



Chamonix Trail Running week 2019



- You only need to scan through the running magazines and forums to get an idea of how popular trail running is becoming. We have been offering these Alpine trail running camps for several years, to help people get into this fascinating and totally addictive sport.
- Our week long Alpine trail running camps are based in Chamonix, at the foot of Mont Blanc, as there are hundreds of kilometers of trails to choose from. We offer a great balance of running, coaching, and trail running advice, preparation and top tips.
- These training camps are open to anyone, but we suggest that you will get the most out of them if you are happy running up to 10km, or even a half marathon. If you are in any doubt as to if they will suit, then get in touch to get advice from one of the coaches.
- As well as enjoying a great week of trail running of c. 10 – 15 km a day, we aim to teach you the key safety skills for route planning and Alpine running, with a focus put on the selection of equipment and how to develop your training plans for trail running.



Course summary and key details

- Don't worry if you have never run trails before, as you will pick up the skills quickly with expert coaching and guidance. All you need is to be fit for regular running, to have a sense of humour, and to love the outdoors. We can teach the rest, and you are guaranteed a great holiday that you won't forget for a very long time.
- You are led & coached by a Personal Trainer, who is also an International Mountain Leader. Most importantly they will be a passionate trail runner who has competed in plenty of Alpine ultra-running races, including the legendary Ultra-Trail du Mont Blanc. You are running with a genuine expert in ultra-trail running.
- We genuinely believe that you'll spend more time actually running and in the mountains on our courses, than with anyone else, and that's how our whole focus, ethos, and itineraries are designed. Anyone who is leading you will be a finisher of one of the greatest trail races on the planet, such as the Ultra Trail du Mont Blanc, Tor du Geants or Leadville or WS100.
- Chamonix is blessed with hundreds of kilometres of trails over all types of terrain, from forest tracks to high alpages and mountain passes, and so the itinerary can be flexed on any day to take account of weather conditions, to ensure that you sample the best on offer. The itinerary given is to provide you with a taster of what you could achieve, and isn't fixed in stone.
- There are several other operators out there who also offer trail running camps, and we aren't afraid to advertise that fact. You will see that we don't offer talks from 'celebrity' runners, or go in for the chardonnay in a hot tub 'lifestyle', or quasi-scientific type of courses. Ours are simply run by people who do it, not talk the talk. The effect on our prices is that we can offer you great value. We genuinely believe that you'll spend more time actually running and in the mountains on our courses, than with anyone else.

Testimonials

"I had been on several running camps before, but this far exceeded my other experiences in terms of how much I learned and how it was tailored to me. The tips I gained on equipment selection was invaluable" **Grant W**

"Thank you for looking after me so well. This was an amazing week, where I achieved so much. I never thought I could do this sort of thing, but now I am hooked – see you next year!" **Alison H**

"The level of personal training, attention to detail, and local knowledge, of our coach was second to none. Thanks", **Susie B**



Course daily itinerary & objectives

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Sunday

Travel to Chamonix to arrive for the 17:00 check-in followed by our course safety and itinerary briefings. There is time for kit checks or rental of equipment. Chamonix hosts accompany the group to pre-dinner drinks. Night in Chamonix.

Monday - A classic trail run in Chamonix, such as up to Montenvers, and Signal Forbes above the Mer de Glace glacier basin, then across to Plan d'Aiguille, then the option of running down to Chamonix, or taking the cable car. The key focus of the day is to develop different running techniques for varied terrain types, especially how to run up the hills. Night in Chamonix.

Tuesday - The focus is on building your trail running skills in more mountainous terrain, and a great choice is a traverse of the Aiguilles Rouges nature reserve. Running to the glacial lakes of Lac Blanc and Le Cheserys are stunning viewpoints. If your legs are feeling slightly tired after the previous day, there are cable cars you can opt for (up and / or down). Night in Chamonix.

Wednesday - Take the picturesque Mont Blanc express train from Chamonix to Vallorcine, and run a section of the Chamonix Mont Blanc marathon to Montrroc or further to Le Tour. You can even divert and take in the Col du Balme, or even the Croix de Fer, just across the Swiss border. Alternatives are to traverse the Col du Salenton, or run up Mont Buet. Night in Chamonix.

Thursday - A day running in Italy or Switzerland, to run on sections of the UTMB route. The day provides really different views of the Mont Blanc massif, and experience running in a different country. A popular option is running the UTMB / CCC route over the beautiful ridge of the Mont de la Saxe to visit the Rifugio Bonatti for a proper Italian hot chocolate! Night in Chamonix.

Friday - A slightly longer trail run, to really put all the elements together that you have learnt over the week. Often the group opts for a more technical route, such as running the Chamonix Vertical Kilometre. If you've the energy, after a short rest, you could continue over the summit of Le Brevent 2525m, and down via the Bellachat mountain hut. Night in Chamonix!

Saturday

Breakfast, then accommodation check out at 10:00, then you depart for home.

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 outline as a guide to the types of activity that you will attempt.



Course dates, prices, & inclusions



699

5 full days UIMLA guiding, 1:6 max ratio
7 days holiday in total, Sunday-Saturday

Inclusions

1) UIMLA guide for five days, 2) Chamonix course hosts for logistics & briefings, 3) Pre course information booklet, 4) Equipment discount voucher for UK shops, 5) Six nights B&B accommodation in Chamonix (inc. bedding & towels), 6) Free 36 page technical Course Instruction Booklet, 7) Road / train transport in Chamonix valley, 8) Logistics support and several optional evening instruction sessions.

Exclusions

1) Travel to and from Chamonix, 2) Personal laundry, telephone calls, lunches, evening meals, & any purchases in mountain huts / hotels / restaurants, 3) Cable cars and mountain uplift, 4) Road transport outside the Chamonix valley (not usually required), 5) Activities insurance, & excess baggage charges.

Group sizes: 2 - 8 people per UIMLA guide. If there are more than 8 people on a week, separate groups operate, so you are guaranteed good access to the guide for tips and coaching.

Notes

If you book on our June running week at the end of June, you have the amazing opportunity to watch or even participate in one of the Marathon du Mont Blanc race events which include; vertical kilometer, 10km, 23km, marathon, or 80km. The events are scheduled on the Friday to Sunday. On the last week of September, you overlap with the Ultra Trail du Mont Blanc race series week, with the main UTMB set off on the Friday evening. The atmosphere in Chamonix this week is electric!

Dates

- 23 - 29 Jun 2019
- 28 Jul - 3 Aug 2019
- 11 - 17 Aug 2019
- 25 - 31 Aug 2019



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Windermere mountain store (UK)

A key part of choosing a company is being able to come and talk about your plans with an experienced course advisor face to face. In an increasingly virtual world, we know our clients value speaking to real people, getting open and honest advice. The vast majority of our clients are British, and our office and outdoor store is based in Windermere in the English Lake District.

Get in contact to arrange a meeting, and come in for a coffee to discuss your course in person with a trip advisor. We are keen to ensure that you are as prepared as possible, and that you select a course that is suitable for you. It makes it easier and more enjoyable for you and us, if you are on the right trip. As well as talking through your course, most clients have queries about the kit they will require, so as to avoid expensive mistakes, and we can show you some examples of kit to consider. Others have training queries, about how to best prepare for your trip, and we will be able to steer you in the right direction. No question is too silly, and we'll have heard them all before, so don't worry!

By now you'll have got the idea that an integral part of booking is the ability to get good, knowledgeable, advice, and a highly personal service. Some people do just book online, but we are there every step of the way to walk you from the initial enquiry, right through to your course. Unlike some companies that only exist virtually in cyberspace, we are staffed by real people, in a real office, who offer real honest advice. Because we are tangible, we are accountable, and we take great pride in that and the high standards of service that we offer you.



Why travel with Icicle in the Alps

- **Our Mission...** To have the best safety and peak summiting records of any mountain and ski guiding company in the whole world.
- **Our Aim...** To exceed the expectations of each client, to realise their ambitions, and to provide the best quality experiences possible.
- **Our Environment...** We aim to minimise our environmental impact, and to preserve, improve & promote the responsible use of the mountains.
- **Our Ethos...** We know every single client has individual needs, strengths, aims, weaknesses, ambitions, and goals. We care about each one.
- **Your Money...** We have taken every step to protect you on the mountain, and in your pocket. Funds paid to us are held in trust until you return home.



How to book a course with Icicle

On the front page of the Icicle website there is a course 'Live Availability' button which links to a page that is updated with each booking to show the number of spaces available on each advertised date of each course. The number shown in brackets on this page is the number of places still available on the date.

To book a trip you complete the secure online booking form on the website, which is protected by SSL encryption, so you can input card details and pay safely over the internet. You can list up to four people on one booking form, but if members of a group live at different addresses, or wish to pay the balance separately, it is worth completing a form separately so that you each receive the confirmation email, and the information and payment reminder emails. When you submit the form you will receive automatic confirmation with a receipt, course specific kit list, and a course information booklet with useful information.



Icicle background and key features

- Established in 2000, Icicle is a UK company, and although our trips are for English speakers, our client base is worldwide. Icicle has firmly established itself as one of the leading mountain guiding operators in the UK.
- We are proud to still be a small specialist company who have a very personal approach. It allows us to really support each of our clients. The attention to detail, local Alpine support team, and work ethic sets us apart.
- All of our Alpine courses are all led by professional guides (IFMGA / UIMLA), as our priority is your safety and quality guiding. We focus on instructional courses, and our local knowledge is second to none. Our contacts and staff always aim to 'make it happen' for you.
- We keep all our overheads low, such as our office being paid for by it also being a retail shop. We also don't spend lots of (your) money shouting about how good we are, and haven't got the flashiest website or glossiest brochure. We offer you great value without sacrificing standards.
- What differentiates us is that we have a highly personalised, flexible and friendly, approach to our courses. This flexibility is essential to maximise your achievements. We aim to offer you great and innovative trips that we would dream of going on ourselves.



Your complete financial protection

We have a moral as well as a legal obligation to protect your money, data and online security when you book onto an Icicle course. We want you to be totally confident that we are a bona fide company whose financial conduct has been assessed, and who follow a strict code of practice to protect your money. Your booking is protected by our bonding with the Travel Trust Association U3307. This bonding fully complies with the 1992 Package Travel Regulations, and guidelines proposed by the Department of Trade and Industry to protect clients on package holidays. All monies that you pay to Icicle are held in trust until after your course has ended. This protects you in the highly unlikely event of our insolvency, and all monies paid by you are insured. We are also registered with the ICO for Data Protection. Our online payments system is with RBS, who have verified the security of our system with their independent tests.



Course mountain activity insurance

It is a condition of booking onto any of our trips, that all clients have sufficient activities insurance. This is to protect you in case of any requirement for medical or hospital treatment, mountain search and rescue, and in case you have to cancel your course due to injury or personal circumstances. Your documentary proof of cover is checked at the start of the week before you start any of the guiding. It must be written in English, and specify that it covers you for all of the activities you plan to undertake (see your detailed itinerary on the website). If you are a UK resident, we recommend arranging insurance through Snowcard or the BMC. If you are not a UK resident we recommend arranging insurance through the Austrian Alpine Club (although this does not cover you for cancellation or curtailment so you should get extra cover for this).



Arranging travel to Alpine courses

All of the Alpine trips are offered on a 'Land Only' basis meaning that you need to arrange separate travel to the start of the trip. Although Icicle does hold an ATOL licence and so can arrange flights on behalf of clients, most people find that it is easier to arrange flights through discount airlines. For a range of flight options (including budget) we recommend: www.skyscanner.net. There is also a Eurostar service from London to Geneva (see: www.eurostar.com). For courses that meet in Chamonix, airport transfers can be booked from Geneva airport to Chamonix to match your flights for c. 30 euros per person each way.





Icycle guides & their qualifications

We are a small company, and our team is everything to us. The guides have responsibility for all decisions taken on the mountain and to ensure your safety. Whilst we are fortunate to have an excellent mountain team, we also have a superb office team who arrange the logistics that make the trips run smoothly.

The IFMGA Mountain Guide qualification is the highest qualification that is recognised for leading groups, and the only people who lead any of our skiing or climbing courses in the Alps. IFMGA stands for the International Federation of Mountain Guide Associations. All of our IFMGA Guides hold the International Mountain Guide carnet, and have been selected for their leadership style, personality, and sense of humour, not to mention the fact that they aren't too bad at climbing and skiing either!

All of the Alpine trekking and snow-shoeing courses are run by UIMLA mid mountain guides. These two qualifications are your guarantee of the highest standards and professionalism, and the holders of these qualifications wear their badges with pride. Rest assured that you are being led in the mountains by the best. Our itineraries are planned with guide to client ratios within the safety guidelines outlined by the IFMGA and UIMLA. Each course itinerary states these daily guiding ratios.

We strongly believe that a badge or qualification does not make a good leader, which is why we carefully hand pick our guiding team. However you have our guarantee that all our courses are led by verified highly qualified professionals, as this is a legal requirement in the Alps. Note that for trips outside the Alps, the IFMGA or UIMLA qualification is not a legal requirement, and local guides are used. This is normal practice on peaks including Kilimanjaro, Elbrus, the Atlas and the Himalayas. In the UK no qualifications are legally required, but we follow best practice and all leaders on our UK trips are suitably qualified.



Accommodation: valley/mountain

When on an Icycle course the details of where you will stay will be included in your detailed itinerary. For Chamonix based Alpine courses you are usually based in the valley in one of three types of accommodation; a self-catering studio flat, a chalet or a hotel. Accommodation is on a bed & continental breakfast basis, and all bedding (linen and towels) and any tourist taxes are included. There is a choice of B&B (always included) or half board (upgrade) in the valley, and the accommodation is usually two or three people sharing. In some trekking courses a packed lunch is also included and this will be a sandwich with two cereal / snack bars per person (see itinerary for inclusions).

In mountain huts you always stay on a half board basis, where there is a hut guardian who cooks the evening meal so you do not need crockery, pans or cutlery, with the exception of some hut winter rooms (see itinerary for details). Blankets are provided in mountain huts so you should take a sleeping bag liner for hygiene (silk or cotton), but you do not normally need a sleeping bag / mat.



Course client equipment discount



Once you have booked, you will be sent a catalogue of all the preferential rate equipment and clothing that you can buy in our Windermere shop. We offer 15% OFF equipment and clothing. There is also a selection of books and maps. Orders over £30 are posted free to any UK address. Our shop also stocks a wide range of rental kit for use in the UK or on any of our Alpine courses.

View full details at; <http://www.icicle-mountaineering.ltd.uk/icicleshop.htm>. If you have any queries, please e-mail info@icicle.co.uk or telephone 01539 44 22 17.