



Icicle Mountaineering Ltd | 11a Church Street
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Tel +44 (0)1539 44 22 17 | info@icicle.co.uk

Website: www.icicle-mountaineering.ltd.uk
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2020 trip dossier | **Cham Winter Trail Running** **weekend £299**

Website link | <http://www.icicle-mountaineering.ltd.uk/chamonix%2Btrail%2Brunning%2Bwinter.html>

Key features

- **Hundreds of kilometres of trails to choose from at the foot of Mont Blanc.**
- **2 full days guiding and one night B&B accommodation in Chamonix valley.**
- **A balance of running, coaching, safety and planning.**
- **Led by top qualified guides (UIMLA), 2 – 6 clients per guide maximum.**
- **Kit advice and training plans.**
- **2020 dates; 25 – 26 Jan, 4 – 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

- Trail running is seeing a huge growth of people getting into this amazing sport. We have been offering Alpine trail running camps for several years in the summer months, and are now delighted to offer them in the winter too, for those addicted to the sport.
- Our winter trail running weekends are based in Chamonix, at the foot of Mont Blanc, as there are hundreds of kilometres of trails to choose from. We offer a great balance of running, coaching, and trail running advice, preparation and top tips.
- These training weekends 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 weekend of winter trail running, we aim to teach you the key safety skills for route planning and Alpine running, with a focus on the selection of appropriate equipment and how to develop your training plans for trail running.
- Don't worry if you have never run on winter 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 will teach you all the skills you need.
- During this weekend you will have the opportunity to try snowshoe running, as this is a great crossover sport that enables you to get further into the backcountry. Snowshoe loan is included in the price. You are guaranteed a great holiday that you will never forget.
- On these courses you are coached by a leader who is qualified both as a Personal Trainer and International Mountain Leader (snowshoe guide). During the weekend you will run on prepared trails, and also on untracked terrain, to experience the best of winter Alpine trail running.

Brief course itinerary

Chamonix is blessed with hundreds of kilometers 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 below is to provide you with a taster of what you could achieve, and isn't fixed in stone. We get many clients who come back year after year to repeat our Alpine trail running trips, as they need never repeat a trail they have run before.

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- **Saturday** - Meet your guide for kit checks and a briefing at 09:00am, to allow enough time for you to digest your breakfast. They will brief you on the latest weather and conditions, and provide any extra equipment that may be required, such as snowshoes. A typical run is to take the picturesque Mont Blanc express train from Chamonix to Vallorcine, and run on winter forest trails in the lower Berard valley and around Les Granges. Another option is the trail run up to the Loriaz Refuge. As well as running, you will learn a lot of key skills such as pacing, using poles, and (possibly) the use of snowshoes. For winter trail running, there are a whole host of changes to make in terms of techniques, clothing, nutrition, and the safe selection of a route. Night in Chamonix on a B&B basis.
- **Sunday** - A longer winter trail run, often up to 10-15km in length, to really put all the elements together that you have learnt over the week. Typically in the Italian Val Ferret, where you run up to the Bonatti mountain hut, situated at over 2000m. Other options are in the Rochers des Fiz and around Lac Vert and Ayeres. You will learn more about avalanche awareness, and the safe choice of routes in winter condition, as well as how to move quickly and run on snowshoes, and the techniques involved. Depending on temperatures and conditions, you might run to 2000m in altitude. We aim to finish the second day by around 15:00, to allow those on transfers and flights to be able to return home on the same day (allow 3 hours between transfer time and flight), for those needing to get back to work on Monday.

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.

Course Inclusions

1) UIMLA guide for two days, 2) Chamonix course hosts for logistics & briefings, 3) Pre course information booklet, 4) Equipment discount voucher for UK shops, 5) One night B&B accommodation in the Chamonix valley (inc. bedding & towels), 6) Free 36 page technical Course Instruction Booklet, 7) Road / train transport in Chamonix valley, 8) Logistics support, 9) Equipment hire of poles, and snowshoes if required.

Course 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 (not normally required), 4) Activities insurance, & excess baggage charges.

Group sizes: 2 - 6 people per UIMLA mountain guide. For group sizes of over 6 people, there are multiple guides, and the teams travel independently of each other.

Notes: The loan of all technical equipment for each client is included* in the course price as required: snowshoes, avalanche transceiver, avalanche probe and shovel.

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Running skill

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

Course level: **Intermediate**
Running: : **Up to 10K – half marathon running distance.**
Hill walking: **Some off road running and hill walking/mountain experience..**
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 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 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

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/LGNChamonix36300Tmap.html>
- Pays du Mont Blanc; <https://shop.icicle-mountaineering.ltd.uk/81/BooksMaps/Maps/Alpinemaps/PaysduMontBlanc1:50000map.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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