



**Icicle Mountaineering Ltd** | 11a Church Street  
Windermere | Lake District | LA23 1AQ | UK

**Tel +44 (0)1539 44 22 17 | info@icicle.co.uk**

Website: [www.icicle-mountaineering.ltd.uk](http://www.icicle-mountaineering.ltd.uk)  
Online: [shop.icicle-mountaineering.ltd.uk](http://shop.icicle-mountaineering.ltd.uk)



## 2020 trip dossier | **Winter Ice Weekend £499**

Website link | <http://www.icicle-mountaineering.ltd.uk/wintericeweekend.html>

### Key features

- **An exciting weekend climbing frozen waterfalls or alpine routes.**
- **2 full days guiding with 2 nights Chamonix B&B accommodation.**
- **Flexibility to allow you to ascend the types of route of your choice.**
- **Led by top qualified guides (IFMGA), 1:2 guiding ratio throughout.**
- **Free loan of harness, helmet, ice axe(s), boots, crampons and avalanche safety kit if required.**
- **2020 dates; 24 - 26 Jan, 31 Jan - 2 Feb, 6 - 8 Mar, 3 - 5 Apr.**



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UK registered company 413 6635. VAT 770 137 933

*'inspirational mountain adventure holidays'*

**20 years**  
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## Course overview

- For those looking for an exciting weekend adventure, you can't get much more exhilarating than a weekend climbing on iced up waterfalls or ascending Alpine routes!
- The course meeting is at 17:00 on the Friday evening, and you can leave on Sunday evening to be back at work for Monday morning. On Saturday and Sunday you have two full days of ice climbing or mountaineering, and two nights of B&B accommodation on the Friday and Saturday nights.
- Your two Guided days are fairly flexible to allow you to ascend route types of your choice, be it long multi-pitch ice routes, shorter more technical routes or mountaineering routes at altitude.
- Although we ask for no previous experience for this course, if you have more experience but would like a weekend ice climbing in the Alps, we will try to match you with a suitable climbing partner
- Whatever your aim, you can rest assured that the conditions will be way better than Scotland, so even on a weekend, you will learn more than a week in Scotland dodging bad weather and searching for ice.
- As this course is operated on a 1:2 guiding ratio, if there is only one person who books on a date, we try to find a partner for you. In the unlikely event that only one person books on a date, please note we provide one full day of private guiding and the two nights of accommodation, but the activity is guaranteed to operate.

## Sample itinerary

**Friday** - 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 (see inclusions below for what you are provided as part of the course price). You will meet your guide at the briefing (if they aren't doing it), and they can chat through your previous experience, climbing background, and aspirations for the weekend. They will discuss with you the current conditions, and if they require you to wear an avalanche beacon (provided if required) during the weekend. Briefings are over by 18:00 and the Chamonix hosts accompany the group to pre-dinner drinks. Some clients opt to travel out a day or two early to get their hill legs back and to explore the town. Night in Chamonix on a B&B basis.

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**Saturday** - Arrive after your breakfast for the 08:30 set off for your two days climbing. Below are some of the most popular options. Other possibilities are available, so you don't have to repeat anything if you have been to the Chamonix region before. You can discuss direct with the guide which option you wish to select each day, to react to weather, experience and conditions, to ensure you achieve the maximum.

**Option 1** - Guiding ratio 1:2 max

**Option 2** - Guiding ratio 1:2 max

**Option 3** - Guiding ratio 1:2 max

Drive to the Val de Cogne in North Italy, and climb one of the classic icefalls, such as Cascade Lillaz or Patrie at the end of the valley, then return to Chamonix.

Take the Grands Montets cable car above Argentiere, and climb the north face of the Petite Aiguille Verte. Descend back to the valley and return to Chamonix.

Spend the day ice climbing at the Cremerie icefalls, in order to climb multi-pitch ice, and to learn about ice anchors and abseiling skills. Night in Chamonix.

**Sunday**

**Option 1** - Drive to Megeve or Resposoir for a second day ice climbing, before driving back to Chamonix c.17:00.

**Option 2** - Day of waterfall ice climbing, such as Deferlante / Mini Couloir above Argentiere, then return to Chamonix c.17:00.

**Option 3** - Ascent of altitude ice route such as Chere Couloir or Arete des Cosmiques, then return to Chamonix c.17:00.

All the guiding is scheduled to finish by 17:00, so you can return any hire kit, then airport transfers can be booked for any time after 17:00 (realistically this is for flights departing at 20:00) to allow you to travel home, in order to avoid taking time off work.

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 itinerary as a guide to the types of route / activity that you will attempt.

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## Course Inclusions

1) IFMGA Mountain Guide for two days, 2) Chamonix course hosts for logistics & briefings, 3) Two nights B&B accommodation in the Chamonix valley (inc. bedding & towels), 4) Pre course information booklet, 5) Equipment discount voucher for UK shops, 6) Free 36 page technical Course Instruction Booklet, 7) Road transport in Chamonix valley, 8) Local logistics and support, 9) Kit hire\*.

## Course Exclusions

1) Travel to and from Chamonix, 2) Equipment hire, 3) Cable cars & uplift, 4) Personal laundry, telephone calls, lunches, evening meals in valley, & any purchases in mountain huts / hotels / restaurants, 5) Optional night half board in mountain hut (inc. costs for guides), 6) Sunday pre-dinner drinks & Friday celebratory meal & drinks, 7) Activities insurance, & excess baggage charges.

## Group sizes

2 people per IFMGA mountain guide. For group sizes of over 2 people, there are multiple guides, and the teams travel independently of each other.

## Notes

Kit hire\*. For this weekend course, we can loan you the following kit free of charge. Please note that if you have your own kit, there is no reduction in price for providing it, to allow you to travel light for the weekend. We include; harness, helmet, ice axe(s), crampons, avalanche safety kit (transceiver, shovel, probe), and boots. Any other items that are required can be hired.

## Climbing skill

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

Course level: **Beginner**  
Mountaineering: **No previous experience necessary.**  
Ice & Rock: **No previous experience necessary.**  
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 WorldPay). 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, and a separate WorldPay receipt. If you haven't received these two e-mails within half an hour of booking online, 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. Once you have this office confirmation, 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. If an early Course Briefing is required, this is billed at £20 for time involved.

## 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 Wednesday (plus extra days if you arrive earlier). The 3 day pass costs 89.50€ (\*2020 prices).
- Website link: <https://www.montblancnaturalresort.com/en/montblanc-multipass>

## Breakfasts

- When you are in town and accommodation is included on a B&B basis, a starter pack of continental breakfast supplies is provided; fruit juice, milk, cornflakes, muesli, marg, jam, biscuit toasts. Tea and coffee is also provided. In a mountain hut, you get a similar type of light breakfast.

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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](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/IGNChamonix36300Tmap.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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