



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



2027 trip dossier | **Oberland 4000m peaks £2395**

Website link | <http://www.icicle-mountaineering.ltd.uk/oberland4000ers.htm>

Key features

- Climb as many Oberland 4000m summits as possible, guiding ratio at 1:2 for 5 days.
- 5 days guiding (Monday - Friday), staying in high mountain huts with amazing scenery
- Flexible itinerary to suit changing conditions and group ability and objectives.
- Led by top qualified guides (IFMGA), to teach you more skills and develop your own climbing.
- All technical equipment (e.g. B3 boots, crampons, ice axe etc.) can be hired from Icicle.
- Scheduled dates on website. Course can operate every week from mid June through to mid September each year. Extra dates for private groups of 2, available on demand.



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UK registered company 413 6635. VAT 770 137 933

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27 years
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Course overview

- If you want to climb as many 4000m peaks as possible during a week, whilst staying in mountain huts with amazing scenery, this course is perfect for you. You could also consider the [Monte Rosa 4000ers](#) course.
- The Oberland massif boasts some of the most famous 4000m peaks in the Alps. The course lets you ascend as many of these peaks as you can during the week, staying in remote huts with your Guides.
- The default option is to start and end the trips in Chamonix, to spend the first and last nights there, and to travel to and from Grindelwald with the guide. This makes access from Geneva airport very easy.
- Alternatively, if two people booking together, decide at the time of booking, the course can start and end in Grindelwald, to provide 5 full climbing days, with Sunday & Friday nights in the Grindelwald area.
- To experience the best routes you should be capable of seconding a UK Severe or US Grade 5.9 on rock, or have previous ice / snow experience such as having completed an Alpine or Scottish course.
- The itinerary for this course is deliberately flexible to allow for changing conditions, your experience and how quickly you acclimatise. We make every effort to match people of similar experience on this week.
- This course can be used as an opportunity to spend a week in the mountains and is the same level in a different region offering progression from [Technical Ice & Classics](#) or the [Chamonix Alpine Rock](#) course.

Sample itinerary

The itinerary below is to provide you with a taster of what you could achieve, and isn't fixed in stone. The itinerary can be flexible depending on weather and conditions to ensure that you sample the best on offer.

Sunday

Travel to Chamonix / Grindelwald to arrive for the 17:00 accommodation check-in followed by course safety and itinerary briefings. There is time for kit packing or rental of equipment. Normally the guide will meet you the next morning in Grindelwald or at the cable car station. Night in valley accommodation.

Monday

Meet your guide in Grindelwald / drive with them if in Chamonix, then ascend the Jungfrauoch mountain railway through the Eiger, then cross glaciers to the Monchsloch hut. If the conditions and weather allow, you might ascend the Monch after reaching the hut. Guiding ratio 1:2 (max). Night in mountain hut.

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Tuesday

Alpine start for the ascent of a peaks such as the Monch, possibly making the full traverse of the peak, descending towards Jungfraujoch. An alternative objective for the day is to climb the Jungfrau. Guiding ratio 1:2 (max). Night spent in mountain hut, typically the Monchsloch hut again.

Wednesday

Another Alpine start for route, such as the classic route on the Jungfrau, one of the most famous peaks in the Oberland region. Alternatively you might tackle one of the satellite peaks of the Jungfrau, or traverse to another hut, such as Finsteraarhorn hut. Guiding ratio 1:2 (max). Night spent in mountain hut.

Thursday

A very early Alpine start to ascend a peak such as the mighty Finsteraarhorn. Even the classic route is a serious undertaking, and the slopes are steep. If you've already ascended this, you could ascend the Gross Grunhorn from Konkordia hut. Guiding ratio 1:2 (max). Night spent in mountain hut.

Friday

Your final Alpine start, to take in another summit, then you traverse the upper glacier basin to reach the train at Jungfraujoch, to descend the mountain railway to return to Grindelwald / Chamonix, for a good sleep after a week in mountain huts! Guiding ratio 1:2 (max). Night in Grindelwald / Chamonix.

Saturday

Breakfast then the accommodation check out is by 10:00. Most arrange their airport transfers to leave around this time, to catch a flight from Geneva about midday. 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.

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Course Inclusions

1) IFMGA Mountain Guide for five days, 2) Alpine based course hosts for briefings and logistics support during your week, 3) Two nights room only accommodation in Chamonix / Grindlewald area, 4) Up to four nights half board in mountain hut (inc. costs for guides), 5) Pre course information booklet, 6) Equipment discount voucher for UK shop, 7) Free 36 page technical Course Instruction Booklet.

Course Exclusions

1) Travel to and from Chamonix / Grindelwald, 2) Equipment hire, 3) Personal laundry, telephone calls, lunches, evening meals in valley, & any purchases in mountain huts / hotels / restaurants, 4) Cable cars and uplift for you and your guide (c.£200), 5) Meals in valley, 6) Activities insurance, & excess baggage charges.

Notes

This course assumes 1:2 guiding throughout. Note that if there is just one person on a course, less 1:1 guiding days can be offered, however accommodation will be provided for the whole week, and guiding options and locations will be discussed with you within the budget paid.

Pre-requisite skills

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

Course level:	Improver
Mountaineering:	climbs around AD grade.
Ice & Rock:	grades around III ice, and VS rock.
Fitness:	very good to high 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 3** - At this level your fitness should be somewhere between running a fast paced 10km run, and half marathon fitness. Typically you'll enjoy more hill training, and so would be able to run for about an hour and a half of cross country, and enjoy big hill days out too..

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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 apartments close to the centre of Chamonix. These are all equipped with a kitchen, bathroom, washing machine, and WiFi. The apartment is your base for the week, and you don't have to pack up and check out for the nights you are in mountain huts.
- Check in time is from 17:00 (5pm) on the Sunday, and the meeting point to collect keys (if there is no key safe for that apartment) and be given directions to get into your accommodation is detailed in your Course Information Booklet, that is sent upon booking.
- The apartments typically have 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. A £200 discount is offered to those who source their own accommodation.
- Website link: <http://www.icicle-mountaineering.ltd.uk/chamflat.html>

Course briefing

- The course briefing for this trip is at 17:30 on the Sunday evening. The Course Information Booklet will confirm the exact location for this briefing. Take your passport and activities insurance details.
- Also take along any clothing or equipment that you want checking. It's the perfect chance to have the fit of crampons assessed, and to geek out about what layers to pack for the next day.

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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 5 day pass, from Monday to Friday (plus extra days if you arrive earlier). The 5 day pass costs 135€ (*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 guardianned 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/IGNChamonix3630OImap.html>
- Bernese Oberland; <https://shop.icicle-mountaineering.ltd.uk/102/BooksMaps/Maps/Alpinemaps/SwissMapBerneseOberland.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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