.php

Maps & guidebooks

- You don't need to take any maps and guidebooks for your trip, as you are being guided, but it's always a good idea from a safety perspective to have a map with you. Here are the key links;
- Chamonix map; <https://shop.icicle-mountaineering.ltd.uk/79/BooksMaps/Maps/Alpinemaps/IGNChamonix3630Omap.html>
- Instructional book; <https://shop.icicle-mountaineering.ltd.uk/165/BooksMaps/Books/Instructional/AlpineClimbing:TechniquetoTakeYouHigher.html>

Equipment lists

- You will be sent a precise course specific kit list upon booking, but we have a huge amount of kit advice on our website; <http://www.icicle-mountaineering.ltd.uk/boots.html>
- Website link: <http://www.icicle-mountaineering.ltd.uk/icicleshop%2BKIT%2BMTR.html>

Any questions?

Even if you've read all the detail here and in your Course Information Booklet, and on the website, you may still have some queries about your trip, so don't hesitate to get in touch.

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- Facebook message <http://m.me/iciclemountaineering>
- Here's our office hours, and online chat <http://www.icicle-mountaineering.ltd.uk/contact.html>
- When you're on a trip, you'll also be provided an in resort WhatsApp number for our team, so if you haven't already, please ensure that you download this free app to your phone.



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