



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
Online: shop.icicle-mountaineering.ltd.uk



2020 trip dossier | **Oberland 4000m peaks £1599**

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

Key features

- **Climb as many Oberland 4000m summits as possible.**
- **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), 1:4 maximum guiding ratio.**
- **All technical equipment (e.g. B3 boots, crampons, ice axe etc.) can be hired from Icicle**
- **2020 dates; 28 Jun – 4 Jul, 12 – 18 Jul, 26 Jul – 1 Aug, 16 – 22 Aug, 30 Aug – 5 Sep.**



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20 years
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Course overview

- If you want to climb as many 4000m peaks as possible during a week, whilst staying in high 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 mountain huts with your Guides.
- 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 Introduction 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 course.
- 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.
- This course can be used as an opportunity to spend a week based in mountain huts climbing 4000m summits, and offers progression from the Alpine Autonomy or Introduction courses. You should have some basic previous climbing and crampon experience.
- The routes are all of PD or PD+ grade with a good range of steep snow faces and mixed rock routes with good exposure to test your skills.
- This trip is the same technical level as the Monte Rosa 4000m course, but concentrates on climbing peaks in a different region of the Alps. The Saas 4000m trip is set at a level easier than this trip or the Monte Rosa trip, the Zermatt Climber course is more difficult technically.
- The Monchjochutte is famous as it is built on stilts as it is built into the side of the Monch mountain. The region is also famed for its rosti food which is potato fried with ham and cheese, so a tasty mountain treat!.
- The Oberland region is situated all in Switzerland so the currency is Swiss Francs in all of the huts. You should take some Swiss Francs for incidentals such as snacks or drinks, but half board (dinner, bed and breakfast is included in the course price for up to four nights). If you run out of Swiss Francs the huts will usually do an exchange for you, and cable cars (or the mountain train) can usually be paid by credit / debit card.

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- The meeting point for the trip is in Chamonix, as it is easy to get to from Geneva airport, and this is where the safety briefings are held and kit hire arranged. Accommodation at each end of the guiding is included in Chamonix so you can store anything that you do not need with you in the mountains and collect it when you get back to Chamonix

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 to arrive for the 17:00 check-in and course / itinerary briefings, kit checks or rental. Briefings are over by 19:00 and Chamonix hosts accompany group to pre-dinner drinks to answer queries. Night in Chamonix.

Monday

Travel to the Oberland region, then ascend the Jungfrauoch mountain railway through the Eigerthen cross to a hut, such as the Monchslochhutte for the night. If the conditions and weather allow, you might well make the ascent of Monch after reaching the hut. Guiding ratio 1:2 (max). Night in mountain hut.

Tuesday

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

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.

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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 to Grindelwald for the return drive to Chamonix for evening celebrations! Guiding ratio 1:2 (max). Night in Chamonix.

Saturday

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

ITINERARY NOTES: Where possible we follow itineraries. Mountain adventures are weather and conditions dependant, so occasionally we are forced to alter the plans. If this is the case, suitable alternatives are offered. Please use this outline as a guide to the types of activity that you will attempt.

Course Inclusions

1) IFMGA Mountain Guide for five days, 2) Chamonix course hosts for logistics & briefings, 3) B&B accommodation in Chamonix (inc. beddings & towels), 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, 8) Road transport in Chamonix valley including road transport to / from the Oberland region, 10) Evening technical instruction on nights in Chamonix.

Course Exclusions

1) Travel to and from Chamonix, 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 (approx £100), 5) Sunday pre-dinner drinks & Friday celebratory meal & drinks, 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.

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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 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

- Cable cars and uplift for you and your guide are approximately £100. For any days you are in Chamonix before the course, the most cost effective cable car pass is called the Mont Blanc multi-pass. The 3 day pass costs 86.50€ (*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/IGNChamonix36300Tmap.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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