



climb trek ski run

inspirational mountain adventures | www.icycle.co.uk | +44 (0)1539 44 22 17 | info@icycle.co.uk



#CosmiquesArete



alpine intro
& autonomy

Alpine Introduction

If you are a keen hillwalker who has always wanted to climb in the Alps, to venture onto glaciers, and to attempt a 4000m peak, this is the course for you. It teaches a complete novice the skills needed for the Alps, including glacier travel, ropework, ice climbing, rock skills, navigation, and crevasse rescue. You spend a night in a high mountain hut, have an Alpine start for a route, and ascend Gran Paradiso 4061m which is the highest peak in Italy. By the end of the week you should have climbed vertical ice, learned key ropework, travelled over glaciers, led a rock route, and climbed a 4000m mountain. Great for a first Alpine trip! If you fancy climbing Mont Blanc after this week, you could consider the two week Mont Blanc Achievement trip, or a two day Mont Blanc extension.

Sun: briefings & kit checks, Mon: mountain skills and navigation (1:6), Tue: crampon techniques with glacier travel and ice climbing (1:6), Wed: mountaineering route at altitude (1:6), Thu: rock climbing and trek up to mountain hut (1:3), Fri: Gran Paradiso 4061m (1:3), Sat: depart. Price: £899. Dates: 25 Jun - 1 Jul, 9-15 Jul, 23-29 Jul, 6-12 Aug, 20-26 Aug, 3-9 Sep 2017

Glacier Haute Route trek

Traverse the glaciers from Chamonix to Zermatt, staying in huts each night of the trek. Led by an IFMGA guide. Culminates with ascent of Breithorn 4164m.

Sat: briefings, Sun - Sat: glacier guiding, Sun: depart.
Price: £1499. Dates: 22-30 Jul, 19-27 Aug 2017

Glacier Safety Weekends

Learn rope coils, crevasse rescue, belays, anchors, and use crampons and ice axes.

Sat & Sun: guiding (1:2) and night in mountain hut.
Price: £399 (inc. technical kit). Dates: 24-25 Jun, 29-30 Jul, 5-6 Aug, 26-27 Aug, 9-10 Sep 2017



Autonomy Techniques

If you have used crampons before, then you should choose this rather than the Alpine Introduction. This is a fast track course that is designed to make you more autonomous. You cover the technical syllabus of the Intro course in greater detail, with smaller guiding ratios and a focus on moving together and leading. At the end of the week you have the choice of two day routes, or a two day ascent of an Alpine peak with a night in a hut. We aren't scared of making you autonomous.

Sun: briefings & kit checks. Mon: glacier travel & ice climbing (1:6). Tue: mountaineering ridge climb (1:3). Wed: altitude snow route and crevasse rescue (1:3). Thu: glacier ascent to mountain hut for the night (1:3). Fri: main Alpine ascent (1:3). Sat: depart. Price: £999. Dates: 18-24 Jun, 2-8 Jul, 16-22 Jul, 30 Jul - 5 Aug, 13-19 Aug, 27 Aug - 2 Sep 2017

Two person summer week

Based in Chamonix, this week is tailored to you. Learn to lead, develop autonomy, or just climb some famous routes.

Sunday: briefings, Mon-Fri: key Alpine ascents (1:2), Saturday: depart. Price: £1099. Includes a private flat for the two of you. Dates: run on demand



#GouterMontBlanc



mont blanc
summit

Mont Blanc Summit Week

Our most popular course tackles the highest mountain in the Alps. We summit by either the traverse of Trois Mont Blanc over the shoulder of Tacul and Maudit, or via the classic Aiguille du Gouter. We carefully designed our itinerary to assist your acclimatisation, and to offer several summit weather windows. The itinerary is deliberately flexible to help maximise your summit chances. Your guide will suggest preparation routes tailored to your experience, such as the Cosmiques Arête, Petite Verte, or Gran Paradiso. You should be in great physical shape for Mont Blanc, as the climb involves over 1300m of ascent on a snow ridge using crampons, and your stamina and determination will be tested to the limit. Any previous mountain skills or altitude experience will be beneficial to increase your summit chances.

Sun: briefings & kit checks, Mon: glacier crampon skills and ice climbing (1:6), Tue - Fri: preparation training routes and Mont Blanc summit, with one (inc) or two nights in mountain huts (1:2), Sat: depart. Price: £1499. Dates: every week between 18 June & 9 Sept 2017

Mont Blanc Achievement

A popular two week course for those who need more time to acclimatise and learn skills, before their ascent of Mont Blanc. The course is the Alpine Introduction week climbing Gran Paradiso, followed by the Mont Blanc Summit course. More time for you to acclimatise and the training will increase your summiting chances.

Price: £2199 (Intro + Mont Blanc = £2398. Save £199).
Dates: 25 Jun - 8 Jul, 9-22 Jul, 23 Jul - 5 Aug, 6-19 Aug, 20 Aug - 2 Sep 2017

Mont Blanc Autonomy

If you want more time to acclimatise and train before an ascent of Mont Blanc, but have existing crampon and climbing skills. This course is the Autonomy Techniques week, followed by Mont Blanc Summits course. This trip will provide more skills for greater autonomy, such as leading and Alpine short-roping, as well as attaining the highest summit in the Alps.

Price: £2299 (Autonomy week + Mont Blanc = £2498. Save £199). Dates: 18 Jun - 1 Jul, 2-15 Jul, 16-29 Jul, 30 Jul - 12 Aug, 13-26 Aug, 27 Aug - 9 Sep 2017

Apprenticeship Month

Four weeks of back to back courses, to fast track your Alpine career; Autonomy week, Mont Blanc summit, Monte Rosa 4000m peaks, and culminating with the Matterhorn or Eiger ascent.

Price: £4999 (save £396 from the separate courses).
Dates: 30 Jul - 26 Aug, 13 Aug - 9 Sep 2017

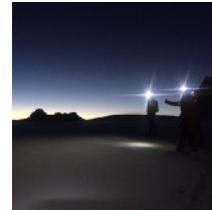
Alpine Big 3 Extensions

Two days guiding to attempt Mont Blanc, the Eiger or the Matterhorn summit.

Mont Blanc £999 (1:1 ratio) or £499 each (1:2 ratio), Matterhorn or Eiger £999 (1:1 ratio). Run on demand.



#Weisshorn



technical
alpine ascents

Technical Ice & Classics

This course tackles a mixture of famous snow, rock, ice and mixed routes to AD+ or D grade, such as Dent du Geant, the Rochefort Arête, or the Chere Couloir. Each itinerary for this course is flexible to cater for the conditions, weather and your aspirations. Push your grade, develop your climbing skills, practice moving together, gear placement and leading.

Sun: briefings & kit checks, Mon-Fri: technical ascents (1:2), Sat: depart. Price: £1099 (inc. night in hut). Dates: 9-15 Jul, 23-29 Jul, 6-12 Aug, 20-26 Aug, 3-9 Sep 2017. Extra dates on demand, for 2 people booking together.

Alpine Technical Rock

Welcome to the granite pillars and faces that overlook Chamonix. The infamous routes include: Arête des Papillons, Frison Roche, Chapelle de la Gliere, or the Rebuffat on Midi. Advance your technical skills and grades on different styles of rock, selecting from over 4000 routes!

Sun: briefings & kit checks, Mon-Fri: technical Alpine rock climbing (1:2 guiding), Sat: depart. Price: £999. Dates: 2-8 Jul, 6-12 Aug 2017. Extra dates on demand, for 2 people booking together throughout the summer.



Aiguille Verte

This magnificent peak is considered the Alpine summit that makes a mountaineer. Climb Whympfer Couloir or Moine ridge.

Sun: briefings & kit checks, Mon-Fri: technical ascents (1:1 ratio), Sat: depart. Price: £2499 (inc. night in hut). The course is run on demand, normally in June & July.

Grandes Jorasses

The Walker Spur takes a plumb line to the highest point. Descend into the Italian Val Ferret via the Boccalatte mountain hut.

Duration: 7 days (5 days 1:1 Guiding). Price: £3999 (Walker Spur), or £2499 (Normal Route).

Summer North Faces

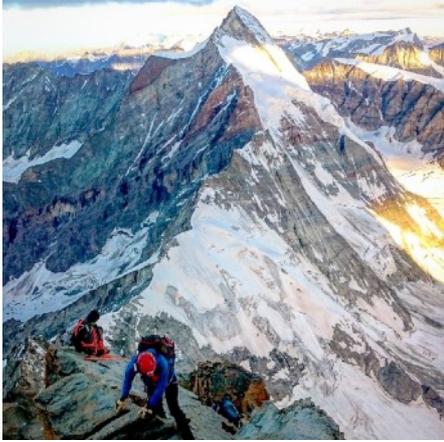
This course is run in early summer while the north faces are in condition. Routes often attempted include the North Faces of Tour Ronde or Gran Paradiso, Table Couloir, Col Copt or Contamines Grisolet / Mazeaud on Mont Blanc du Tacul. This appeals to those with Alpine or ice experience to PD+ or AD / III ice.

Sun: briefings & kit checks, Mon-Fri: technical ascents of ice and mixed routes (1:2), Sat: depart. Price: £1099 (inc. night in hut). Dates: 18-24 Jun, 25 Jun - 1 Jul 2017. Extra dates for 2 people booking together to end of July

Advanced 1:1 week

Clients looking for 1:1 guiding have a range of different aspirations, and so this course is tailored individually. Previous clients have climbed famous routes such as the Grand Capucin, the Weisshorn, Chardonnet, and the Frontier Ridge of Mont Maudit. We operate this course both in Summer and in Winter, on all weeks.

Sun: briefings & kit checks, Mon-Fri: technical ascents (1:1), Sat: depart. Price: £1999. To ascend harder routes (e.g. Brouillard Arête), book this and a supplement is payable if conditions allow.



matterhorn
& eiger

Matterhorn 4478m

This iconic mountain attracts climbers from all over the world. There are two classic routes on the peak; the Hornli Arête from the Swiss side above the town of Zermatt, and the Lion Ridge from Cervinia in Italy. Either route is a serious undertaking, and it will test your balance, fitness and ability with exposure. You prepare by ascending classic Alpine routes such as the Dent du Geant or Rochefort Arête. On the ascent of the Matterhorn, we use a 1:1 guide ratio to maximise safety. In terms of previous experience, many clients have climbed Mont Blanc or another Alpine PD+ / AD grade route. Some experience of outdoor rock climbing, crampon use and exposed scrambling is essential for this course.

SUMMER - Sun: briefings & kit checks, Mon-Wed: Training and summits (1:2), Thu-Fri: Ascent of the Matterhorn (1:1), Sat: depart. Price: £1799. Dates: 9-15 Jul, 16-22 Jul, 23-29 Jul, 30 Jul - 5 Aug, 6-12 Aug, 13-19 Aug, 20-26 Aug, 27 Aug - 2 Sep, 3-9 Sep 2017

WINTER - Sunday: briefings & kit checks. Monday: Chamonix test climb (1:1), Tue-Fri: Matterhorn (1:1). Sat: depart. Price: £2499. Dates: run on demand throughout the winter.

Eiger 3970m traverse

The Eiger towers above the Swiss village of Grindlewald, with its foreboding North Face almost always in the shade. As you look upwards from Kleine Scheidegg, the Mittillegi runs along the top left ridge of the face and offers competent Alpinists a hard and very exposed climb. The decent is made by the South Ridge to make a full traverse of the mountain. Before this course you should have good Alpine experience such as classic AD grade routes. From the Mittillegi hut, the climb is a mixture of rock towers with some fixed lines, and steep snow slopes, so good experience on both rock and snow is essential. The descent is longer than the ascent, and makes its way down to Monchsloch, before you return to Jungfrauoch. Here you take the train down to Grindlewald through a rock tunnel descending behind the north face.

Sun: briefings, Mon-Wed: Training acclimatisation climbs (1:2), Thu-Fri: traverse the Eiger Mittillegi (1:1), Sat: depart. Price: £1699. Dates: 9-15 Jul, 16-22 Jul, 23-29 Jul, 30 Jul - 5 Aug, 6-12 Aug, 13-19 Aug, 20-26 Aug, 27 Aug - 2 Sep, 3-9 Sep 2017

Alpine Giants Trilogy

This two week course attempts to ascend the three key Alpine giants of Mont Blanc, the Eiger and Matterhorn. The first week follows the Mont Blanc Summits course, then the second week is five days 1:1 guiding in which to attempt the Matterhorn and Eiger. If you've already climbed Mont Blanc, we can substitute Dufourspitze instead, the highest peak in Monte Rosa. High fitness and motivation is required.

Price: £3499. Dates: 9-22 Jul, 16-29 Jul, 23 Jul - 5 Aug, 30 Jul - 12 Aug, 6-19 Aug, 13-26 Aug, 20 Aug - 2 Sep, 27 Aug - 9 Sep 2017



#MargheritaHutMonteRosa



classic alpine
4000m peaks

Monte Rosa 4000ers

This area is peppered with 4000m peaks and your aim is to ascend as many as possible, staying in huts for four nights. Nicknamed the Spaghetti Tour, because of its great food, one night is spent in the Margherita hut, the highest hut in the Alps. Groups typically climb up to six 4000m summits during the week such as Castor, Pollux, Liskaam West, Breithorn, Corne Nero, Signalkuppe, P. Vincent. A great progression from the Intro course.

Sun: briefings & kit checks, Mon-Fri: five ascent days, 1:3 guiding, Sat: depart. Price: £1099. Dates: 25 Jun - 1 Jul, 9-15 Jul, 23-29 Jul, 13-19 Aug, 27 Aug - 2 Sep 2017

Oberland 4000ers week

Five days of summits in the Oberland, staying in mountain huts each night. Peaks include Monch, Jungfrau and the Finsteraarhorn. You maximise climbing time by using the famous Jungfrauoch railway in the North Face of the Eiger.

Sun: briefings & kit checks, Mon-Fri: five days 1:2 guiding in the Eiger region, Sat: depart. Price: £1399. Dates: 2-8 Jul, 16-22 Jul, 30 Jul - 5 Aug, 20-26 Aug, 3-9 Sep 2017. Extra dates on demand.

Zermatt Climber Classics

Climb some of the classic AD grade ridge routes above Zermatt such as Zinal-Rothorn, Dent Blanche, traverse of the Nadelgrat, Rimpfischhorn, or the East Ridge of Breithorn. The aim is to climb the best classics from either Zermatt or Val d'Anniviers side. This course is a good alternative to the Tech Ice & Classics.

Sun: briefings & kit checks, Mon-Fri: technical ascents, with nights in huts (1:2), Sat: depart. Price: £1599. Dates: 30 Jul - 5 Aug 2017. Extra dates on demand.

Saas 4000ers week

Saas is a quiet corner of Switzerland, peppered with snowy 4000m peaks. A great progression from our Alpine Intro course, or alternative to the Autonomy Techniques course, for those seeking a hut based week. Climb in the Mischabel and Alphubel massif, overlooking Zermatt and Saas. Climb 4000m summits such as Weissmies, Lagginhorn and Alphubel.

Sun: briefings & kit checks, Mon-Fri: technical ascents, classic routes & summits, with nights in huts (1:2), Sat: depart. Price: £1299. Dates: 2-8 Jul, 16-22 Jul, 6-12 Aug, 27 Aug - 2 Sep 2017

Dufourspitze 4634m

Climb the highest peak in the Monte Rosa massif. It's the second highest peak in Switzerland, so it provides a challenge that is a good alternative to Mont Blanc. Ascend from either the Monte Rosa Hut or the famous Margherita hut.

Sun: briefings, Mon - Fri: summits (1:2), Sat: depart. Price: £1499. Dates: 9-15 Jul, 30 Jul - 5 Aug, 3-9 Sep

Barre des Ecrins 4101m

Five days climbing in the unspoilt Ecrins national park. Mixture of snow and mixed climbs, with four nights in mountain huts.

Sun: briefings, Mon - Fri: summits (1:2), Sat: depart. Price: £1499. Dates: 25 Jun - 1 Jul, 6-12 Aug 2017

3 Countries, 3 Summits

If you have used crampons before, this is a challenging week of summit bagging. Summits include; Gran Paradiso or Aig Toulou (ITA), Mont Blanc du Tacul or Aig du Tour (FRA) & Mt Velan or Breithorn (SWI).

Sun: briefings, Mon - Fri: summits (1:2), Sat: depart. Price: £1199. Dates: 6-12 Aug 2017

#MegevelceClimbing



alpine ice &
scottish winter

Winter Alpine Intro

Learn key skills; avalanche safety, ice climbing, glacier travel, crevasse rescue, and ropework. Climb up to grade IV ice and classic winter routes. Technical equipment hire is included in the course price. Option of a night in a mountain hut.

Sun: briefings & kit checks, Mon: winter skills (1:6), Tue: glacier travel (1:6), Wed: ice climbs (1:6), Thu-Fri: alpine climbs (1:2), Sat: depart. Price: £849. Dates: 29 Jan - 4 Feb, 12-18 Mar, 2-8 Apr 2017

Chamonix Technical Ice

If you have some experience of ice climbing on waterfall or glacier ice, but want to to push your grade, and to learn to lead. Spend a full week ice climbing.

Sun: briefings, Mon-Fri: Waterfall ice (1:2), Sat: depart. Price: £1099. Dates: 5-11 Feb, 26 Feb - 4 Mar 2017

Winter Alpine Classics

A week of classic snow, ice and mixed routes in the Chamonix region such as Chevallier, Aig Marbees, & Chere Couloir.

Sun: briefings, Mon-Fri: Climbs (1:2), Sat: depart. Price: £1099. Dates: 29 Jan - 4 Feb, 5-11 Mar, 9-15 Apr 2017

Val de Cogne Italian Ice

Each night in Cogne is spent half board in a hotel close to the ice climbs. Classic ice routes climbed include Patrie, Archeronte, or Stella Artice. This course is aimed at those wishing to climb grade III to IV+ ice.

Sun: briefings, Mon-Fri: Waterfall ice routes (1:2), Sat: depart. Price: £1199, inc 4 nights half board in hotel. Dates: 15-21 Jan, 12-18 Feb, 19-25 Feb 2017

Winter Ice Weekend

Two days ice climbing at a 1:2 guide ratio. Choose either multi-pitch ice or classic altitude winter routes above Chamonix. Friday and Saturday nights included.

Fri: arrive, Sat & Sun: guiding (1:2). Price: £499. Dates: 27-29 Jan, 24-26 Feb, 10-12 Mar, 24-26 Mar, 14-16 Apr 2017. Extra dates on demand for 2 booking together.

Scottish Winter Skills

Learn to use your crampons and ice axe, and self arrest. Focus on snow anchors, winter skills, and winter climbing. Arrive Friday evening, with two days guiding.

Price £325. Dates: 13-15 Jan, 27-29 Jan, 10-12 Feb, 24-26 Feb, 10-12 Mar 2017. Includes B&B hotel



Scottish winter intro week

A full week tackling tackling grade I and II gullies and ridges. Objectives include Carn Mor Dearg Arete or Ledge Route on Ben Nevis, and Curved Ridge in Glencoe.

Sun: briefings, Mon-Fri: climbs, Sat: depart. Price: £695. Dates: 15-21 Jan, 29 Jan - 4 Feb, 5-11 Feb, 19-25 Feb, 26 Feb - 4 Mar, 12-18 Mar, 19-25 Mar 2017

Scottish technical ice

Five days of 1:2 guiding on grade III & IV gullies on Ben Nevis & Glencoe ranges.

Sun: briefings, Mon-Fri: climbs, Sat: depart. Price: £895. Dates: operates every week 15 Jan - 1 Apr 2017

#LangdaleLakeDistrict



lake district
walks & skills

Alpine Training weekend

These Lake District weekends are to help you prepare and train for a Alpine course. They are a great mixture of developing hill skills and fitness, and coaching you on efficient movement over broken mountain terrain. You have sessions to talk about kit choices and personal training plans, with your instructor who is one of our Alpine guiding team. Be prepared for long days!

Price £99. Dates: 21-22 Jan 2016, 10-11 Jun 2017

UK avalanche training day

Essential pre-season training for skiers and mountaineers alike. Based in the Lake District, with a mixture of hill and classroom sessions. Safety kit included.

Price £75. Dates: Dec & Jan. Extra dates for 2+ people.

Lake District summits

Great mountain days; Helvellyn Striding Edge, Scafell Pike, Blencathra via Sharp Edge, or the Coniston Old Man.

Price: £160 (1:8 maximum ratio, private guiding). Dates: on demand throughout the year.



Wild camping weekend

A weekend to get away from it all, with a night wild camping in a remote high spot in the Lake District mountains. You learn how to wild camp and leave no trace. You spend an exhilarating night under the stars. Also learn key navigation skills. This weekend is great training for expedition skills for those planning a long tent based trip, such as to Aconcagua or Kilimanjaro. One night expedition style meal provided, and we supply tents and stove(s).

Guiding: Sat & Sun. Price £140. Dates: 13-14 May, 16-17 Sep, 28-29 Oct 2017. More on demand.

Navigation skills days

Beginner or advanced level navigation training days, following NNAS syllabus. Skills covered; setting the map, contour interpretation, pacing, bearings, timings, route choice, aspect of slope, relocation.

Price: £75pp (scheduled dates). Dates: throughout year.

Rock climbs & scrambling

Classic multi-pitch Lakes rock routes, roped scrambles or single pitch climbs.

Price: £200 in total for 1 or 2 people. Dates: on demand.

Mountain Leader QMD's

Designed for those approaching their ML assessment, or building QMD's. This is private guiding tailored to you (or up to 4 booking together). Days can include ML ropework refreshers, or mock exams.

Price: £160 (1 day) or £300 (2 day, includes night nav), or £360 for 2 day mini-expedition, night nav and camp.

Epic Weekends

Escape the city for the weekend. Arrive on the first train on Saturday morning, and return home on Sunday eve!

#LacCheserysTMB



alpine treks
& self-guided

Gran Paradiso summit

This is a great mix of challenging trekking over the first three days, then a two day climbing ascent of Gran Paradiso 4061m, the highest peak completely in Italy. Stay in mountain rifugios in the national park.

Sun: travel, Mon - Fri: guiding, Sat: depart. Price: £849.
Dates: 2-8 Jul, 13-19 Aug, 27 Aug - 2 Sep 2017

Corsica GR20 North trek

This is a tough week long trek across the technical northern section of the GR20, from Vizzavone to Calvi. It has several sections of exposed ladders and chains.

Sun: briefings, Mon - Sat trekking (6 days), Sun: return.
Price: £895. Dates: 25 Jun - 2 Jul, 10-17 Sep 2017

Full Walkers Haute Route

This famous trek links the two Alpine capitals of Chamonix and Zermatt. The nights are spent in mountain huts and hotels, with twelve days trekking, so you complete the full route and high passes.

Sun: briefings, Mon - Fri: trek to Zermatt, Sat: travel.
Price: £1599. Dates: 3-16 Sep. Extra dates for groups.

Classic Tour Mont Blanc

Walk every step of the TMB, staying in mountain huts each night of the trek. We tackle all the high passes and variants in just one week. It will appeal to regular hill walkers, and is the most challenging TMB trek, averaging 25km and +1500m a day.

Sat: travel, Sun - Sat: trek, Sun: depart. Price: £899.
24 Jun - 2 Jul, 8-16 Jul, 29 Jul - 6 Aug, 26 Aug - 3 Sep.

Luxury Tour Mont Blanc

Full TMB, with bag transfers, small rooms in hotels and lodges. 10 days guiding.

Price: £1899. Dates: 30 Jul - 10 Aug 2017. Extra dates are run on demand for groups of four or more.

Demi Tour Mont Blanc

West section of TMB, 4 days holiday with 3 days guiding. Chamonix to Courmayeur.

Price: £499. Dates: 29 Jun - 2 Jul, 23-26 Jul, 27-30 Jul, 30 Jul - 2 Aug, 3-6 Aug, 31 Aug - 3 Sep, 7-10 Sep 2017

Self-guided TMB treks

Route cards, maps, logistics, baggage storage and hut bookings. From £199.

Best of Chamonix Treks

A week of famous walks to explore the hidden gems of the region; the dinosaur prints, hidden caves, and highest trekking peak in the massif. You usually trek in Switzerland, France and Italy.

Sun: briefings, Mon - Fri: treks, Sat: depart. Price: £699.
Dates: 18-24 Jun, 23-29 Jul, 30 Jul-5 Aug, 27Aug-2 Sep

Intro Via Ferrata

Aimed at beginners on via ferrata, based in Chamonix, you are led by qualified guides. Day routes, returning to your base in the valley. Small group sizes, and the free loan of via ferrata technical safety kit.

Sun: travel, Mon - Fri: guiding, Sat: depart. Price: £999.
Dates: 16-22 Jul, 30 Jul - 5 Aug 2017

Bochette Way Dolomites

These classic via ferrata are set high in the Dolomites of northern Italy. Led by a qualified IFMGA mountain guide. Includes six nights half board in huts and lodges.

Sun: travel, Mon - Fri: guiding (1:4 ratio), Sat: depart.
Price: £1299. Dates: 6-12 Aug 2017

#WinterMountToubkal



worldwide &
altitude peaks

Kilimanjaro 5985m

Our most popular expedition, with 96% summit success since 2005! We avoid routes that gain altitude too quickly, to ensure you acclimatise. We ascend via either the Machame Route passing the Western Breach, or the Rongai route from the north. The usual descent is via the Mweka. Included in the price, at the end of the trip is a one day guided safari in the Tarangire / Arusha park. Many clients opt for the 4 day ascent of Mount Meru before Kilimanjaro, or to visit Zanzibar's beaches after. No previous experience is needed. All meals on the mountain are included, and you are guided by our team, who we have worked with for over a decade now.

Kilimanjaro Machame (9 days). Price: £999. Dates: 24 Dec - 1 Jan, 27 Dec - 4 Jan, 11-19 Feb, 25 Mar - 2 Apr, 29 Jul - 6 Aug, 5-13 Aug, 23 Sep - 1 Oct, 21-29 Oct

Kilimanjaro & Mount Meru (13 days). Price: £1599. For Meru the dates are run as above, but arriving on the Tuesday before Kili, trekking Wednesday to Saturday.

Kilimanjaro Rongai (9 days). Price is £50 more per person than for the Machame route, and is run on demand for groups of 4 or more people.

Extra dates can be run on demand for private groups, and there is usually no price supplement for 4 or more.

Elbrus 5642m

Climb the highest peak in Europe, and one of the prized seven summits. You fly in to Mineralnye Vody via Moscow and transfer to a Baksan valley hotel base. After acclimatisation climbs you make your summit bid from either the south or north side of the mountain, staying in huts. See ski pages for touring ascents.

South Route (8 days). Saturday: travel, Sun - Fri: climb, Sat: depart. Price: £1299. Dates: 23 May - 3 Jun, 24 Jun - 1 Jul, 29 Jul - 5 Aug, 26 Aug - 2 Sep, 2-9 Sep, 9-16 Sep, 23-30 Sep, 21-28 Oct 2017

North Route (10 days). Friday: travel, Sat - Sat: climb, Sun: depart. Price: £1499. Dates: 23 Jun - 2 Jul, 14-23 Jul, 28 Jul - 6 Aug, 1-10 Sep, 22 Sep - 1 Oct, 6-15 Oct

Aconcagua 6959m

Second highest of the seven summits, and the highest trekking peak in the world! We take the Polish Traverse route where you ascend by the Vacas valley to the Falso de los Polacos route, then summit & descend the same route. Led by qualified guide, with mules & porters.

Price: £3499. Dates: 8-26 Jan 2017, 17 Dec 2017 - 4 Jan 2018, 7-25 Jan 2018, 28 Jan - 15 Feb 2018

Winter ascent of Toubkal

Climb the two highest peaks of the Atlas; Toubkal 4167m and Ouanoukrim 4089m. Crampon skills are taught during week.

Sat: fly to Morocco, Sun-Fri: climb, Sat: return flight. Price £495. Dates: every week mid Oct - end April 2017

Iceland 'Fire & Ice' trek

A great mixture of wild camping, tough day treks and peaks, and 4x4 driving. Key highlight is climbing Mount Hekla.

Sat - Sat: 5 days guiding. Price £1799. Date: 12-19 Aug

Everest Base Camp

Visiting the viewpoint of the Kala Patar, Namche Bazaar, Thyangboche monastery and the base camp by the Khumbu icefall.

Date: 1-16 Oct 2017. Price: £1449. inc. KTM to Lukla.

Mera Peak 6476m

The highest trekking peak in Nepal, over a three week trip. Great summit views to Lhotse, Nuptse, and to Mount Everest.

Date: 15 Oct - 4 Nov. Price: £2399. inc. KTM to Lukla.

#ChamonixSnowshoeing



backcountry
snowshoeing

Mont Blanc snowshoeing

Snowshoeing is the fastest growing winter sport and this week will show you why; snowy forests, amazing views, and glittering peaks. Includes several snowshoe summits, such as Monts Truc, Lachat, and Arpille. You often snowshoe in 3 countries; Italy, Switzerland & France, for great snow! Snowshoes and avalanche safety kit are loaned for free.

Sunday: briefings, Mon - Fri: snowshoeing with the option of a night in a mountain hut, Saturday: depart. Price: £699. Dates: 29 Jan - 4 Feb, 26 Feb - 4 Mar, 5-11 Mar, 12-18 Mar, 9-15 Apr 2017. Extra dates on demand

Italian snowshoeing week

Spend a week in the Italian Alps, with four nights on a half board basis in mountain refugios. Led by a qualified guide, explore the peaks, and enjoy the backcountry. Highlights of the week include summits of Punta della Croce, Tete Entre Deux Sauts, and the amazing Italian food in the huts! Technical equipment hire included.

Sun: travel, Mon - Fri: guiding, Sat: depart. Price: £999. Date: 19-25 Mar, 16-23 Apr 2017. More on demand.

Italian snowshoe weekend

A gourmet weekend spent in stunning scenery with a night in a mountain hut. Watch the sun set over Mont Blanc.

Sat & Sun: snowshoeing with night in hut. Price: £249. Dates: 25-26 Feb, 11-12 Mar, 1-2 Apr, 15-16 Apr 2017

Swiss snowshoe weekend

Snowshoe into the remote mountains to stay in the Grand Saint Bernard hospice, and snowshoe to Col Ouest du Barrason.

Sat & Sun: snowshoeing. Price: £299. Dates: 4-5 Feb, 25-26 Feb, 4-5 Mar, 17-18 Mar, 8-9 Apr 2017



Hut-to-hut 3 countries

Snowshoeing in three countries; Italy, France and Switzerland. Over five days, with four nights in huts. Highlights of Tete Chevette & Tete Entre Deux Sauts.

Sun: travel, Mon - Fri: guiding, Sat: depart. Price: £999. Dates: 5-11 Feb, 19-25 Feb, 26 Mar - 1 Apr 2017

Snowshelters and survival

A two day snowshoe expedition into the backcountry, to dig & stay in a snowhole! Courses in Courmayeur and Chamonix.

Sat & Sun: snowshoeing and skills with a night out. Price: £299. Dates: 21-22 Jan, 15-16 Apr 2017

Snowshoe Vallee Blanche

Two day snowshoe descent of glacier with a mountain guide, & night in Requin hut.

Price: £449. Dates: 25-26 Feb, 1-2 Apr 2017

Oberland snowshoeing

Three day glacier snowshoe trek, with two nights in mountain huts & mountain guide.

Price: £699. Dates: 28-30 Apr, 26-28 May 2017



#CourmayeurItalianOffPiste



off piste
ski guiding

Chamonix off piste level 1

Experience the best conditions for fresh tracks and thrilling descents. For those who have skied between the pistes or done a little off piste. Popular areas include the Vallée Blanche, the Grands Montets, and Lavancher bowl. Learn avalanche safety and route choice.

Sun: briefings, Mon-Fri: off piste ski guiding (1:6), Sat: depart. Price: £699. Dates: 29 Jan - 4 Feb, 5-11 Feb, 26 Feb - 4 Mar, 5-11 Mar, 12-18 Mar, 2-8 Apr 2017

Vallée Blanche off piste

The classic off piste run is a must for all skiers / boarders from the Aiguille du Midi at 3842m to Montenvers / Chamonix.

Price: £340 for up to six. Price includes safety kit.
Dates: every weekend from end of January to mid April.

Avalanche safety day

Avalanche prediction, route choice, islands of safety, trigger points, and transceiver searches. You dig snow pits and perform a rutschblock test.

Price: £75 (kit inc). Dates: throughout the winter, based in Chamonix or Courmayeur.

Chamonix off piste level 2

Designed for skiers with a couple of weeks of previous off piste skiing experience, the focus is on techniques for all mountain skiing. This course will take your skills to the next level. Ski some of the Chamonix classics; Pas de Chevre, Italian Bowl, Le Tour gullies, Envers, Helbronner glaciers and Courmayeur. The week is challenging, as you ski gullies and learn on the steeps!

Sunday: briefings, Mon - Fri: off piste ski guiding (1:6), Saturday: depart. Price: £699. Dates: 29 Jan - 4 Feb, 26 Feb - 4 Mar, 9-15 Apr 2017. Extra dates for groups

Zermatt backcountry

Steep couloirs, stunning views and deep powder. During the week you will also ski the Cervinia (Italian) side, and have the option of ski touring to the summit of Breithorn 4164m. This trip is aimed at level 2 skiers who are looking for a mixture of freeride skiing and day tours.

Sunday: briefings, Mon - Fri: off piste & ski tours (1:6), Saturday: depart. Price: £1299 (inc. accommodation).
Dates: 15-21 Jan, 5-11 Feb, 19-25 Mar, 23-29 Apr 2017



Zinal off piste paradise

The Val d'Anniviers and Zinal region is a hidden gem for off piste in the Swiss Valais. A highlight is skiing past the Moiry dam, and from the Victorian Hotel Weisshorn down to St Luc. This region has more untracked powder fields than you will find in busy resorts such as Tignes or Val d'Isere, and the local villages are traditional, quiet, and great bases to rest after a hard day skiing.

Sunday: briefings, Mon - Fri: off piste ski guiding (1:6), Saturday: depart. Price: £1299 (inc. accommodation).
Dates: 12-18 Feb, 26 Mar - 1 Apr 2017

#ArgentiereGlacierSkiTouring



alpine
ski touring

Haute Route to Zermatt

The Haute Route is the most famous ski tour in the Alps, traversing 114 miles to Zermatt over a week. Each night you stay half board in mountain huts with a day of contingency built into the itinerary.

Previous tour experience, such as the Intro Touring & Backcountry week or the Silvretta Tour is required and you should be a competent off piste skier.

Sun; travel, Mon-Sat: ski guiding (1:6). Sun: depart. Price: £1099. Dates: 12-19 Mar, 15-22 Mar, 2-9 Apr, 9-16 Apr, 16-23 Apr 2017. Extra dates on demand.

Bernese Oberland tour

This tour tackles several ski touring peaks around the huge Aletsch glacier basin. It is a step up in technical difficulty from Haute Route, with mountaineering skills being used on several days. As the Oberland is a mountain massif at altitude it keeps the snow for longer and we can run trips later into Spring.

Sun: briefings, Mon-Fri: five days ski touring (1:6). Sat: depart. Price: £1099 (inc. 4 hut nights). Dates: 19-25 Mar, 23-28 Apr 2017. Extra dates on demand

Intro tours & backcountry

A popular course, based in Chamonix, to introduce you to ski touring on glaciers and in the remote backcountry. This is a great springboard for those who dream of the Haute Route ski tour. There is also the option of a night in a mountain hut on a two day mini tour. This course focuses on developing your autonomy in safe route selection, kit choice, avalanche safety, and skiers crevasse rescue techniques.

Sun: briefings, Mon-Fri: five days off piste and ski tours (1:6). Sat: depart. Price: £699. Dates: 5-11 Feb, 26 Feb - 4 Mar, 5-11 Mar, 12-18 Mar, 9-15 Apr 2017

We also offer a weekend version of this course, from Fri-Sun with 2 nights Chamonix B&B accommodation, for £399. Dates: 17-18 Dec, 7-8 Jan, 21-22 Jan 2017

Gran Paradiso ski tour

A relatively undiscovered gem! You ski through the national park, and summit and ski down the Gran Paradiso 4061m, the highest peak completely in Italy, with a vertical drop of over 2000m down to Pont.

Sun: briefings, Mon-Fri: five days ski touring (1:6). Sat: depart. Price: £1099. Dates: 2-8 Apr, 16-22 Apr 2017

Monte Rosa ski tour

Monte Rosa has the largest land area in the Alps over 4000m, so keeps its snow well into the late touring season, and is great for peak bagging and long ski descents. Four nights in mountain huts.

Sun: travel, Mon-Fri: ski touring (1:6). Sat: depart. Price: £1099. Dates: 26 Mar - 1 Apr, 9-15 Apr, 23-28 Apr 2017

Ski touring hut weekend

Two days touring, with a night in a hut. Objectives in France, Italy, & Switzerland.

Sat - Sun: ski touring (1:6). Sat: depart. Price: £399. Dates: 4-5 Mar, 11-12 Mar, 25-26 Mar, 22-23 Apr 2017

Silvretta Alps ski tour

The border of Switzerland and Austria offers many 3000m summits, including Piz Buin. If you only have a couple of days touring experience, the terrain is perfect for improving your skills. The huts are famed for great food!

Sun: briefings, Mon-Fri: five days ski touring (1:6). Sat: depart. Price: £1099. Dates: 19-25 Feb, 26 Mar - 1 Apr



worldwide
ski tours

Aosta Ski Touring, Italy

Early season ski tour alternative to the Chamonix Intro Ski Touring week. Based in hotels in the Aosta valley.

Sun: briefing, Mon-Fri: ski tour (1:6), Sat: depart. Price: £999. Dates: 18-24 Dec, 8-14 Jan, 17-23 Dec 2017

Otzal Vent Tour, Austria

Ski tour on the Austrian-Italian border. Peaks include Weisskogel, Fluchtkogel & Wildspitze. Similar level to Silvretta.

Sun-Sat (5 days guiding). £1299. Date: 16-21 Apr 2017

Tatras Ski Tour, Slovakia

The Tatras mountains form the border of Slovakia, Poland and Ukraine, and they provide some great hut-to-hut ski touring.

Sun-Sat (5 days guiding). £1099. Date: 22-29 Apr 2017

Maritime Alps weekend

Fly to Turin, and transfer to region. Two days guiding, and ski touring ascent of Mt Boscasso 2589m. Great for powder!

Fri-Mon (2 days ski). £699. 17-20 Feb, 10-13 Mar 2017

Gourmet Ski Tour, Italy

A ski tour for the cogniscenti, staying in some of the best mountain huts for great Italian cooking, wine lists and hospitality. Enjoy great ski tours in the days, with comfort and good food and drink in the convivial evenings in the mountain huts.

Sun: briefing, Mon - Fri: ski touring (1:6), Sat: depart. Price: £999. Date: 5-11 Mar, 16-22 Apr 2017

Kebnekaise Tour, Sweden

A secret gem of a ski tour in Lapland. The remote huts, mountain lodges with bastu's (saunas), and the total wilderness, make a ski tour here so special.

Sun-Sat (5 days guiding). £1799. Date: 2-8 Apr 2017

Mont Blanc ski tour

A week of 1:2 guiding to acclimatise and train you for a ski touring ascent of Mont Blanc, via the Traverse or Grands Mulets routes. A high level of fitness is required.

Sun-Sat (5 days guiding): ski touring ascent & descent of Mont Blanc. Price: £1599 (inc. 1 night hut). Dates: 21-27 May, 4-10 Jun, 11-17 Jun 2017

Ski Mount Elbrus 5642m

Ski tour to the highest mountain in the Russian Caucasus and Europe, in a 10 day trip, with 8 days skiing. Our itinerary is designed to acclimatise to a good level before the summit bid from a private hut. We opt to ski the north side of the mountain, as it keeps better snow conditions later in Spring. Led by an English speaking Russian guide. We also offer summer climbing ascents.

Fri: briefing, Sat-Sat: ski touring (1:6), Sun: depart. Price: £1499. Date: 7-16 Apr, 14-23 Apr, 21-30 Apr, 28 Apr - 7 May, 12-21 May, 19-28 May, 26 May - 4 Jun '17

Ski Mt Toubkal 4167m

Ski the highest peak in the Moroccan Atlas mountains. Fly to Marrakesh, and start the ski tour from the trailhead at Imlil, via the Neltner & Mouflon refuge to the summit. Five days guiding included, with all meals on the mountain. Suitable for experienced tourers, as up to 40 degrees.

Sat: fly to Morocco, Sun-Fri: ski touring, Sat: return flight. Price: £899. Dates: 25 Feb - 4 Mar, 25 Mar - 1 Apr, 8-15 Apr 2017. Extra dates on request.

#ChamonixTrailRunning



alpine trail
running

Chamonix trail running

For those regularly running between 10km and half marathon distances, even with limited off road experience. Our trips are based in Chamonix, though you often get to run in Switzerland and Italy too.

The courses teach you about coping with varied terrain and steep ground, the use of poles, what to carry, the effects of altitude, hydration, race planning, tactics, and navigation. You are coached by a Personal Trainer and UIMLA International Mountain Leader, often a finisher of major races such as UTMB or Tor des Geants.

Sun: briefings, Mon-Fri: trail running days (1:6), Sat: depart. Price: £699. Dates: 25 Jun - 1 Jul, 9-15 Jul, 30 Jul - 5 Aug, 20-26 Aug, 3-9 Sep 2017

Alpine winter trail running

A winter weekend version of our popular summer trail running weeks. You will run both on snow trails, and on untracked backcountry terrain on snowshoes. We provide safety kit e.g. avalanche beacons.

Fri: briefings, Sat-Sun: guided running. Price: £299. 28-29 Jan, 25-26 Feb, 11-12 Mar, 8-9 Apr, 15-16 Apr '17

Chamonix skyrunning

Skyrunning is a progression from trail running, where you move onto higher and rougher mountain terrain. Highlights are to run Mont Buet and Jonction. Coached by a Personal Trainer and UIMLA guide.

Sun: briefings, Mon-Fri: running (1:6), Sat: depart. Price: £699. Dates: 23-29 Jul, 13-19 Aug, 27 Aug - 2 Sep 2017

Gran Canaria trail running

Five days running on all mountain terrain from volcanic rocky trails to lush forests. Run up to 15-20km each day, often on sections of Trans Gran Canaria. Stay in a hotel close to the beach, so you can relax and swim after the efforts of each day.

Sun: briefings, Mon-Fri: trail running, Sat: depart. Price: £799. Dates: 29 Jan - 4 Feb, 26 Feb - 4 Mar, 2 - 8 Apr

Mount Toubkal trail run

Two days running, one nights mountain hut, and one night in Marrakesh. Run up the highest peak in the Moroccan Atlas at 4164m. Enjoy an epic long weekend.

Fri-Sun. Price: £499. Dates: 3-5 Jun, 23-25 Sep 2017

UTMB guided recce run

If you've ever dreamt of running the Ultra Trail du Mont Blanc, or if you have a place and want to recce the full race route. Five days guiding, led by a UTMB finisher.

Sun: briefings, Mon-Fri: trail running, Sat: depart. Price: £999 (inc. half board in huts). Date: 2-8 July 2017. Note: we also offer this as self-guided for £149. See website.

Mont Blanc one-shot run

One training day, then a one day ascent. Led by IFMGA guide & elite trail runner.

Price: from £1899. Dates: any dates mid Jun - Sep. Price includes B&B accommodation and safety kit.





lake district
mountain runs

Fell & trail run weekend

Based in the Lake District, these weekend courses are for those wanting to get into fell and trail running. They are aimed at those running c.10km distances. Two full days of running coaching on a wide variety of mountain terrain. You focus on descent techniques, pacing, kit, use of poles, and runners navigation.

Sat & Sun: fell / trail running coaching (1:6). Price: £99. 17-18 Dec, 7-8 Jan, 29-30 Apr, 13-14 May, 3-4 Jun, 10-11 Jun, 16-17 Sep, 30 Sep - 1 Oct, 11-12 Nov 2017

Night runner sessions

Scheduled on Friday nights, these runs offer experience and training for those contemplating ultra-trails or 24hr events. Learn about night running kit, choice of head torches, and mountain safety skills.

Price £40 in total for groups of between 1 to 4 runners. Dates: every Friday, or on demand by arrangement.

Running personal training

Book a running coach to develop skills, or to provide race specific training and plans.

Price: £25 per hour (2 hours minimum). On demand.



Ultra-trail weekend

If planning your first ultra-trail running event, learn key skills such as pacing, race strategy, hydration, nutrition, kit, psychology, and night running.

Guiding: Sat & Sun. Price £149. Dates: 5-6 Nov, 10-11 Dec 2016, 14-15 Jan, 6-7 May, 4-5 Nov 2017

Intro to trail running day

Take your first steps off road running, on an introductory day in the Lake District.

Price: £75pp. Dates: 17 Dec, 7 Jan, 29 Apr, 13 May, 3 Jun, 10 Jun, 16 Sep, 30 Sep, 11 Nov 2017. Extra days on demand for 2 or more booking together

Bob Graham Round recce

Run over the 42 peaks of the famous Bob Graham round over 3 days, covering a total of 66 miles with 26,000ft of ascent. Three days guided running, two nights half board YHA / hostel accommodation.

Price £499 (minimum 2 people booking). Date: 26-28 May 2017. Self-guided option also available £149.

Lake District trail week

Spend a full week trail running in the Lake District. Learn varied terrain techniques and steep ground, the use of poles, kit, hydration, and race plans. Run sections of famous Lake District fell and trail races.

Sun: travel, Mon-Fri: running, Sat: depart. Price: £499. Dates: 20-26 Nov 2016, 30 Apr - 6 May, 4-10 Jun 2017

Runners nav & race recce

Many mountain running events require you to navigate. Dates are scheduled to be a few weeks before events, to learn to navigate on a section of the race route.

Price: £75pp. Dates: 4 Dec 2016 (Tour de Helvellyn), 8 Jan (Grizedale 26), 17 Sep (Lakes in a Day) 2017



Icicle mountain store

Course clients receive a 15% discount off all kit and clothing in our Windermere mountain store. We stock leading brands; Black Diamond, Grivel, Inov-8, Ortovox, MSR, Montane, and a selection of hire kit. We select all of our products based on feedback and advice from our guide team.



Established in 2000

Icicle is celebrating its 17th year offering inspirational mountain adventure holidays. We pride ourselves on our safety record, and all our trips are led by top qualified mountain professionals. Come and meet our course advisors in our Windermere office to chat through your plans over a cuppa!



How to contact us

@IcicleLakesHQ email: info@icicle.co.uk
UK tel 0845 058 98 78 or 01539 44 22 17

Bookings are made direct with Icicle, whose registered address is at: Icicle, 11a Church Street, Windermere, Cumbria, LA23 1AQ, UK. Icicle Mountaineering Ltd is a Private Limited Company registered in England under number: 4136635 and trading as 'Icicle'. VAT number is: 770 1379 33. Icicle is a licensed and EC compliant tour operator; TTA member U3307 and ATOL licence T7228.

