

Alpine & Ice Courses - Ski Tours & Off Piste - Trekking & Expeditions

'*inspirational mountain adventures*'

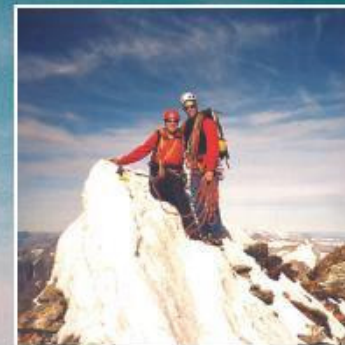
Icicle 2008 Brochure - www.icicleUK.com - 0845 058 98 78



Our Aim - To exceed the expectations of each client, to realise their ambitions, and to provide the best quality experiences possible

Our Mission - To have the best safety and peak summiting records of any guiding company in the world

Cover Photo - Rachel on summit of Mont Blanc



WELCOME & ABOUT ICICLE

Welcome to the Icicle 2008 brochure

Our price guarantee states that if you find a cheaper "like-for-like" course, we will beat the price. We offer value without sacrificing our standards. Our packages include all the essential costs, and this approach keeps our prices the lowest in the industry, so the savings are passed directly on to you. What differentiates us from competitors is the quality of our guiding team, evening theory instruction sessions where we aren't afraid of making you autonomous, and our flexibility that maximises your summiting chances.

Financial protection & how to book online



All bookings are financially protected through our bonding with ATOL and Travel Trust Association (TTA). Icicle follows their strict code of practice, and all monies that you pay are held in trust until after your course has ended. You can book online, and will receive an e-confirmation as well as a Course Information Booklet, detailed equipment list and training advice.

Icicle team: guides, leaders & course hosts

We believe that personality and teaching ability should match technical ability, and the goal of all our staff is for you to enjoy, learn and achieve. All mountaineering and ski



INVESTOR IN PEOPLE

courses in the Alps are led by qualified IFMGA Mountain Guides who are bilingual in English and French. The trekking and snowshoeing courses in the Alps are led by UIMLA International Mountain Leaders. Our guiding team all live in the Alps, have a vast local knowledge of routes, conditions, and weather systems. Rest assured that you are led by the very best! Our guiding team is supported by a Chamonix based logistics team who are onhand to assist 24 / 7.

Our Environment & Porter Protection policies



UIAA
ENVIRONMENT
LABEL HOLDER

We try to minimise our environmental impact wherever possible, planning our itineraries to minimise our carbon footprint. All of our expeditions and courses are designed to be sensitive to the local economy, and we ensure that all local staff that are hired (drivers, cooks, porters etc) are suitably trained, clothed, paid and looked after. We are committed to this through our close links with porter protection schemes in Nepal and Kilimanjaro. We aim to leave all mountains in a better and cleaner state than we found them originally. Keeping these standards is educational and rewarding.

In the mountains as a solo traveller or couple?

The vast majority of our Chamonix accommodation is in twin / double rooms. If you are travelling on your own with Icicle, you will stay in shared accommodation. You do not pay additional supplements for travelling on your own, unless you opt for a single room. Extra nights on either end of the course cost £20pppn. Couples / 2 people booking together are upgraded to a twin / double room wherever possible for no extra charge.

WEEKEND ADVENTURES

Winter Ice Climbing Weekend

The 1:2 guide ratio gives you a wide route choice, on multi-pitch waterfall ice or altitude mountaineering. Technical hire equipment is included in the price, and no previous ice climbing experience is required. The office won't believe your stories on the Monday!

Friday: briefing & kit checks, Saturday & Sunday: ice climbs or routes (1:2). Price: £299 (includes 2 nights in Chamonix). Dates: 18-20 Jan, 25-27 Jan, 1-3 Feb, 15-17 Feb, 22-24 Feb, 29Feb-2 Mar 2008. Extra dates for 2 or more people on demand.

Glacier Travel & Crevasse Rescue Weekend

Learn the key safety techniques for glacier travel: Alpine coils, crevasse rescue and hoist systems, use of crampons and ice axes, placing ice screws, Abalakov belays and anchors. Also taught are self rescue & using prussics to ascend ropes in an emergency.

Friday: briefing & kit checks, Saturday & Sunday: glacier travel and rescue skills. Price: 5 or 6 people in group £199, 3 or 4 people in group £275, 2 people in group £325. Price includes 2 nights Chamonix valley accommodation & Icicle hire kit.

Alpine Snowshelters & Survival Weekend

These weekends teach you key skills of snow shelters, avalanche awareness, and how to look after yourself in an extreme environment. During the weekend you spend a night in a snowhole, and learn winter navigation skills. A popular extra after a weeks course.

Saturday: skills & night in snowhole, Sunday: winter navigation & skills. Price: £149. Dates: 9-10 Feb 2008, 22-23 Mar 2008.

Introduction to Ski Touring Weekend

This course is designed to introduce you to the equipment and techniques for ski tours, whilst minimising the time you take off work. You should be confident of descending black runs on piste and have some previous off piste ability, to get the most out of this.

Friday: briefings & kit checks, Saturday & Sunday: touring & off piste (1:6). Price: £199. Dates: 7-9 Mar, 14-16 Mar, 21-23 Mar, 4-6 Apr, 11-13 Apr 2008. Our Haute Route dates are scheduled to immediately follow each of these weekends.



Alps Acclimatisation Weekend

Worried about acclimatisation before an Alpine course, such as Mont Blanc or the Matterhorn? Starting on Saturday, you are led to a mountain refuge for the night to sleep at altitude, and the next day you climb a 3000m summit such as Mont Buet. You return to Chamonix in time for the course briefings at 18:00. This is invaluable preparation, and adds two days guiding onto your course. Run every weekend in summer!

Saturday: ascend to hut, Sunday: climb peak & descent. Price: £99.

Winter Alpine & Snow Skills Weekend

This weekend teaches essential Alpine skills for walkers, skiers / boarders and climbers alike, such as avalanche safety, ropework, glacier travel and use of crampons and axe.

Friday: briefings & kit checks, Sat & Sunday: winter skills (1:6). Price: £199. Dates: 28-30 March 2008, 25-27 April 2008.



Photo by Icicle guide Yan
Enjoying fresh tracks in Chamonix
Course: Chamonix Off Piste - Level 1 Adventure

Icicle mountaineering, ski & adventure
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SKI TOURING & OFF PISTE

Avalanche Awareness & Snow Safety Days

The course takes place in the Chamonix valley, and you are taught the use of avalanche transceivers, shovels, and probes. You also focus on avalanche prediction, construct snow pits and do isolation block tests to assess the snowpack. Lead by a British leader.
 Dates: every day during the winter season. Price: £49 (equipment rental included in the price). Reductions for groups.

Vallée Blanche, 23 kilometers off piste

The classic off piste run is a must for all skiers / boarders, descending from Aiguille du Midi at 3842m to Montenvers. Your guide will take you down the most challenging route.
 Duration: 1 day (7 hours). Skills: Ski blacks on-piste. Price: £50 per person to join collective group (of eight maximum).
 Group Price up to 4 people £220, then £10 per extra person up to eight maximum. You can use your ski pass on all the uplift.

Chamonix Off Piste: Level 1 'Adventure' Clinic

Experience the best conditions for fresh tracks and thrilling descents. The course is aimed at those with a little or no previous off piste experience. Popular ski descents for the week are Vallée Blanche, Pas de Chevre, Le Tour forests, and Plan d'Aiguille.
 Sunday: briefings & kit checks, Monday to Friday: off piste descents & technique development (1:6), Saturday: debrief.
 Price: £499 (includes Chamonix centre accommodation). Dates: 20-26 Jan, 10-16 Feb, 2-8 Mar 2008.

Chamonix Off Piste: Level 2 'Performance' Clinic

This clinic is run on exactly the same lines as Level 1, but it is designed for skiers with greater previous experience, and the focus is on techniques for all mountain skiing. Typically you will have at least one weeks previous off piste skiing experience.
 Sunday: briefings & kit checks, Monday to Friday: off piste descents & technique development (1:6), Saturday: debrief.
 Price: £499 (includes Chamonix centre accommodation). Dates: 17-23 Feb, 9-15 Mar, 23-29 Mar 2008.

Heli-skiing in Courmayeur or Verbier

Classic heli-ski summits close to Chamonix include Gran Combin and Petit Mont Blanc.
 Price: from £195 per person for single drop & day of ski guiding (up to 6 max). Dates: mid December to mid May.

Haute Route, ski tour from Chamonix to Zermatt

The Haute Route traverses 114 miles by ski to Zermatt over a week. Each night you stay half board in mountain huts, descending to the valleys only to cross to the next section of the route. You require previous ski touring experience, such as our Intro Ski Touring weekends or the Silvretta Ski Tour. This is the most famous ski tour in the Alps.

Sunday: briefings & kit checks, Monday: ski to the Trient hut (1:6), Tuesday: ski to Champex, ascent Chable, tour to the Prafleuri hut for the night (1:6), Wednesday: ski Prafleuri to Arolla (1:6), Thursday: skin up to the Bertol hut (1:6), Friday: ski to the summit of Tête Blanche, and ski down into Zermatt, past Matterhorn, return to Chamonix (1:6), Saturday: debrief.
 Price: £799 (includes 4 nights half board stay in mountain huts). Dates: 16-22 Mar, 23-29 Mar, 6-12 Apr, 13-19 Apr 2008.

Gran Paradiso 4061m Ski Tour

This ski tour has a mountaineering flavour, and is slightly more difficult than the Haute Route, so is a good tour for progression. You summit the Gran Paradiso 4061m, and ski all the way down to the valley. Each night is spent in comfortable and remote mountain huts in the national park.

Sunday: briefings & kit checks, Monday: Cogne to the Sella hut, Tuesday: ski over Col Lauson to Chabod hut, Wednesday: ascent of Gran Paradiso, then ski down to Victor Emmanuel hut, Thursday: traverse cols to Pontese hut, Friday: ski into Vallone di Valeille to reach Cogne & end the tour, return to Chamonix, Saturday: debrief.
 Price: £799 (inc 4 nights huts). Dates: 30 Mar - 5 Apr, 20-26 Apr 08.



Silvretta Alps Ski Tour

Silvretta Alps boast plenty of 3000m summits, so is an ideal region for peak baggers! The terrain is great for intermediate level ski tourers, and the huts are amazing as they are infamous for their great food and hot showers! Our tour starts and ends in Klosters.

Sunday: briefings & kit checks, Monday to Friday: ski touring and ascents in the Austrian / Swiss border area of the Silvretta Alps (1:6), Saturday: debrief. Price: £799 (includes 4 nights half board in mountain huts). Dates: 24 Feb - 1 March 2008.

Bernese Oberland Ski Tour

This tour tackles several ski mountaineering peaks including the Gross-Wannenhorn 3905m and the Mittaghorn 3143m, and the infamous glacier descent, down to Munster. It is an ideal alternative to the Chamonix Zermatt Haute route, & famed for good snow.

Sunday: briefings & kit checks, Monday to Friday: ski touring and ascents in the Oberland region (1:6), Saturday: debrief.
 Price: £799 (includes 4 nights half board in mountain huts). Dates: 13-19 April 2008.

Monte Rosa Ski Tour

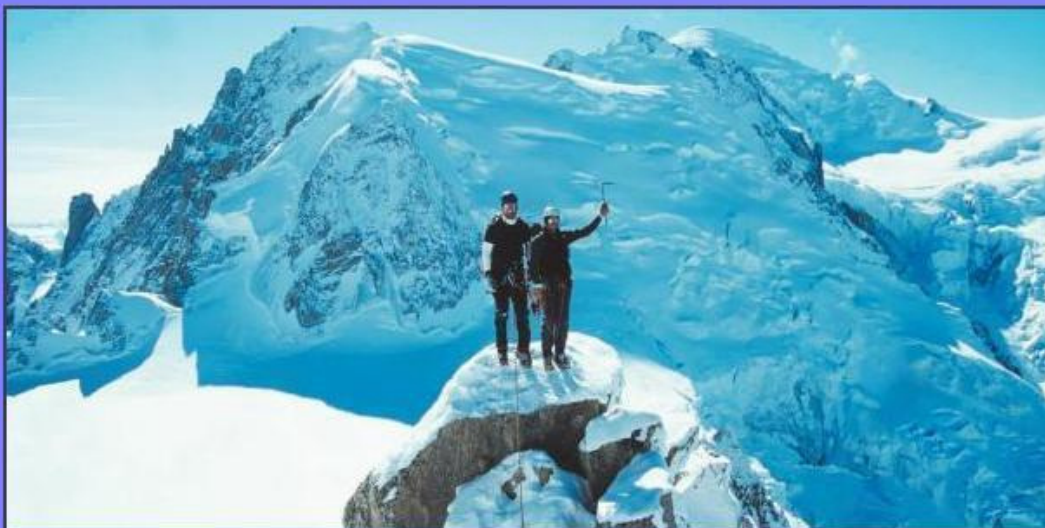
This is one of the most famous Alpine ski tours, as the Monte Rosa massif has the largest land area in the Alps over 4000m. The high altitude means this ski tour can keep good snow for longer and so it is operated later in the season than other ski tours.

Sunday: briefings & kit checks, Monday to Friday: ski touring and ascents in the Monte Rosa region of Switzerland (1:6), Saturday: debrief. Price: £799 (includes 4 nights half board in mountain huts). Dates: 27 April - 3 May 2008.

Winter Ski Ascent of Mont Blanc 4810m

The course allows for an acclimatisation day, followed by a three day weather window to make the ascent. If there is sufficient snow, you can ski all the way back to Chamonix.

Day 1: briefings & kit checks, Day 2: altitude ski acclimatisation & training, Day 3: ascend to hut, Day 4: summit Mont Blanc, Day 5: descend to Chamonix valley, or a second window for a summit attempt. Price: 1:1 guiding £1499, 1:2 guiding: £799.



ICE CLIMBS & ALPS WINTER

Winter Introduction 'Ice & Alpine'

This course is a mixture of glacier travel, snow skills, waterfall ice climbs and routes. It teaches key skills: snowholes, self arrest, crevasse rescue, ropework, and avalanche prediction. During the week you will climb up to Grade IV ice and a classic Alpine route.

Sunday: briefings & kit checks, Monday: avalanche safety & snowhole (1:6), Tuesday: winter navigation & snowskills (1:6), Wednesday: Glacier or ice routes (1:6), Thursday & Friday: Mountaineering or waterfall ice climbing (1:2), Saturday: debrief. Price: £699. Dates: 16-22 Dec 07, 3-9 Feb, 24 Feb-1 Mar, 16-22 Mar, 6-12 Apr 2008.

Waterfall Ice & Alpine Gullies

In the Chamonix valley there are over 300 waterfall ice routes. Clients booking on this course have some basic experience of ice climbing, but want to push their grade, or to experience climbing altitude Alpine routes and gullies in the best of winter conditions.

Sunday: briefings & kit checks, Monday: Chamonix technical ice (1:4), Tuesday to Friday: ascents of Chamonix waterfall ice or altitude snow gullies (1:2), Saturday: debrief. Price: £799. Dates: 27 Jan - 2 Feb, 17-23 Feb, 2-8 Mar, 30 Mar - 5 Apr 2008.

Val de Cogne / La Grave Ice

After a day of training climbs in the Chamonix valley, you travel to either of these famous ice regions and climb routes at your absolute limit. There are also the opportunities to try mixed climbs, dry tooling and leading on ice. Classic routes often ascended include Patrie, Erektion, Archeronte, Cold Couloir, Stella Artice, Pylone.

On the nights away, you stay in comfy B&B's.

Sunday: briefings & kit checks, Monday: Chamonix ice (1:4), Tuesday to Thursday: ice climbs Cogne or La Grave, 2 nights B&B (1:2), Friday: Chamonix ice (1:2), Saturday: debrief. Price: £899. Dates: 10-16 Feb, 24 Feb - 1 Mar, 9-15 Mar 2008.



Norwegian Icefall Climbing, Rjukan

The main two ice climbing sites in Norway are Hemesedal and Rjukan. Norway has every type of icefall from the mightily wall of Hyndefossen, to the enormous pillar of Vettfossen. Each night you stay in a comfortable B&B close to the ice climbing areas.

Sunday: travel to Rjukan & kit checks, Monday to Friday: Five full days of waterfall ice routes, climbing as hard as you can! Saturday: sightseeing and depart. Price: £999 (includes B&B accommodation). Dates: 9-15 Mar, 16-22 Mar 2008.

Canadian Rockies Icefalls

The Rockies are famed for their massive array of routes. You fly to Calgary, and stay in a comfy lodge in Canmore. You are led by a Canadian Icicle guide, and some of the routes you may ascend include Hydrophobia or the Sorcerer. The stuff of dreams!

Sunday: travel to Calgary & kit checks, Monday to Friday: Five full days of waterfall ice routes, climbing as hard as you can! Saturday: sightseeing and depart. Price: £999 (includes B&B accommodation). Dates: 9-15 Mar, 16-22 Mar 2008.

1:1 Ultimate Ice Week

Ever dreamt of ascending Grade 6 Shiva Lingam, Repentance or Nuit Blanche? For strong ice climbers, the 1:1 ratio allows you to really push your ice grades to the max!

Sunday: briefings & kit checks, Monday to Friday: technical ascents (1:1), Saturday: debrief. Price: £1499. Dates: run on demand throughout the winter ice season from mid December to the end of March. Previous skills: grade IV ice climbs.

Dry Tooling & Mixed Climbing

From its beginnings as a way of accessing ice by crossing sections of rock to reach the next icicle, dry tooling has developed as a sport in its own right. You can also climb Alpine mixed routes, such as the Goulotte Cosmiques or the Tacul Contamine routes.

Sunday: briefings & kit checks, Monday to Friday: technical ascents (1:1), Saturday: debrief. Price: £1499. Dates: run on demand throughout the winter ice season from mid December to the end of April. Previous skills: grade V ice climbs.



2 Person Winter Autonomy Week

If there are two of you seeking a week of ice and snow climbing in the Alps, this is the course for you. Tailored to your aspirations, this course could develop your climbing partnership as an autonomous Alpine team, with a focus on ice leading, or it could allow you to climb some famous Alpine routes in winter conditions.

Sunday: briefings & kit checks, Monday to Friday: skills development and Alpine ascents (1:2), Saturday: debrief. Price: £849 each. Dates: run on demand throughout the winter season from mid December to mid May.

Winter Ascent of the Matterhorn

To reach the summit of the Matterhorn in the winter requires cast iron determination. This week long course will push your physical endurance, stamina and resolve to the absolute limit.

Sunday: briefings & kit checks. Monday: Chamonix altitude training climb (1:1), Tuesday to Friday: Matterhorn ascent, pitch by pitch (1:1), return to Chamonix on Friday evening. Price: £2499. Dates: mid December to April (conditions dependant).

Winter Chamonix accommodation only holidays

Icicle has two chalets and six apartments in Chamonix, sleeping between two and ten people. Details, prices and photos of the accommodation are on www.icicleUK.com.



Photo by Icicle guide Benoit
On the Cosmiques Arete in winter
Course: Winter Introduction Ice & Alpine

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CHAMONIX & MONT BLANC

Introduction 4000m 'Summits & Skills'

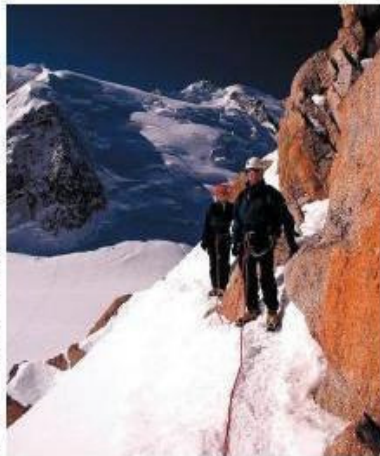
Suitable for keen hill walkers or indoor climbers, this course teaches a novice the skills needed for the Alps. The course includes glacier travel, ropework, ice skills, navigation, anchors, avalanche prediction and crevasse rescue. You spend a night in a mountain hut, have an Alpine start for a route, and ascend the 4061m peak of Gran Paradiso. By the end of the week you will have climbed vertical ice, gained a navigation award, led a rock route, and climbed a 4000m mountain. Not a bad effort for your first Alpine trip!

Sunday: briefings & kit checks, Monday: skills & navigation (1:6), Tuesday: glacier travel & ice climbing (1:6), Wednesday: altitude mountaineering (1:6), Thursday: rock climbing & ascent to hut (1:3), Friday: summit Gran Paradiso (1:3), Saturday: debrief. Price: £749. Dates: 15-21 Jun, 29 Jun - 5 Jul, 13-19 Jul, 20-26 Jul, 3-9 Aug, 17-23 Aug, 31 Aug - 6 Sep, 14-20 Sep.

Mont Blanc 4810m Summits

Our most popular one week course tackles the highest mountain in the Alps. We ascend by the Traverse or 'Royal' route to the top, or via the Aiguille du Gouter. The itinerary is designed to help you acclimatise, with a number of summits before your main ascent, such as Gran Paradiso, Cosmique Arete or the Petite Verte. During the course you develop your ropework and crampon skills, and spend up to two nights in huts. No previous climbing experience is required, though you should be in great physical shape, as the climb involves over 1300m ascent on crampons at altitude.

Sunday: briefings & kit checks, Monday: glacier skills and ice climbing (1:6), Tuesday & Wednesday: routes & summits, optional night mountain hut (1:2), Thursday: ascend to Mont Blanc hut (1:2), Friday: summit Mont Blanc (1:2), Saturday: debrief. Price: £1199 (includes mountain huts & cable cars). Dates: every week between 8 June and 20 Sept 2008. Upgrade this course with an Acclimatisation weekend on the Saturday and Sunday before the course starts, for only £99!



Alpine Autonomy Course

If you have previous climbing or crampon experience, and want a fast track course that is designed to make you more autonomous in the Alps, this is the course for you. You cover all the technical syllabus of the Introduction course in greater detail, with greater focus on route finding and equipment selection. At the end of the week you ascend the classic ridge of the Domes du Miages. We aren't scared of making you autonomous!

Sunday: briefings & kit checks. Monday: glacier ice climbing & skills (1:6). Tuesday: mountaineering ridge route (1:3). Wednesday: altitude snow route (1:3). Thursday: glacier trek to hut (1:3). Friday: Domes du Miages (1:3). Saturday: debrief. Price: £849. Dates: 8-14 Jun, 22-28 Jun, 6-12 Jul, 27 Jul - 2 Aug, 10-16 Aug, 24-30 Aug, 7-13 Sep 2008.

Mont Blanc Achievements

This two week course is the Intro 4000m 'Summits & Skills' course, acclimatisation weekend, and the Mont Blanc 4810m Summits course run back to back, at a lower price. We have excellent summiting records for this course, as you become fully acclimatised and develop your skills over your twelve days of guiding in the Mont Blanc massif.

Price: £1799 (Intro + Acclimatisation + Summits = £2047. Save £248). Note: Free hire kit (crampons, axe, harness, helmet) included in price. Dates: 15-28 Jun, 29 Jun - 13 Jul, 13-26 Jul, 20 Jul - 2 Aug, 3-16 Aug, 17-30 Aug, 31 Aug - 13 Sept 2008.

Mont Blanc Intermediate 'Snow & Ice'

This two week course is for those with some previous climbing experience, as it is the Alpine Autonomy and the Mont Blanc Summits courses run back to back, at a lower price. The course provides ten days of guiding to allow more time for acclimatisation, as well as ascending many routes including Domes du Miages, Cosmiques, & Mont Blanc.

Price: £1899 (Autonomy + Summits = £2048. Save £149). Note: Free hire kit (crampons, axe, harness, helmet) is included in the course price. Dates: 8-21 Jun, 22 Jun - 5 Jul, 27 Jul - 9 Aug, 10-23 Aug, 24 Aug - 6 Sep, 7-20 Sep 2008.



Alpine 'Big 3' & Private Guiding

These are the guiding rates for two day ascents of the Mont Blanc, the Matterhorn or the Eiger. Extensions are available to those who have just completed a course, or for course clients (including non-Icicle) who have previously failed on one of these peaks. We can also arrange bespoke ascents of any Alpine peak, or days of private guiding, prices from £220 a day. All the prices are for guiding only. You must pay for you and your guide for the following: cable cars & mountain railways, transport costs to the area, Chamonix valley accommodation, and half board in mountain huts.

Mont Blanc £799 (1:1 ratio) or £449 each (1:2 ratio), Matterhorn £899 (1:1 ratio), Eiger £999 (1:1 ratio). Run on demand from June to September.

Paragliding Tandem Flights, Courses & Mont Blanc

Take to the skies over Chamonix! Many people book a tandem flight on the Saturday after their Icicle course, and these last around 30 minutes. For the more ambitious, if you want to learn to fly solo, we offer a course which runs over a week with at six tandem and two solo flights with radio contact, and instruction. The number of flights each day depends on the weather and conditions, and Chamonix accommodation is included.

Tandem experience flight £60, Week long course £499, Tandem flight from Tacul £350 (1 day) or Mont Blanc £999 (2 days).



TECHNICAL ALPINE CLIMBS

Chamonix Technical Ice & Classics

This course tackles a mixture of famous snow, rock, ice and mixed routes of AD+ or D grades, such as Dent du Geant, the Rochefort Arête, Chere Couloir, or the Moine. The exact choice of routes will take into account your ability, aspirations, and the conditions. You use cable cars to keep the walk-ins to a minimum, so that you make the most out of your climbing time. This is our most popular summer technical improver level course.

Sunday: briefings & kit checks, Monday to Friday: technical ascents, classic routes & summits, with a night in a hut (1:2), Saturday: debrief. Price: £999 (includes 1 night in a mountain hut). Dates: 29 Jun - 5 Jul, 27 Jul - 2 Aug, 24-30 Aug 2008.

The 3 Countries - 3 Peaks Challenge

If you have completed an Intro course, but don't feel ready for a Classics course (above), this week is at an intermediate level and is great fun! You climb a French, Swiss and Italian peak, such as Mt Buet / P. Verte, Petit Combin, & Gran Paradiso, within a week.

Sun: briefings & kit checks, Mon to Fri: summits, 2 nights huts (1:3), Sat: debrief. Price: £799. Dates: 13-19 Jul, 24-30 Aug.

Big Wall & Artificial Climbing in Verdon

For those looking at climbing Big Walls, the amount of new equipment to master can seem daunting. This course teaches you multi pitch aid climbing in stunning scenery, and you experience a portaledge night. You should be confident in trad lead climbing.

Day 1 & 2: travel to Verdon, skills, route, & night on a portaledge (1:1), Price: £499, subsequent days £220. Dates: on demand

Aiguille Verte: Whymper Couloir or Moine Arête

This magnificent peak was first ascended by Edward Whymper, and is considered as the Alpine summit that turns you from a climber into a true mountaineer. This week trains and acclimatises you, before taking the best weather window for the ascent. We only offer this course between May and mid July when the conditions are at their best.

Sunday: briefings & kit checks, Monday to Friday: technical ascents & ascend Aiguille Verte, Saturday: debrief. Price: £1499.

Summer Alpine North Faces

If you are looking for a technical ice route to ascend a classic summit in the summer this course will provide the ultimate challenge. Routes often attempted include North Face of Tour Ronde, the North Face of Gran Paradiso, Chere Couloir, Col Copt or the Contamine Mazot. This course can only be run in early summer season (late June) as conditions on these huge Alpine North face ice routes deteriorate later in the summer.

Sunday: briefings & kit checks, Monday to Friday: technical ascents, classic routes & summits, with a night in a hut (1:2), Saturday: debrief. Price: £999 (includes 1 night in a mountain hut). Free tech axe hire inc. Dates: 8-14 Jun, 15-21 Jun 2008.

Remote 4000'er, the Barre des Ecrins

Located in the beautiful Ecrins National Park, this peak offers a remote and unspoilt alternative to an ascent of Mont Blanc. After training climbs in Chamonix to acclimatise, you travel to the Glacier Blanc refuge and the summit climb involves snow, ice and rock.

Sunday: briefings & kit checks, Monday to Wednesday: Chamonix acclimatisation climbs (1:2), Thursday & Friday: travel to hut and summit climb (1:2), Saturday: instruction morning. Price: £1049 (includes 1 night hut). Dates: June to September.

Chamonix Alpine Rock Clinic

Welcome to the granite pillars and faces that overlook Chamonix. The routes are demanding and long, with fantastic views. Routes include: Arête des Papillons, Frison Roche, Chapelle de la Gliere, or Rebuffat on the Midi. You advance your skills, improve techniques and anchors on different styles of rock, as well as your grades.

If you have been to Chamonix before, don't worry as there are over 4000 routes to opt for!

Sunday: briefings, Monday to Friday: technical rock climbing (1:2), Saturday: debrief. Price: £899. Dates: 6-12 Jul, 10-16 Aug 2008.



Hot Rock Clinics in Provence and the Calanques

Create your own course of rock climbing in the sun in these French rock meccas. Classic sites are the sea cliffs at Calanques, the limestone of Sisteron, or the gorges in the Alpes Maritimes. You select the number of days you require, and we do all the rest!

The guiding price is £220 per day. You pay for the accommodation for you and your guide, and any travel expenses.

Grandes Jorasses, the Walker Spur

The North Face of the Grandes Jorasses is in an amazing amphitheatre of some of the most notorious routes in the world, and none are more famous than the Walker Spur which almost takes a plumb line from the highest point. To consider this course you need to be an accomplished Alpinist who has already ascended several classic routes.

Duration: 7 days (5 days 1:1 Guiding). Previous Skills: rock to 6a, aid to A1, ice to V, excellent ropework, very competent on Alpine D+ / TD / ED grade routes, Scottish grade VI Ice, UK E2 rock (traditional outside). Price: £2999.

Summer & Winter 1:1 Advanced

Clients looking for 1:1 guiding have a range of different skills and aspirations, and so this course is tailored individually. Previous clients have climbed famous routes such as the Grand Capucin, the Petit Jorasses, Chardonnet, and the Frontier Ridge of Mont Maudit. Whatever your ambitions, we will match a Guide that will complement your skills.

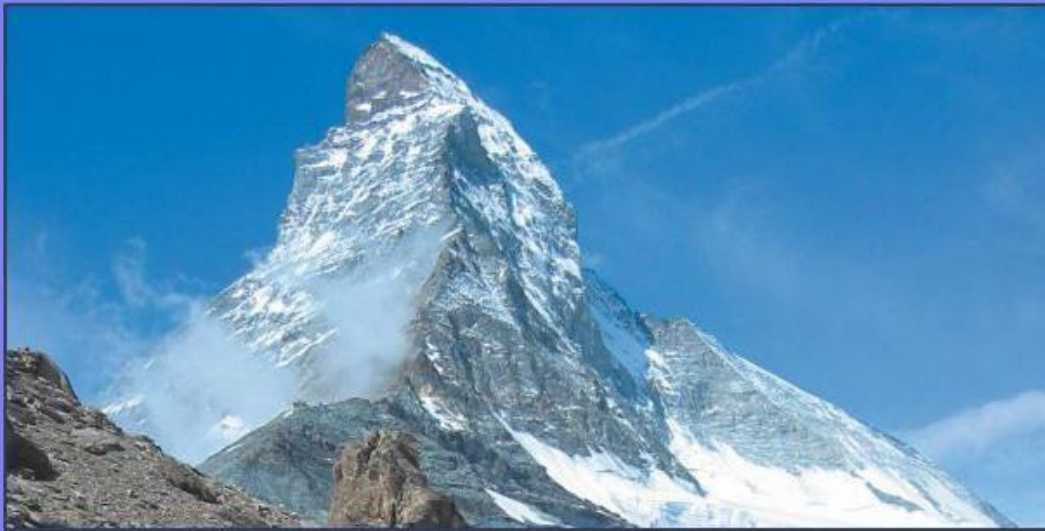
Sunday: briefings & kit checks, Monday to Friday: technical ascents (1:1), Saturday: debrief. Price: £1499. Dates: on demand.



Photo: by Icicle guide Benoit
South Face of Mont Blanc 4810m
Course: Winter 1:1 Advanced level

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SWISS 4000M MOUNTAINS

Monte Rosa & Oberland 4000m Peaks

The Monte Rosa & Oberland massifs have the largest land area and the most peaks above 4000m in the Alps. After an acclimatisation ascent above Chamonix, such as Mont Blanc du Tacul 4248m or the Cosmiques Arête, you spend the rest of the week in Switzerland peak bagging as many summits as possible, staying in mountain huts.

Sunday: briefings & kit checks, Monday: Chamonix climb (1:2), Tuesday to Friday: travel to region, then week of ascents (1:2), Saturday: debrief. Price: £1199 (includes up to 3 nights huts). Dates: 22-28 Jun, 20-26 Jul, 17-23 Aug, 31 Aug - 6 Sep 2008.

Summer Matterhorn Ascent

The Matterhorn is the most recognisable peak in the world. On this mountain your balance and ability with exposure are of great importance. You prepare by ascending classic Chamonix routes to fine tune your skills and assist your acclimatisation, such as the Dent du Geant or Rochefort Arête. We maximise your chance of summit success on the Matterhorn, using a 1:1 ratio so that the Guide can move at your speed.

Sunday: briefings & kit checks, Monday to Wednesday: Chamonix ascents & hut (1:2), Thursday & Friday: travel to Zermatt, night in refuge & ascent of Matterhorn (1:1), Saturday: debrief. Price: £1399. Dates: 13-19 Jul, 20-26 Jul, 27 Jul - 2 Aug, 3-9 Aug 2008.



The Eiger 3970m: Mittileggi Ridge

The Eiger is one of the most famous and feared mountains in the world, and the Mittileggi ridge offers competent Alpinists a hard and very exposed climb, as it runs along the edge of the North Face. Before this course you should have good experience such as the Hornli Arête of the Matterhorn or other classic AD / D graded Alpine routes.

Sunday: briefings & kit checks, Monday & Tuesday: Chamonix ascents & night in a hut (1:1), Wednesday to Friday: the Mittileggi Ridge, two nights in huts, return to Chamonix (1:1), Saturday: debrief. Price: £1599. Dates: July & August.

TREKKING & SNOWSHOEING

Summer Walkers Haute Route - Chamonix to Zermatt

This famous trek links the two Alpine capitals of Chamonix and Zermatt. The nights are spent in comfy mountain huts, so this course will really appeal to a keen hillwalker who wants to get away from it all, with eight days trekking in spectacular Alpine scenery.

Saturday: briefings & kit checks, Sunday: Chamonix to Trient, Monday: Finhaut to Champex, Tuesday: Verbier to Montfort, Wednesday: trek to Prafleuri, Thursday: Dix and Arolla, Friday: Moiry and Grimentz, Saturday: St Luc to Gruben, Sunday: trek St Niklaus, visit Zermatt & return to Chamonix. Price: £799. Dates: 28 Jun - 6 Jul, 26 Jul - 3 Aug, 16-24 Aug 2008.

Tour du Mont Blanc (the TMB)

It involves over 160km of trekking, and you visit France, Italy and Switzerland. The tour starts and ends in Chamonix, and you are led by a very experienced leader. Each night you stay in comfortable mountain refuges or gites, which are included in the price.

Saturday to Saturday, six days walking with five nights in huts. Price: £699. Dates: 29 Jun - 5 Jul, 3-9 Aug, 31 Aug - 6 Sept.

Iceland "Fire & Ice" Summits Trek

From cold deserts to bubbling lava, Iceland is a land of extremes. This one week trek introduces you to this fantastic landscape, and you ascend the active volcano of Hekla. You can also swim in geothermal pools, and visit Reykjavik and the famous Geysers.

Dates: Saturday 16 - Saturday 23 August 2008 (8 days). Price: £899.

Classic Chamonix Trekking

A week of famous walks to explore the best of the region, including the dinosaur prints of Emmosson and an ascent of Mont Buet 3086m. Learn about flora, fauna & glaciers.

Dates: 6-12 Jul, 24-30 Aug 2008 (7 days, 5 trekking). Price: £499.

High Tatras Trek, Slovakia

The Tatras is a great trekking destination, with easy access from Bratislava. A week of high mountain treks and scrambles, based in comfortable refuges & gites.

Dates: Sat 6 - Sat 13 September 2008 (8 days, 5 trekking). Price: £599.

Chamonix Snowshoe Summits

A popular course for non-skiers / climbers, seeking to explore the massif in winter. Includes several summits, such as Monts Truc & Lachat, and the Col de Balme.

Dates: 27 Jan - 2 Feb, 17-23 Feb, 9-15 Mar, 23-29 Mar 2008. Price: £499.

Corsica High Level Route GR20

This is a tough and exhilarating two week trek across the mountainous spine of Corsica, from Conca to Calenzana. It has several sections of ladders and chains to negotiate, as well as steep scree and exciting slabby scrambles. A challenge not to be missed!

Dates: Sunday 13 July - Saturday 26 July 2008 (14 days). Price: £999 (includes accommodation in huts and gites).





WORLDWIDE EXPEDITIONS

Kilimanjaro, 5895m - Tanzania, Africa

The ascent of Kilimanjaro is our most popular expedition. The key to successful ascents is to acclimatise carefully, by avoiding routes that gain altitude too quickly. We take the Machame Route past the Western Breach and southern icefields, to reach the summit at almost 6000m. All meals are included, and the expedition is led by local guides, with porters supporting. In 2005, 2006, and 2007 we have had a 100% success rate on this peak. You require no previous climbing experience to book on this expedition. You can extend this trip with a wildlife safari, or a holiday on the white beaches of Zanzibar.

Dates: 29 Dec - 6 Jan, 2-9 Aug, 20-27 Sep, 4-11 Oct, 27 Dec - 3 Jan 2009. (8 days). Price: £699. Extra dates for 2 or more. Safari (based on 2 people, prices per person, 2 days minimum) £250 per day, includes jeep, guide, full board, lodge / hotel.

Mount Elbrus, 5642m - Russian Caucasus

After several years of being unable to run this trip due to political unrest, we are now able to recommence expeditions to this stunning region. Elbrus is the highest peak in Europe, and is an extinct volcano, conical in shape, with a large crater rim on which the twin summits are perched. The higher West Peak is reached by a steep snow slope climb from the Sedowina saddle, the col separating the two peaks. We stay in mountain refuges such as the famous Barrels Hut. All ice skills are taught during the expedition.

Dates: 9 - 16 August 2008 (8 days). Price: £899 (includes hut and valley accommodation). A good level of fitness is needed.

Mera 6476m Peak - Nepal, Himalayas

This is a non-technical altitude trekking peak, providing a good challenge for hillwalkers and climbers alike. Your acclimatisation is developed slowly so that you can enjoy the trek and its amazing summit views to Everest. The price includes internal flights to Lukla from Katmandu, transfers, accommodation, camp cooks & assistants, and leaders.

Dates: Sun 26 October - Sun 16 November 2008 (22 days). Price: £1499.

Toubkal, 4167m - Morocco, Africa

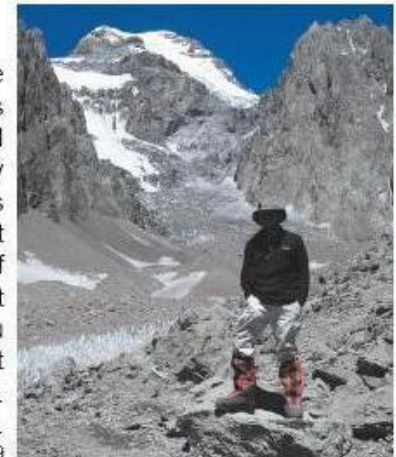
Djebel Toubkal is close to Marrakesh, and is the highest peak of the Atlas Mountains. This altitude trek is suitable for non-mountaineers, and ascends the peak over a week.

Dates: Winter ascents on snow: Sat 12 - Sat 19 April 2008, Sat 22 - Sat 29 Nov 2008 (8 days). Price: £599.

Aconcagua, 6959m - Argentina

The second highest of the seven summits, and the highest trekking peak in the world! We take the Vacas valley route, which is technically more interesting and quieter than the normal route. You are supported by local mountain guides, mules to ferry kit and supplies to base camp, and altitude porters. There is a day at each end of the expedition in the vibrant town of Mendoza, where you can go to a tango show, eat steaks, and sample the great local wines on offer. You need no previous climbing experience for this trip, but a very high level of fitness and stamina is essential. Climbers can opt to upgrade to climb the Polish route.

Dates: 5-26 Jan 2008, 20 Dec 08 - 10 Jan 2009, 10 - 31 Jan 09. Price: £1999



Everest Base Camp & Kala Patar - Nepal, Himalayas

This has to rank as one of the most famous treks in the world, visiting the viewpoint of Kala Patar and the base camp by the Khumbu icefall. Breathtaking scenery every day!

Date: 12-31 October 2008. Price: £1399.

Ama Dablam, 6856m - Nepal, Himalayas

The "Matterhorn of the Himalayas" is stunning and towers over the Everest base camp trek. The climb is made technically easier by fixed lines on many of the tricky sections, but you should be a strong climber. The trip is over 32 days, with 6 days for summit bids.

Date: 11 October-11 November 2008 (32 days). Price: £2799.

Denali (Mount McKinley), 6194m - Alaska

As the highest mountain in North America, this is one of the Seven Summits. The 25 day expedition allows time for weather windows for summiting this peak that is renowned for its storm winds and extreme cold. We take the Western Buttress route, and use locally registered Denali guides for the climb. All meals and internal flights are included.

Dates: 10 May - 3 June 2008 (25 days). Price: £2999.

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Alpine Climbing | Ski Guiding | Trekking & Expeditions

Course: Kilimanjaro Expedition 5895m
Sunrise on the summit of Kilimanjaro
Photo by Icicle leader Kingsley



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