



# Compagnie des Guides de Chamonix

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## MOUNTAINEERING - SAFETY COURSE - LEVEL 1

Duration: 4

Level: ▲▲▲▲▲

Price from: 895 €

Our mountaineering safety course, Level 1, focuses on the fundamentals of mountain safety. Through multiple climbs in the Mont Blanc Massif, you will learn to manage your safety while enhancing your skills in both snowy and rocky terrains. You will advance in small groups, with a maximum of 3 or 4 participants in self-sufficient rope teams under the guidance of your instructor. This program follows a progressive approach with a strong emphasis on learning techniques. It concludes with an excursion, which includes an overnight stay in a mountain hut, providing an opportunity for meaningful interactions and a cozy atmosphere. This program serves as the natural continuation of our [Beginner Mountaineering programs](#) and is ideal for individuals seeking to acquire essential safety knowledge and enhance their abilities in snowy and rocky terrains.

This course is part of a series of mountaineering courses designed to accompany you from your first alpine adventures to lead climbing. Explore mountaineering with our [3-day](#) or [5-day](#) courses, and acquire safety techniques through our [level 1](#) and [level 2](#) safety courses, as well as our [lead climbing course](#). Additionally, our courses are available in winter with a focus on [mixed climbing](#) and [ice climbing](#).

### Objectives of the mountaineering safety course - Level 1

- Safety basics on rocky terrain: roping and belaying techniques
- Safety basics on snow terrain: roping and crevasse rescue
- Introduction to the use of ice screws and cams

## ITINERARY

### Day 1

#### Rock climbing in the valley - Night in the valley

Get to know your guide and learn basic rock climbing techniques. Belaying of the leader, setting up a safe top rope. Climbing with fixed anchors: setting up a belay, abseiling.

### Day 2

#### Argentière Glacier - Night in the Valley

Review of mountaineering basic techniques: crampons and ice axe. Basics of crevasse rescue: sheaving with ice screws and pulleys. Roping up on glacier and ice climbing.

### Day 3

#### Multi-pitch climbing and night at Albert 1er mountain hut

Climb an equipped multi-pitch route, abseil on the way down. Walk up to Albert 1er mountain hut (2 702m), night at the hut.

*Elevation gain: 500m*

### Day 4

#### Route from Albert 1er mountain hut

Route in the Glacier Basin of le Tour, focusing on techniques on glacier. Return to the valley in the middle of the afternoon. Examples of possible routes: Petite Fourche (3 520m), Tête Blanche (3 429m).

*Elevation gain: 800m / Elevation loss: 1300m*

## GROUP BOOKING

Group session associates several people who don't know each other. It allows for a planned program to benefit from an attractive price on fixed dates. This formula is ideal for people looking for the friendliness of a group.

**Dates :** See below for the group booking module

**Price 2024 :** 895€ per person based on minimum of 3 participants

Included in the package :

- IFMGA English speaking mountain guiding service
- one half-board (dinner, breakfast and night)
- lift access as per programme

Not included in the package :

- personal drinks and other personal expenses (we recommend you bring Euros)
- take out lunches and daily snacks
- cost of getting to meeting point
- personal technical equipment including your mountaineering shoes

## PRIVATE BOOKING

Private guiding is the historical relationship that binds a guide to his/her client. It allows you to be alone, or in a constituted group, with your guide that meets your specific needs. It is undoubtedly the ideal formula to realize your projects because it guarantees you a maximum of comfort. You are free to choose your departure date and the itinerary can be adjusted, according to your specific expectations.

**Prices 2024 :**

2 people: 1530€ per person

3 people: 1105€ per person

4 people: 895€ per person

Included in the package :

- IFMGA English speaking mountain guiding service
- one half-board (dinner, breakfast and night)
- lift access as per programme

Not included in the package :

- personal drinks and other personal expenses (we recommend you bring Euros)
- take out lunches and daily snacks
- cost of getting to meeting point
- personal technical equipment including your mountaineering shoes

## FURTHER INFORMATION

In this section, find all the information about this activity. To prepare your trip effectively, refer to the [guides' tips](#). They share their expertise and recommendations, ensuring you have a great experience.

**Meeting point :** Meet at 8.30am at the Chamonix Guides Company: 190 place de l'église.

**Physical level :** For people who regularly exercise/take part in sports. Six to seven hours of exercise per day

**Technical Level :** You should have prior mountaineering experience and aspire to achieve autonomy

**Prerequisites :** I have previously walked on a glacier with crampons and am proficient in using a basic ice axe. I have experience in climbing, whether indoors or outdoors, and am knowledgeable in tying a figure-eight knot and using a belay device

**Guiding policy** : 3 to 4 people. The Compagnie des Guides de Chamonix's guiding policy guarantees the most balanced groups as possible as well as high-quality personalised advice. *Minor, only accompanied by a parent.*

**Accommodation** : One Half-board in hut on Day 3 (Dinner, breakfast & night).

**Documentation** : Participants must have mountain sports insurance with repatriation cover. We strongly recommend that this also includes cancellation cover. You can take out insurance when you sign up. Participants must also take valid ID with them.

## EQUIPMENT

We recommend you take particular care over you choice of equipment, as it plays a large role in the success of your trip. Weight is critical, and you must always evaluate the weight-to-comfort ratio to find the best compromise.

### Equipment

- 35-litre backpack,
- Climbing shoes, *rentable*
- Mountaineering boots, *rentable*
- Gaiters, if needed for your trousers
- Telescopic trekking poles, *rentable*
- Crampons with anti-balling plates; helmet, harness and straight ice axe, *rentable*
- Bring the technical equipment you have (rope, belay device, slings, ice screws, carabiners...)

### Clothing

- Warm hat that can be worn under a helmet
- Sun hat or cap
- Neck protection such as a 'Buff'
- 'Micro-fibre' style long-sleeve base layer
- Fleece
- 'Gore Tex' style shell jacket with hood, *rentable*
- Down jacket
- Base layer leggings
- Durable summer mountaineering trousers (not ski trousers)
- 'Gore Tex' style over-trousers, *rentable*
- Warm specialist walking socks
- Lightweight specialist walking socks
- Ski gloves or good quality mitts
- Leather or fleece gloves
- Change of clothes at your discretion

### Accessories

- Category 4 sunglasses
- Headtorch plus spare batteries
- Sheet sleeping bag
- Water bottle (minimum 1.5l) and thermos bottle
- Personalised first aid kit with a minimum of: sun cream, lip balm, cotton buds, blister kit, antisickness medication
- Watertight bag to contain your ID/passport and Euros

**Our Rental Partners** : You can rent your equipment with our rental shops partners and benefit from special price [Sanglard Sports](#), [Ravanel & Co](#) & [Concept Pro Shop](#)

**Our Equipment Partners** : [Millet](#), [Dynastar](#), [Julbo](#), [Grivel](#) & [Monnet](#)