



Icicle Guides - www.icicleUK.com

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

Celebrating a decade of '*inspirational mountain adventures*' in 2010



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

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

Cover Photo - taken by Mariano on the summit of Mont Blanc, after climbing the Trois Mont Blancs route

Welcome & about Icicle

Why choose Icicle and our course price guarantee

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 course flexibility to maximise your summiting chances.

A very warm welcome to you all, This 2010 brochure marks a decade of Icicle offering inspirational mountain adventures, and we are looking forward to the next decade even more. What sets Icicle out from the rest is the great team of guides who make it happen, be it a Haute Route ski tour or an ascent of the Matterhorn! Also we aren't content to rest on our laurels, and are constantly striving to run better trips, that we would dream of going on ourselves. We hope to see you soon in the mountains.

The Icicle Team



Icicle team: guides, leaders and 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 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 have a vast local knowledge of routes, conditions, and weather systems. Rest assured that you are led by the very best! The guides are supported by our Chamonix hosts who are on hand to assist you throughout your stay.

Our Environmental and Porter Protection policies

We plan 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.

Financial protection and how to book securely online

All bookings are financially protected through our bonding with ATOL and the Travel Trust Association. 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 securely online, and will receive full confirmation with a Course Information Booklet, detailed equipment lists and training advice.

In the mountains as a solo traveller or couple?

The vast majority of our course accommodation is in twin or 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.



Photo: ski touring near the Benevolo hut, on the Gran Paradiso Ski Tour course



Ski touring to Zermatt

Haute Route ski tour course



Ski Touring and Off Piste

Avalanche Awareness & Snow Safety Days

Avalanche prediction, route choice, islands of safety, trigger points, and transceiver search patterns. Dig snow pits and perform rutschblock tests to assess snow stability.

Dates: every day during the winter season (min 2 people). Price: from £49 (equipment included).

Vallée Blanche - Chamonix, legendary 23km off piste

The classic off piste run is a must for all skiers / boarders from Aiguille du Midi at 3842m. Your guide will take you down the most challenging route for your off piste ski ability.

Skills: Black runs on-piste. Price: £280 for up to 4 people, £10 extra per person to 6 max. Inc. safety kit.

Chamonix Off Piste: Level 1 'Adventure' Clinic

Experience the best conditions for fresh tracks and thrilling descents. This level is for those who have skied between the pistes or done a little off piste, who want some more! Popular descents are the Vallée Blanche, the Grands Montets bowl, and Plan d'Aiguille.

Sunday: briefings & kit checks, Monday to Friday: off piste descents & techniques development (1:6), Saturday: debrief. Price: £599 (includes Chamonix accommodation and avalanche kit). Dates: 24 - 30 Jan 2010, 7 - 13 Feb 2010, 14 - 20 Feb, 21 - 27 Feb 2010, 28 Feb - 6 Mar 2010, 7 - 13 Mar 2010, 21 - 27 Mar 2010, 11 - 17 April 2010. Extra dates for groups.



Chamonix Off Piste: Level 2 'Performance' Clinic

Designed for skiers with at least a week of previous off piste experience, the focus is on techniques for all mountain skiing. This course will take your skiing to the next level. Ski the Chamonix classics; Pas de Chevre, Italian Bowl, Le Tour gullies, and Courmayeur.

Sunday: briefings & kit checks, Monday to Friday: off piste descents & technique development (1:6), Saturday: debrief. Price: £599 (includes Chamonix centre accommodation). Dates: 7 - 13 Feb 2010, 7 - 13 March 2010, 28 Mar - 3 Apr 2010.

Verbier Off Piste with heliskiing option

The bowls and slopes around Verbier offer great off piste. Five days off piste instruction. Option of a day heliskiing on the Saturday after the course on the Gran Combin.

Sunday: briefings, Monday to Friday: off piste (1:6), Saturday: debrief. Price: £699. Dates: 31 Jan - 6 Feb, 14 - 20 March 2010.

Zermatt Off Piste: Level 2 'Adrenaline' Clinic

Zermatt has brilliant linked lift access, steep couloirs, stunning views and deep powder. During the week you will ski the Cervinia (Italy) side as well to explore all the off piste.

Sunday: briefings, Monday to Friday: off piste (1:6), Saturday: debrief. Price: £799. Dates: 24 - 30 Jan, 21 - 27 March 2010.



Gran Paradiso Tour

A relatively undiscovered gem! Ski through the Gran Paradiso Park, and experience gourmet food in the comfy mountain huts. You also summit and ski the Gran Paradiso 4061m, the highest peak in Italy.

Sunday: briefings & kit checks, Monday to Friday: five days ski touring, with four nights in huts (1:6). Saturday: debrief. Price: £849 (inc. 4 hut nights). Dates: 28 Mar - 3 Apr 2010, 18 - 24 April 2010.

Silvretta Alps Ski Tour

The Silvretta Alps on the border of Switzerland and Austria offer many 3000m summits, including Piz Buin. If you only have a few days touring experience, the terrain is perfect for improving skills. The huts are infamous for great food and showers!

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: £899 (inc. 4 nights half board in huts). Dates: 21 - 27 February 2010, 14 - 20 March 2010.

Haute Route, ski tour from Chamonix to Zermatt

The Haute Route is the most famous ski tour in the Alps, traversing 114 miles to Zermatt over a week. Each night you stay half board in mountain huts. You require previous ski touring experience, such as the Introduction Ski Tour weekends or the Silvretta Ski Tour.

Sunday: briefings & kit checks, Monday to Friday: five days ski touring, with four nights in huts (1:6). Saturday: debrief. Price: £849 (inc. 4 hut nights). Dates: 14 - 20 Mar, 21 - 27 Mar, 28 Mar - 3 Apr, 4 - 10 Apr, 11 - 17 Apr, 18 - 24 April 2010.

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, and famed for good snow.

Sunday: briefings & kit checks, Monday to Friday: ski touring and ascents in the Oberland region (1:6), Saturday: debrief. Price: £899 (includes 4 nights half board in huts). Dates: 21 - 27 March 2010, 11 - 17 April 2010. Extra dates run for groups.

Monte Rosa 4000ers Ski Tour, Zermatt region

Monte Rosa has the largest land area in the Alps over 4000m, so keeps its snow well, and is great for peak bagging. Stay a night in the Margherita hut, the highest in the Alps.

Sunday: briefing, Mon to Fri: ski tour (1:6), Saturday: debrief. Price: £849 (inc. huts). Dates: 4 - 10 April, 25 April - 1 May 2010.

Winter Ski Ascent of Mont Blanc 4810m course

A week long course to prepare you technically and to acclimatise before skiing Mont Blanc, and descending the North face from the summit or Vallot refuge to Chamonix.

Sunday: briefing, Mon to Fri: ski touring, Saturday: debrief. Price: £1249. Dates: 25 Apr - 1 May, 2 - 8 May, 9 - 15 May 2010.



Glacier travel training
Alpine Autonomy course

Chamonix and Mont Blanc

Introduction 4000m 'Summits & Skills'

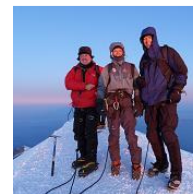
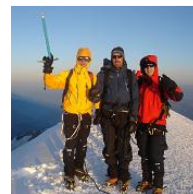
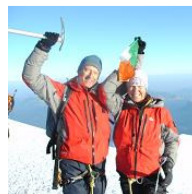
This course teaches a complete novice the skills needed for the Alps, including glacier travel, ropework, ice and rock skills, navigation, and crevasse rescue. You spend a night in a mountain hut, have an Alpine start for a route, and ascend Gran Paradiso 4061m. By the end of the week you will have climbed vertical ice, gained a navigation award, led a rock route, and climbed a 4000m mountain. Not a bad effort for your first Alpine trip!

Sun: briefings & kit checks, Mon: skills & navigation (1:6), Tue: glacier travel & ice climbing (1:6), Wed: mountaineering (1:6), Thu: climbs & ascent to hut (1:3), Fri: Gran Paradiso (1:3), Sat: debrief. Price: £799. Dates: 13 - 19 June 10, 27 June - 3 July 10, 11 - 17 July 10, 18 - 24 July 10, 1 - 7 August 10, 15 - 21 August 10, 29 Aug - 4 Sept 10, 12 - 18 Sept 10, 19 - 25 Sept 10.

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 the technical syllabus of the Introduction course in greater detail. At the end of the week you traverse the Domes du Miages. We aren't scared of making you autonomous.

Sun: briefings & kit checks. Mon: glacier travel & ice climbing (1:6). Tue: mountaineering ridge climb (1:3). Wed: altitude snow route (1:3). Thu: glacier trek to mountain hut (1:3). Fri: traverse Domes du Miages (1:3). Sat: debrief. Price: £899. Dates: 6 - 12 June, 20 - 26 June 10, 4 - 10 July 10, 25 - 31 Jul 10, 8 - 14 August 10, 22 - 28 August 10, 5 - 11 September 2010.



Mont Blanc 4810m

Our most popular course tackles the highest mountain in the Alps. We summit by either the Traverse or the Aiguille du Gouter. We have carefully designed our itinerary to help you acclimatise, and to offer several summit weather windows. Our itinerary is deliberately flexible to maximise your summit chances, & preparation routes may include Cosmiques Arête, Gran Paradiso, or the Petite Verte. You should be in great physical shape for Mont Blanc, as the climb involves over 1300m ascent on snow, and your determination will be tested to the limit. Any previous mountain experience you have will be most beneficial.

Sun: briefings & kit checks, Mon: glacier skills and ice climbing (1:6), Tue - Wed: routes & summits, optional night in hut (1:2), Thu: ascend to Mont Blanc hut (1:2), Fri: summit Mont Blanc (1:2), Sat: debrief. Price: £1299 (inc. mountain huts & cable cars). Dates: every week between 6 June and 25 Sept 2010. Upgrade this course with an Acclimatisation Weekend, for only £99!

Mont Blanc Achievements / Mont Blanc Intermediate

These two week courses have excellent summiting records as you are fully acclimatised.

Mont Blanc Achievements, Price: £1899 (Intro + Mont Blanc = £2098. Save £199). Dates: 13 - 26 June 10, 27 June - 10 July 10, 11 - 24 July 10, 18 - 31 July 10, 1 - 14 August 10, 15 - 28 August 10, 29 Aug - 11 Sept 10, 12 - 25 Sept 2010.

Mont Blanc Intermediate, Price: £1999 (Autonomy week + Mont Blanc = £2198. Save £199). Dates: 6 - 19 June 2010, 20 June - 3 July 2010, 25 July - 7 August 2010, 8 - 21 August 2010, 22 Aug - 4 Sept 2010, 5 - 18 Sept 2010.

Extensions: Mont Blanc / Eiger / Matterhorn

Weekend extensions to attempt one of the big three. Prices are for 2 days guiding only.

Mont Blanc £999 (1:1 ratio) or £499 each (1:2 ratio), Matterhorn £1099 (1:1 ratio), Eiger £1099 (1:1 ratio). Run on demand.

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 takes almost a plumb line from the highest point. Descend into Italian Val Ferret.

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. Price: £2499 (Walker Spur), or £1999 (Normal Route).

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. If you want to learn to fly solo, we offer a course which runs over a week with ground canopy control, and solo flights with radio contact. We offer tandem flights in September from the summit of Mont Blanc.

Tandem experience flight £90, Week long course £699 (18 - 24 July 10, 15 - 21 August 10), Tandem flight Mont Blanc £999.

Chamonix Alpine Trail Running Courses

We offer weeks of running skills, or two day courses of trail running or snowshoe racing.

Courses are run on demand. Week long course £599, Weekend Demi Ultra Trail £399, Weekend Snowshoe Racing £399.

Photo: descending from the top of Mont Blanc, on the Mont Blanc Summit course



Rimpfischhorn 4199m Zermatt Climber course



Classic Alpine & Via Ferrata

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, to maximise your climbing time.

Sunday: briefings & kit checks, Monday to Friday: technical ascents (1:2), Saturday: debrief. Price: £999 (inc. 1 night in a hut). Dates: 27 June - 3 July 2010, 25 - 31 July 2010, 22 - 28 August 2010, 29 August - 4 September 10, 12 - 18 September 2010.

Summer Alpine North Faces

If you are looking for a technical snow or 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, North Face of Gran Paradiso, Chere Couloir, or Col Copt.

Sunday: briefings & kit checks, Monday to Friday: technical ascents, classic routes & summits, with a night in a hut (1:2), Saturday: debrief. Price: £999 (inc. 1 night half board in a remote mountain hut). Dates: 6 - 12 June 2010, 13 - 19 June 2010.

Three Countries - Three 4000m Summits

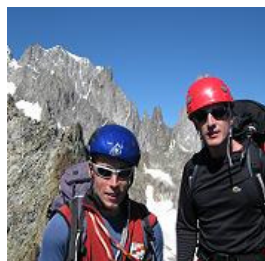
If you have done an Intro course, but don't feel ready for a Classics course, this week is at an intermediate level and is great fun! Climb three 4000m summits in three countries; Gran Paradiso (Italy), Mont Blanc du Tacul (France) and the Breithorn (Switzerland).

Sun: briefings, Mon - Fri: summits, 2 nights huts (1:2), Sat: debrief. Price: £1099. Dates: 11 - 17 July, 1 - 7 Aug, 22 - 28 Aug.

Zermatt Climber, Technical Alpinism

Climb some of the classic AD grade ridge routes above Zermatt including Zinal-Rothorn, Dent Blanche, traverse of the Nadelgrat, Rimpfischhorn, or the East Ridge of Breithorn.

Sunday: briefings & kit checks, Monday to Friday: technical ascents, classic routes & summits, with nights in huts (1:2), Saturday: debrief. Price: £1249 (inc. 4 nights half board in remote mountain huts). Dates: 4 - 10 July 2010, 5 - 11 Sept 2010.



Saas Classics, 4000ers peak bagging

A brilliant progression from our Intro course, in a different region of the Alps. Based in mountain huts for four nights. 4000m peaks include Weissmies, Lagginhorn, & Alphubel.

Sunday: briefings & kit checks, Monday to Friday: technical ascents, classic routes & summits, with nights in huts (1:2), Saturday: debrief. Price: £1249 (inc. 4 nights half board in remote mountain huts). Dates: 4 - 10 July 2010, 5 - 11 Sept 2010.

Chamonix Rock

Welcome to the granite pillars and faces that overlook Chamonix. The infamous routes include: Arête des Papillons, Frison Roche, Chapelle de la Gliere, or Rebuffat on Midi. Advance your technical skills and grades on different styles of rock. If you have visited Chamonix before, you won't repeat anything, as there are 4000 routes to choose from!

Sunday: briefings, Monday to Friday: technical rock climbing (1:2 guiding throughout the course), Saturday: debrief. Price: £899. Dates: 4 - 10 July 10, 8 - 14 August 2010. Extra dates on demand.

Summer & Winter 1:1 Advanced Alpine

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.

Sunday: briefings & kit checks, Monday to Friday: technical ascents (1:1), Saturday: debrief. Price: £1699. If you are looking to ascend harder routes (e.g. Brouillard Arête), book this course and pay a supplement if conditions allow. Dates: on demand.

Chamonix Intro Via Ferrata, Haute Savoie

Designed as access into the mountains for soldiers during the war, via ferrata has now become a popular sport in its own right. This week is aimed at beginners on via ferrata, and is carefully designed to develop your skills. Based in Chamonix, you are led by qualified leaders and guides, so are in the best of hands. Key features of this course are the small group sizes, and the free loan of via ferrata safety kit.

Sunday: briefings, Monday to Friday: via ferrata days with option of night in hut (1:6), Saturday: debrief. Price: £699, inc. Chamonix B&B. Dates: 4 - 10 July 2010, 25 - 31 July 2010, 22 - 28 August 2010.

Bochette Way Via Ferrata

As seen in the 'Cliffhanger' film, these classic via ferrata are set high in the Dolomites of north Italy. They should only be undertaken by those with previous via ferrata or some basic climbing experience. No routes are particularly difficult, but it is continuous, exposed and sustained. Led by a qualified IFMGA Mountain Guide.

Sunday: briefings, Monday - Friday: guided via ferrata ascents (1:6), Saturday: debrief. Price: £999, inc. 6 nights half board in mountain huts. Dates: 1 - 7 Aug 2010, 29 Aug - 4 Sept 2010. Extra dates can be organised throughout the summer for groups of 4 or more.



Zumsteinspitze 4565m Monte Rosa 4000ers course



Switzerland Alpine Classics

The Eiger 3970m: Mittleggi Ridge

The Mittleggi 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.

Sun: briefings, Mon-Wed: Chamonix acclimatisation climbs (1:2), Thu-Fri: traverse the Eiger from Mittleggi hut to Jungfrauoch (1:1), Sat: debrief. Price: £1499. Dates: 18 - 24 Jul, 25 - 31 Jul, 1 - 7 Aug, 8 - 14 Aug, 15 - 21 Aug, 22 - 28 Aug 2010.

Summer Matterhorn 4478m: Hornli Arête

On this mountain your balance and ability with exposure are key. You prepare by ascending classic Chamonix routes such as Dent du Geant or the Rochefort Arête. We maximise your chance of summit success on the Matterhorn, using a 1:1 guide ratio.

Sun: briefings, Mon- Wed: Chamonix ascents and hut (1:2), Thu-Fri: Ascent of Matterhorn (1:1), Sat: debrief. Price: £1499. Dates: 11 - 17 Jul, 18 - 24 Jul, 25 - 31 Jul, 1 - 7 Aug, 8 - 14 Aug, 15 - 21 Aug, 22 - 28 Aug, 29 Aug - 4 Sep, 5 - 11 Sep 2010.



Monte Rosa 4000ers

This area is peppered with 4000m peaks and your aim is to ascend as many as possible. You stay in huts including the Margherita hut, which is the highest refuge in the Alps.

Sun: briefings & kit checks, Mon-Fri: five ascent days, 1:2 guiding, Sat: debrief. Price: £1199 (inc. four nights huts). Dates: 20 - 26 June 10, 18 - 24 July 10, 15 - 21 August 10, 29 Aug - 4 Sept 2010.

Oberland 4000ers

Five days of summits in Oberland, including Monch, Jungfrau and the Finsteraarhorn. Nights in refuges.

Sun: briefings & kit checks, Mon-Fri: five days 1:2 guiding in the Eiger region above the Swiss village of Grindelwald, Sat: debrief. Price: £1199 (inc. 4 nights huts). Dates: 20 - 26 June 10, 18 - 24 July 10, 15 - 21 August 10, 29 Aug - 4 Sept 2010.

Alpine Weekend Adventures

Summer & Winter Acclimatisation Weekends

Run every weekend in summer and winter. Two days with a summit, and night in a hut.

Saturday: ascend to mountain hut for night, Sunday: climb peak and descend. Price: £99. No previous experience required.

Glacier Travel and Crevasse Rescue Weekend

Learn coils, crevasse rescue, belays, anchors, and use crampons, axes, & ice screws.

Sat: briefing and guiding, evening instruction. Sun: glacier safety skills. Price: £199 (5/6 pers), £249 (3/4 pers), £299 (2 pers).

Introduction to Ski Touring Weekend

To learn the skills and how to use the equipment for ski touring. Two days of ski tours with an experienced IFMGA guide. A little previous off piste experience is required.

Saturday: briefing & kit checks, then guiding, & evening instruction. Sunday: ski touring. Price: £249 (drops to £199 if you book a ski tour straight after the weekend). Dates: 13 - 14 Mar, 20 - 21 Mar, 27 - 28 Mar, 3 - 4 Apr, 10 - 11 Apr, 17 - 18 Apr 2010.

Ski Touring Summit and Gourmet Hut Weekend

For those with previous touring and off piste experience, you tour up to a mountain hut then ascend a summit the next day before a great off piste descent back to the valley.

Saturday: briefing & kit checks, then guiding, & night in hut. Sunday: ski touring. Price: £299 (drops to £249 if you book with a Icicle ski tour starting straight after the weekend). Dates: 27 - 28 March 2010, 17 - 18 April 2010.

Alpine Snowshelters and Survival Weekend

Learn avalanche safety and key Alpine winter navigation skills, with night in a snowhole!

Saturday: skills & night in snowhole, Sunday: winter navigation & skills. Price: from just £99pp. Dates: run on demand for 2 or more.

Winter Alpine Skills Weekend

This weekend teaches the essential Alpine skills avalanche safety, and using crampons & axes.

Sat: briefing & guiding (1:6), Sun: glacier and safety skills (1:6). Price: £199. Dates: 19 - 20 Dec 2009, 17 - 18 Apr, 24 - 25 April 2010.

Winter Ice Climbs Weekend

Our most popular weekend course with two days of 1:2 guide ratio, for either multi-pitch waterfall ice or classic altitude mountaineering. Technical equipment is included in the price. No previous experience required. This course can also be run mid week as part of a winter holiday, or so you can benefit from cheaper flights.

Saturday: briefing, then 1:2 guiding, & evening instruction. Sunday: ice climbs or routes (1:2). Price: £299. Dates: 23 - 24 Jan, 6 - 7 Feb, 13 - 14 Feb, 27 - 28 Feb 2010. Extra dates for 2 or more people.



Aravis snowshoeing Chamonix Snowshoe week



Trekking and Snowshoeing

Tour du Mont Blanc (the TMB)

Icicle is a genuine specialist in the Tour du Mont Blanc (TMB), as we have groups on it nearly every week of the summer season from early June through to late September. The TMB is the legendary 180km circuit of Mont Blanc. This is one of the world's finest circular treks, visiting France, Italy and Switzerland. We offer the TMB over three time scales; in ten, six or three days trekking. We also offer a self-guided TMB, and provide detailed route cards, maps and good logistical support. All nights spent in mountain huts.

Classic TMB, 10 days guiding, 12 days total, £1099. Departures each week (subject to 4 pers min) from June - September.

TMB Highlights, 6 days guiding, 8 days total, £699. Dates: 26 Jun - 3 Jul, 31 Jul - 7 Aug, 28 Aug - 4 Sep, 4 - 11 Sep 2010.

Demi TMB (Contamines to Courmayeur), 3 days guiding, 5 days total, £499. Dates on demand for 2 pers or more, June - Sept.

Self-guided TMB, 10 days £110, 6 days £70, 3 days £50. Departures each week (minimum 4 required), June - September.

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 six days trekking in spectacular Alpine scenery.

Saturday: briefings & kit checks, Sunday - Friday: trek from Les Ruinettes (Verbier valley) to Zermatt valley, Saturday: debrief. Price: £899. Dates: 26 June - 3 July 2010, 31 July - 7 August 2010, 14 - 21 August 2010. Extra dates can be run on demand.

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 3096m. Learn about flora, fauna & glaciers. Other classic treks may include La Jonction, Aiguillette des Posettes, and Col du Tricot.

Sunday: briefings & kit checks, Monday - Friday: day treks, with the option of a night in a mountain hut, Saturday: debrief. Price: £499. Dates: 4 - 10 July 2010, 22 - 28 August 2010. Extra dates can be run for two or more people, June - September.



Chamonix Snowshoe Summits

Snowshoeing is the fastest growing winter sport and this week will show you why; snowy forests, amazing views, and glittering peaks. A popular course for non-skiers, wishing to explore the Mont Blanc massif in winter. Includes several summits, such as Monts Truc & Lachat, Berard, Chalets du Loriaz, and Mont Arpille.

Sunday: briefings, Monday - Friday: days snowshoeing, with the option of a night in a mountain hut, Saturday: debrief. Price: £499. Dates: 7 - 13 Feb 2010, 7 - 13 March 2010, 28 March - 3 April 2010.

Italian Snowshoe Weekends

An action packed weekend in stunning scenery, with a night spent in a luxury mountain hut that is famed for its wine list and gourmet cooking. No previous snowshoeing experience required.

Sat & Sun: briefings, and snowshoeing with night in hut. Price: £99. Dates: 20 - 21 Feb, 13 - 14 Mar, 3 - 4 Apr, 17 - 18 Apr, 1 - 2 May 10.

Gran Paradiso 4061m, trek and summit climb

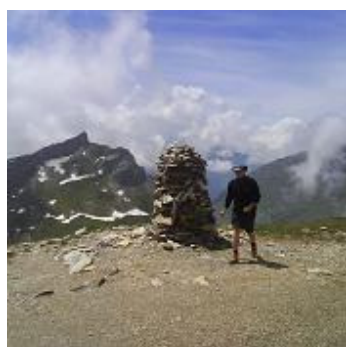
This is a classic route and is a great mix of challenging trekking and easy climbing to reach the highest point completely in Italy. The holiday is over seven days, with five days trekking and climbing. Three nights are spent in mountain huts in the national park.

Sun: briefings & kit checks, Mon - Fri: trek & climb, Sat: debrief. Price: £699. Dates: 27 June - 3 July 10, 22 - 28 August 10.

Corsica High Level Route, Grande Randonnée GR20

This is a tough and exhilarating two week trek across the mountainous spine of Corsica, from Calenzana to Bavella. 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!

Sun: meet & briefings, Mon - Fri (12 days) trekking, Sat: return flight. Price: £999. Dates: 20 Jun - 3 July 10, 5 - 18 Sept 2010.



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 also swim in geothermal pools, and visit Reykjavik and the famous Geysers.

Sat: briefings & kit checks, Sun-Fri: trekking, Sat: return. Price £1099. Dates: 7 - 14 August 2010. Extra dates run on demand.

Winter ascent of Toubkal, 4167m - Morocco, Africa

Djebel Toubkal is close to Marrakesh, and is the highest peak of the Atlas Mountains. Crampon skills are taught during the week, so this is suitable for non-mountaineers.

Sat: briefings, Sun-Fri: trek, Sat: return. Price £499. Dates: 5 - 12 Dec 09, 26 Dec 09 - 03 Jan 10, 6 - 13 Feb, 4 - 11 Dec 2010.

Mera 6476m Peak - Nepal, Himalayas

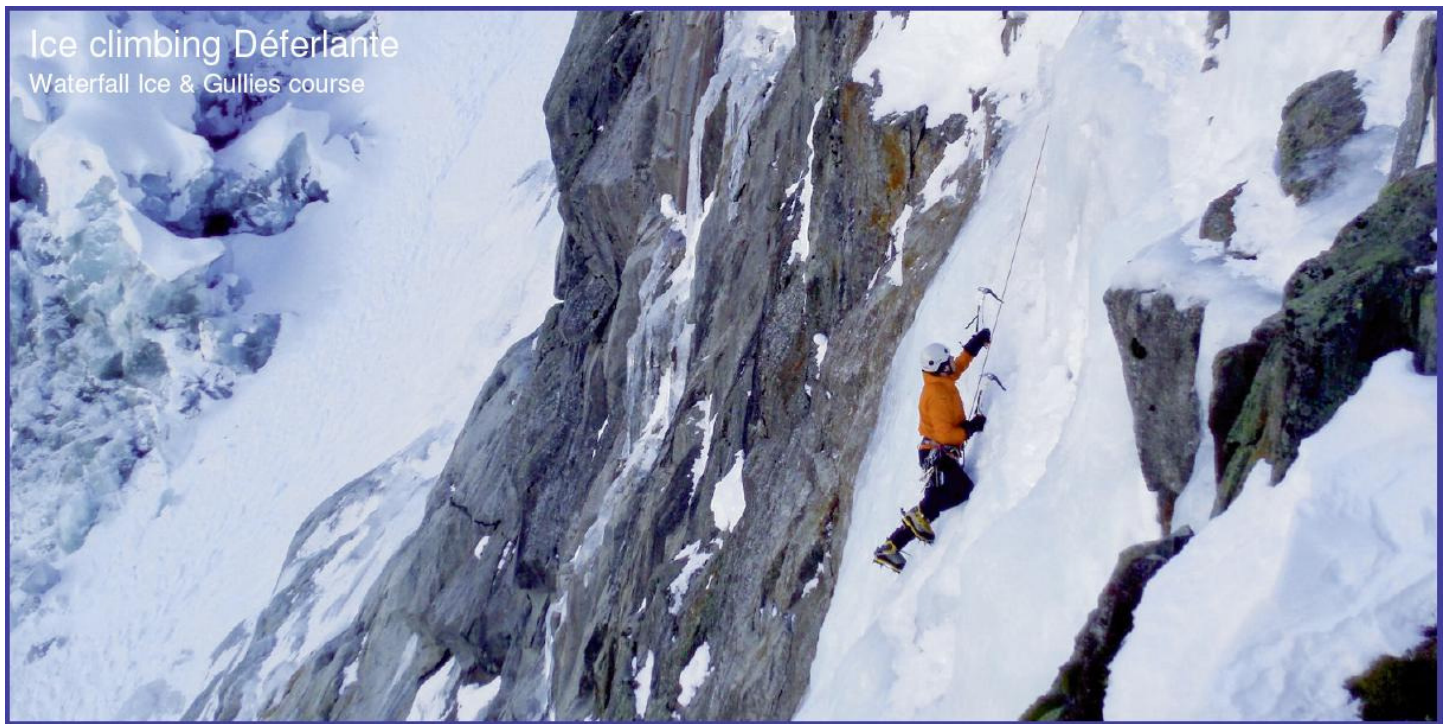
This is a non-technical altitude trekking peak, providing a good challenge for hillwalkers. Your acclimatisation is developed so you enjoy the trek and its summit views to Everest.

Date: 24 Oct - 14 Nov 2010, 23 Oct - 13 Nov 2011 (22 days). Price: £1499. Includes internal flights from Kathmandu to Lukla.

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: 10 - 25 Oct 2010, 9 - 24 Oct 2011 (16 days). Price: £1399. Includes internal flights from Kathmandu to Lukla airport.



Ice climbing Déferlante
Waterfall Ice & Gullies course

Ice Climbing & Alpine Winter

Winter Introduction 'Ice & Alpine'

Learn the key skills for winter climbing; glacier travel, avalanche awareness, ropework, crevasse rescue, and snowshelters. You will climb up to Grade IV waterfall ice as well as a classic Alpine winter route, and spend a night in a remote and comfy mountain hut.

Sun: briefings & kit checks, Mon-Tue: two day journey with hut (1:6), Wed: glacier / ice (1:6), Thu-Fri: routes (1:2), Sat: debrief. Price: £799. Dates: 13 - 19 Dec 2009, 17 - 23 Jan 2010, 31 Jan - 6 Feb 10, 21 - 27 Feb 10, 14 - 20 March 10, 4 - 10 April 10.

Chamonix 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), Tue-Fri: ascents of Chamonix waterfall ice or altitude snow gullies (1:2), Saturday: debrief. Price: £899. Dates: 10 - 16 Jan 2010, 24 - 30 Jan, 28 Feb - 6 Mar, 21 - 27 Mar 2010.

2 Person Autonomy

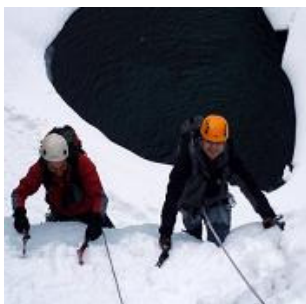
If there are two of you seeking a week of ice and snow climbing in the Alps, this course is tailored to your aspirations. You could learn to lead, develop autonomy, or just climb some famous winter routes.

Sunday: briefings, Mon-Fri: Alpine ascents (1:2), Saturday: debrief. Price: £899, inc. 2 person flat. Dates: run on demand throughout the winter.

Cogne / La Grave Ice

After a day refreshing your skills on Chamonix ice, you travel to either of these famous ice regions and climb routes at your absolute limit. Each night in Cogne or La Grave is spent in a very comfy hotel with saunas, bars and jacuzzis, on a half board basis. Classic routes include Patrie, Erektion, Archeronte, Cold Couloir, Pylone.

Sunday: briefings, Monday: Chamonix ice (1:2), Tuesday to Friday: ice climbs Cogne or La Grave (1:2), Saturday: debrief. Price: £1199, inc. 3 nights B&B Chamonix & 3 nights half board in hotel. Dates: 7 - 13 February 2010, 7 - 13 March 2010.



Norwegian Icefall Climbing, Rjukan

The main two ice climbing sites in Norway are Hemesedal and Rjukan. Norway has every type of icefall from the mighty wall of Hyndefossen, to the enormous pillar of Vettfossen. Stay in a comfortable B&B's.

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: £1099 (includes B&B accommodation). Dates: 7 - 13 March, 14 - 20 March 2010.

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 the classic ice routes. Saturday: sightseeing and depart. Price: £1099 (includes B&B accommodation). Dates: 7 - 13 March, 14 - 20 March 2010.

1:1 Ultimate Waterfall 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: £1599. 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

Dry tooling has developed as a sport in its own right. You can also climb Alpine mixed routes, such as the Goulotte Cosmiques, Pelissier, or the Tacul Contamine routes.

Sunday: briefings & kit checks, Monday to Friday: technical ascents (1:1), Saturday: debrief. Price: £1699. Dates: run on demand throughout the winter ice season from mid December to the end of April. Previous skills: grade V ice climbs.

Winter Ascent of Matterhorn

To summit the Matterhorn in the winter requires cast iron determination, with at least two nights spent on the mountain. The ascent pushes your stamina and endurance to the absolute limit.

Sunday: briefings & kit checks. Monday: Chamonix test climb (1:1), Tue-Fri: Matterhorn (1:1). Sat: debrief. Price: £2499, run on demand.

Aiguille Verte: climb and ski

This magnificent peak first ascended by Edward Whymper, is considered as the Alpine summit that turns you into a mountaineer. This week trains and acclimatises you, before taking the best weather window for the ascent. Ascents by the Couturier Couloir, descent by the Whymper Couloir on foot or by ski.

Sunday: briefings & kit checks, Monday to Friday: technical ascents & ascend Aiguille Verte (1:1 ratio), Saturday: debrief. Price: £1699.



Icicle Specialist Expeditions

Aconcagua, 6959m - Argentina, Andes

The second highest of the seven summits, and the highest trekking peak in the world! We opt for the 360° route where you ascend by the Vacas valley on the False Polish route, then descend the Normal route, making a full circumnavigation of the mountain. Supported by guides, mules & porters. Day at each end in the vibrant town of Mendoza, where you can enjoy tango shows, steaks and wine. No experience needed.

Date: Sun 19 December 2010 - Sat 8 January 2011, Sun 6 - Sat 26 February 2011 (21 days). Price from £1999.

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 30 days, with 6 days for summit bids.

Date: 8 October - 6 November 2011. Price: £2999. Includes internal flights from Kathmandu to Lukla airport.

Denali (Mount McKinley), 6194m - Alaska

The highest mountain in North America, and one of the Seven Summits. This expedition allows time for weather windows for summiting this peak that is renowned for its storm winds and extreme cold. You ascend the fixed lines on the wall of the Western Buttress.

Dates: 14 May - 7 June 2011. Price: £3250. Includes internal flights from Talkeetna to the Kahiltna glacier.

Mount Elbrus, 5642m - Caucasus

The UK Foreign & Commonwealth Office has a travel advisory against this region, and so all trips are temporarily suspended. If you're interested in a future trip, let us know and we'll tell you when things improve.

Kilimanjaro & Meru - Africa

Our most popular expedition, with 100% summit success since 2005! We avoid routes that gain altitude too quickly, to ensure you acclimatise. We ascend the Machame Route passing the Western Breach, and descend the Mweka. All meals are included. Many clients opt for the four day ascent of Mount Meru before Kilimanjaro, or a three day safari extension or Zanzibar after it. No previous climbing experience is required. Extra dates run on demand for two or more.

Kilimanjaro (9 days). Price: £799.

Dates: Sat 26 Dec 09 - Sun 3 Jan 10, Sat 13 - Sun 21 Feb 10, Sat 20 - Sun 28 Feb 10, Sat 7 - Sun 15 Aug 10, Sat 11 - Sun 19 Sep 10, Sat 18 - Sun 26 Sep 10, Sat 25 Dec 10 - Sun 2 Jan 11, Sat 6 - Sun 14 Aug 11, Sat 10 - Sun 18 Sep 11, Sat 17 - Sun 25 Sep 2011.

Kilimanjaro & Mount Meru (13 days). Price: £1199.

The dates are run as above, but arriving on the Tuesday beforehand so the Meru ascent runs Wednesday to Saturday before Kilimanjaro.





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For more information on any of our courses and trips, please look at the website, and you can download detailed itineraries, and view photo galleries too. If you have any queries, then don't hesitate to get in touch. All e-mails and phone calls are answered by experienced advisors who have been on the trips themselves.



Our website has been configured to work with iPhones and other mobile devices, so if you are stuck in a work meeting and bored, log on and see what's on offer, whilst the others think you are checking your e-mails!

This online brochure should have given you a flavour of the range of trips that we offer, but if you have a private group and would like to arrange a bespoke trip, then let us know your requirements. The prices often become even more competitive, and any dates can be organised to suit your preferred dates. Get in touch...



All bookings are made with Icicle Mountaineering Ltd, whose contact address is Icicle Adminzone, Earnshaw Business Centre, Hugh Lane, Preston, PR26 6PD. Icicle Mountaineering Ltd is a Private Limited Company registered in England under number: 4136635 and trading as 'Icicle' or 'Icicle Mountaineering'. Our VAT Number is: 770 1379 33. The registered office (not our postal address) is Icicle Mountaineering Ltd, Flower Ellison, Suite 5, Viking House, Lodge Lane, Daneholes, Grays, RM16 2XE. Brochure Copyright 2009 & 2010 held by Icicle. All rights reserved.

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