



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 | Chamonix Alpine Snowshoeing £799

Website link | <http://www.icicle-mountaineering.ltd.uk/chamonix%2Bsnowshoeing%2Bcourse.html>

Key features

- A week of snowshoeing including some of the hidden gems of the Mont Blanc region.
- 5 days guiding (Monday - Friday), and Chamonix B&B accommodation (Sunday - Saturday)
- Learn key safety skill such as avalanche prediction and kit selection.
- Led by top qualified guides (UIMLA), group sizes of 2 – 8 clients maximum.
- Loan of technical equipment is included from from Icicle.
- 2020 dates; 9 - 25 Jan, 8 - 14 Mar, 29 Mar - 4 Apr.



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UK registered company 413 6635. VAT 770 137 933

'inspirational mountain adventure holidays'

20 years
established in 2000





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Course overview

- This course is a week of snowshoeing with fantastic views of Mont Blanc. Based in Chamonix, France, you will usually also explore other different and varied different regions, often visiting Switzerland and Italy too.
- Snowshoeing is now officially the fastest growing winter sport, and our team of guides cannot wait to show you why. Many clients get the bug and come back year after year on this holiday, but we ensure they don't repeat any routes they have done before as there is so many to choose from.
- The aim is to show you some of the hidden gems in the Mont Blanc massif, and there is also the option of staying in a mountain refuge for a night if you wish. There is also the opportunity to summit a few peaks in snowshoes.
- You should enjoy a great week of snowshoeing through deep powder with scenic hamlets, forests and summit vistas. We also aim to teach you key safety skills such as avalanche prediction and reaction, and kit selection.
- Don't worry if you have never used snowshoes before, as you should pick up the skills quickly after some initial training from your expert instructors.
- You have the opportunity of learning route planning and navigation and can gain your National Navigation Award Scheme (NNAS, www.nnas.org.uk) Silver level award through learning advanced use of the map and compass.
- You are led by highly qualified mountain professionals. All of our guided snowshoeing holidays are led by UIMLA International Mountain Leaders.
- One of the delights of snowshoeing is that, unlike skiing or climbing, you can go out and have a great day no matter what the level of visibility or the amount of snowfall.
- The Chamonix region is blessed with hundreds of snowshoeing areas within a short drive, and so the itinerary can be flexible on any day to take account of the best weather or snow conditions, to ensure that you sample the snowshoe routes on offer and gain the best views.
- Don't worry if you have never snowshoed before, as you will pick up the skills quickly. All you need is to be fit for hill walking, to have a sense of humour if you fall into a soft snowdrift, and to love the outdoors. We can teach you the rest, and you are guaranteed a great holiday that you won't forget for a very long time.

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- As Icicle have experienced Chamonix Course hosts based there throughout the year, we have excellent local contacts and a detailed knowledge of route options to optimise your time in the mountains.

Sample itinerary

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 this course, but they need never repeat a route they have done before.

Your qualified guide will have a massive local knowledge and experience to take you to trek through the untracked powder in hidden forests which are inaccessible to skiers and see wildlife and the best mountain views.

Sunday

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. Chamonix hosts accompany the group to pre-dinner drinks. Night in Chamonix.

Monday

After meeting your guide in the morning, you are driven to one of the snowshoe regions, such as Vallorcine. The snowshoeing is usually above Les Houches on fairly easy terrain to reach the summit of Le Prarion 1969m. Night in Chamonix.

Tuesday

Now that you are happy on snowshoes, you undertake a spectacular trek such as the Col du Berard or Refuges de Loriaz, above Vallorcine. This follows river through a steep sided gorge and through some hidden wooded glades, before heading up to the high col or a peak for fantastic views. Night in Chamonix.

Wednesday

A popular trek for the middle of the week is in the Contamines valley to the West of Mont Blanc. Here the goal of the day would be to ascend to the summit of Mont Truc 1811m, and the spectacular Chalets du Truc. Night in Chamonix.

Thursday

If the group would like to spend a night in a mountain hut, then the next two days are usually the best for this two day mini-expedition. This could be travelling over to Italy and ascending to a high hut. The alternative is another day trek, with a night in Chamonix. Night in mountain hut or Chamonix.

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Friday

Either a day trek or a snowshoe day and descent from a mountain hut. An ideal final trek from Chamonix would be the Mont de l'Arpille 2085m above Martigny (Switzerland). Evening social drinks and celebratory meal. Night in Chamonix.

Saturday

Breakfast, then accommodation check out at 10:00, then 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) UIMLA guide for five days, 2) Chamonix course hosts for logistics & briefings, 3) Pre course information booklet, 4) Equipment discount voucher for UK shops, 5) Six nights B&B accommodation in Chamonix (inc. bedding & towels), 6) Free 36 page technical Course Instruction Booklet, 7) Road / rail transport in Chamonix valley, 8) Support and logistics back up while in resort, 9) Equipment hire of snowshoes, avalanche transceiver, probe & shovel.

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, 4) Optional transport costs to travel outside the Chamonix valley, 5) Any optional stays in a mountain hut on a half board basis for you and the guide, 6) Activities insurance, & excess baggage charges.

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.

Climbing skill

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

Course level: **Beginner**
Mountaineering: **None necessary but preferred.**
Ice & Rock: **None necessary.**
Fitness: **Good general fitness and stamina**

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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 5 day pass, from Monday to Friday (plus extra days if you arrive earlier). The 5 day pass costs 116.50€ (*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 guardianned 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 map; <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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