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Website: [www.icicle-mountaineering.ltd.uk](http://www.icicle-mountaineering.ltd.uk)  
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# 2024 trip dossier | Alpine Apprenticeship £6299

Website link | <http://www.icicle-mountaineering.ltd.uk/alpine%2Bapprenticeship.html>

## Key features

- A 4 week climbing course culminating in climbing either the Eiger or Matterhorn.
- 20 days guiding Mondays to Fridays and Chamonix B&B accommodation throughout.
- Some previous experience preferred but you are taught everything during the course.
- Led by top qualified guides (IFMGA), to get your alpine career off to a flying start.
- All technical equipment (e.g. B3 boots, crampons, ice axe etc.) can be hired from Icicle
- Follows itineraries of courses; Week 1 – Alpine Autonomy, Week 2 – Mont Blanc, Week 3 – Technical Classics, Week 4 – Matterhorn or Eiger. The inclusions of each week are matched.
- 2024 dates: 23 June – 20 July, 7 July – 3 Aug, 21 July – 17 Aug, 4 – 31 August, 18 Aug – 14 Sept 2024.



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**24 years**  
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## Course overview

- For those who want to spend a month (4 weeks) climbing in the Alps, doing back to back courses, with the weekends to relax, this course offers a genuine Alpine Apprenticeship to really get your climbing career off to a flying start, and to develop your skills in an intense and action packed period..
- The course is four of our most popular weeks, all bolted together, at a reduced price. The structure of the course is as follows; Week 1 - Alpine Autonomy Techniques course, Week 2 - Mont Blanc 4810m summit course, Week 3 - Tech Ice & Classics course, Week 4 - Matterhorn 4478m or the Eiger 3970m.
- The course is designed to allow your skills to progress over the four weeks, and to provide you the choice on the last week of tackling the Matterhorn or the Eiger. Before then you should have climbed an Alpine peak on week 1, Mont Blanc 4810m on week 2, and a whole host of 4000m peaks in Monte Rosa on week 3.
- To book on this Alpine Apprenticeship course you should have the pre-requisite experience and fitness to book onto one of our Alpine Autonomy Techniques courses independently
- We genuinely think that after four weeks of training, you will have a high chance of climbing to the summit of the Matterhorn or Eiger, and that the course will have developed your skills to safely attempt one of these
- To be honest, this course does not appeal to many people in terms of numbers each season, but this makes it all the more special, in that you can completely immerse yourself in climbing, and learning as much as you can over the month.

## Sample itinerary

The itinerary below summarises the itinerary for each week, each of which have climbing days on Monday to Friday, with rest days on the weekends in between, and the course arrival day being a Sunday and the departure day being the Saturday four weeks later. For full details and extended itineraries, click on the links below

- **Week 1 - Alpine Autonomy Techniques course**

If you have previous climbing or crampon experience, and want a fast track course that is designed to make you more autonomous in the Alps, this is the course for you. You cover all the technical syllabus of the Introduction course in greater detail, with greater focus on route finding and equipment selection. The course culminates in the ascent of a quiet and remote summit, such as the traverse of the Domes du Miages.

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- **Week 2 - Mont Blanc 4810m summit course**

Mont Blanc 4810m is the highest summit in Western Europe. To get to the 'roof of Europe', we ascend by either the 'Royal' route of the Trois Mont Blanc from the Midi, or via the classic Gouter route. It is through these local connections that we can be very flexible to enable you to attempt Mont Blanc on almost any day of your course, as we can arrange spaces in mountain huts or on cable cars at very short notice.

- **Week 3 - Tech Ice & Classics course**

This course ascends famous routes around the AD+/ D grade. Examples include the Dent du Geant, Midi-Plan traverse, Chere Couloir, Gervasutti Couloir (Tour Ronde), or the South Ridge of Aiguille du Moine. There are over 4000 routes in the massif, so you are guaranteed not to repeat anything. The itinerary for this course is flexible to allow for changing conditions, your experience and how acclimatised you are.

- **Week 4 - Matterhorn 4478m course or the Eiger 3970m course**

The first three training days are at 1:2 Guiding ratio, but to maximise your safety and sumitting success, and so you can move at your speed, you climb the Matterhorn or Eiger at a 1:1 ratio. On the training days you will climb classics routes to prepare you before the Matterhorn or Eiger, to fully prepare you in terms of ropework and acclimatisation. Ascents are usually made by the Hornli or Mittileggi.

**ITINERARY 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.

**Course Inclusions & Exclusions** are as each of the four week courses.

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## Pre-requisite skills

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

Course level:	<b>Intermediate</b>
Mountaineering:	<b>Some experience as itinerary.</b>
Ice & Rock:	<b>Grades I/II gullies and / or rock 3 / V.Diff.</b>
Fitness:	<b>High fitness and stamina.</b>

## 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 4** - As an absolute minimum you should be capable of running a half marathon in a good time (under 1hr 45mins), but realistically you should be looking at marathon fitness for all courses of this fitness and stamina level to ensure your endurance is up to standard.

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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, as well as noting your passport & insurance details.

## 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 5 day pass, from Monday to Friday (plus extra days if you arrive earlier). The 5 day pass costs 120.70€ (\*2022 online 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 guardianed 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](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/IGNChamonix3630OTmap.html>
- Instructional book: <https://shop.icicle-mountaineering.ltd.uk/165/BooksMaps/Books/Instructional/AlpineClimbing:TechniquesToTakeYouHigher.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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