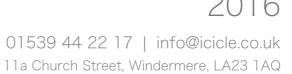


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alpine intro & autonomy

Alpine Introduction

If you are a keen hillwalker who has always wanted to climb in the Alps, to venture onto glaciers, and to attempt a 4000m peak, this is the course for you. It teaches a complete novice the skills needed for the Alps, including glacier travel, ropework, ice climbing, rock skills, navigation, and crevasse rescue. You spend a night in a high mountain hut, have an Alpine start for a route, and ascend Gran Paradiso 4061m which is the highest peak in Italy. By the end of the week you should have climbed vertical ice, learned key ropework, travelled over glaciers, led a rock route, and climbed a 4000m mountain. Great for a first Alpine trip! If you fancy climbing Mont Blanc after this week, you could consider the two week Mont Blanc Achievement trip, or a two day Mont Blanc extension.

Sun: briefings & kit checks, Mon: mountain skills and navigation (1:6), Tue: crampon techniques with glacier travel and ice climbing (1:6), Wed: mountaineering route at altitude (1:6), Thu: rock climbing and trek up to mountain hut (1:3), Fri: Gran Paradiso 4061m (1:3), Sat: depart. Price: £849. Dates: 26 Jun - 2 Jul, 10-16 Jul, 24-30 Jul, 7-13 Aug, 21-27 Aug, 4-10 Sep 2016.

Autonomy Techniques

If you have used crampons for winter hill walking or mountaineering before, and have either scrambling or rock climbing experience, then you should choose this rather than the Alpine Introduction course. This is a fast track course that is designed to make you more autonomous in the Alps. You cover the technical syllabus of the Intro course in greater detail, with smaller guiding ratios and a focus on moving together and leading. At the end of the week you have the choice of two day routes, or a two day ascent of an Alpine peak with a night in a hut, such as Domes du Miages, Mont Velan, or Mont Blanc du Tacul. Alternatively you can opt for two technical day routes. We aren't scared of making you autonomous, to attempt future Alpine climbs on your own.

Sun: briefings & kit checks. Mon: glacier travel & ice climbing (1:6). Tue: mountaineering ridge climb (1:3). Wed: altitude snow route and crevasse rescue (1:3). Thu: glacier ascent to mountain hut for the night (1:3). Fri: main Alpine ascent (1:3). Sat: depart. Price: £999. Dates: 19-25 Jun, 3-9 Jul, 17-23 Jul, 31 Jul - 6 Aug, 14-20 Aug, 28 Aug - 3 Sep 2016. Extra dates for groups of 3 booking together.

Glacier Haute Route trek

This is the tough glacier version of the Walkers Haute Route. Traverse glaciers from Chamonix to Zermatt, staying in huts each night of the trek. Led by an IFMGA guide, and the trip culminates with an ascent of Breithorn 4164m. We provide all the technical kit in the course price.

Sat: briefings, Sun - Sat: guiding, Sun: depart. Price: £1499. Dates: 9-17 Jul, 13-21 Aug, 27 Aug - 4 Sep 2016

Glacier Safety Weekends

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

Sat & Sun: guiding (1:2) and night in mountain hut. Price: £399 (inc. technical kit). Dates: 25-26 Jun, 30-31 Jul, 27-28 Aug 2016. Extra dates on demand.

Two person summer week

For two people booking together, this is a week of Chamonix based climbs, tailored to you. Learn to lead, develop autonomy, or just climb some famous routes. Price includes a private two person flat.

Sunday: briefings, Mon-Fri: key Alpine ascents (1:2), Saturday: depart. Price: £1099. Dates: run on demand.





mont blanc summit

Mont Blanc Summit Week

Our most popular course tackles the highest mountain in the Alps. We summit by either the traverse of Trois Mont Blanc over the shoulder of Tacul and Maudit, or via the classic Aiguille du Gouter. We carefully designed our itinerary to assist your acclimatisation, and to offer several summit weather windows. The itinerary is deliberately flexible to help maximise your summit chances. Your guide will suggest preparation routes tailored to your experience, such as the Cosmiques Arête, Petite Verte, or Gran Paradiso. You should be in great physical shape for Mont Blanc, as the climb involves over 1300m of ascent on a snow ridge using crampons, and your stamina and determination will be tested to the limit. Any previous mountain skills or altitude experience will be beneficial to increase your summit chances.

Sun: briefings & kit checks, Mon: glacier crampon skills and ice climbing (1:6), Tue - Fri: preparation training routes and Mont Blanc summit, with one (inc) or two nights in mountain huts (1:2), Sat: depart. Price: £1449. Dates: every week between 19 June & 10 Sept 2016.

Mont Blanc Achievements

A popular two week course for those who need more time to acclimatise and learn skills, before their ascent of Mont Blanc. The course is the Alpine Introduction week climbing Gran Paradiso, followed by the Mont Blanc Summit course. More time for you to acclimatise and the training will increase your summiting chances.

Price: £2099 (Intro + Mont Blanc = £2298. Save £199). Dates: 26 Jun - 9 Jul, 10-23 Jul, 24 Jul - 6 Aug, 7-20 Aug, 21 Aug - 3 Sep 2016.

Mont Blanc Autonomy

If you want more time to acclimatise and train before an ascent of Mont Blanc, but have existing crampon and climbing skills. This course is the Autonomy Techniques week, followed by Mont Blanc Summits course. This trip will provide more skills for greater autonomy, such as leading and Alpine short-roping, as well as attaining the highest summit in the Alps.

Price: £2249 (Autonomy week + Mont Blanc = £2448. Save £199). Dates: 19 Jun - 2 Jul, 3-16 Jul, 17-30 Jul, 31 Jul - 13 Aug, 14-27 Aug, 28 Aug - 10 Sep 2016.

Alps apprenticeship month

Four weeks of back to back courses, to fast track your Alpine career; Alpine Intro week, Mont Blanc summit, Monte Rosa 4000m peaks, and culminating with the Matterhorn or Eiger ascent.

Price: £4999. Dates: 26 Jun - 23 Jul, 10 Jul - 6 Aug '16.

Acclimatisation weekend

Arrive a day early in Chamonix, for an extra night of accommodation, and a wide range of guided options on the Sunday.

Accommodation only for Saturday night: £50. Sunday guided options; Trekking peak +£60, Trail running +£50, Alpine climbing +£120. Minimum numbers apply.

Alpine Big 3 Extensions

Two days guiding directly after an Icicle course to attempt Mont Blanc, the Eiger or the Matterhorn summit. This popular weekend guiding only extension often follows an Intro or Autonomy course, but can be added after any climbing week.

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





technical alpine ascents

Technical Ice & Classics

This course tackles a mixture of famous snow, rock, ice and mixed routes to AD+ or D grade, such as Dent du Geant, the Rochefort Arête, or the Chere Couloir. Each itinerary for this course is flexible to cater for the conditions, weather and your aspirations. Push your grade, develop your climbing skills, practice moving together, gear placement and leading.

Sunday: briefings & kit checks, Monday to Friday: technical ascents (1:2), Saturday: depart. Price: £1099 (inc. night in hut). Dates: 3-9 Jul, 17-23 Jul, 24-30 Jul, 14-20 Aug, 21-27 Aug, 4-10 Sep 2016. Extra dates on demand, for 2 people booking together.

Alpine Technical 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 the Rebuffat on Midi. Advance your technical skills and grades on different styles of rock, selecting from over 4000 routes!

Sunday: briefings, Monday to Friday: technical rock climbing (1:2 guiding), Saturday: depart. Price: £999. Dates: 26 Jun - 2 Jul, 7 - 13 Aug 2016.

Summer North Faces

This course is run in early summer while the north faces are in condition. Routes often attempted include the North Faces of Tour Ronde or Gran Paradiso, Table Couloir, Col Copt or the Contamines Grisole on Mont Blanc du Tacul. This appeals to those with Alpine or ice experience to PD+ or AD / III ice.

Sunday: briefings & kit checks, Monday to Friday: technical ascents of ice and mixed routes (1:2), Saturday: depart. Price: £1099 (inc. night in hut). Dates: 19-25 Jun, 26 Jun - 2 Jul 2016.

Advanced 1:1 week

Clients looking for 1:1 guiding have a range of different 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. We operate this course both in Summer and in Winter, on all weeks.

Sunday: briefings & kit checks, Monday to Friday: technical ascents (1:1), Saturday: depart. Price: £1999. To ascend harder routes (e.g. Brouillard Arête), book this and a supplement is payable if conditions allow.

Aiguille Verte

This magnificent peak first ascended by Edward Whymper, is considered the Alpine summit that turns you into a mountaineer. This week acclimatises and trains you, before taking the best weather window for the ascent. Climb via Whymper Couloir or Moine ridge.

Sunday: briefings & kit checks, Monday to Friday: technical ascents & ascend Aiguille Verte (1:1 ratio), Saturday: depart. Price: £2499 (inc. night in hut). The course is run on demand, normally in June and July.

Grandes Jorasses

The North Face of the 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 the Italian Val Ferret via the Boccalatte mountain hut. An amazing challenge!

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: £3999 (Walker Spur), or £2499 (Normal Route).





matterhorn & eiger

Matterhorn 4478m ascent

This iconic mountain attracts climbers from all over the world. There are two classic routes on the peak; the Hornli Arête from the Swiss side above the town of Zermatt, and the Lion Ridge from Cervinia in Italy. Either route is a serious undertaking, and it will test your balance, fitness and ability with exposure. You prepare by ascending classic Alpine routes such as the Dent du Geant or Rochefort Arête. On the ascent of the Matterhorn, we use a 1:1 guide ratio to maximise safety. In terms of previous experience, many clients have climbed Mont Blanc or another Alpine PD+ / AD grade route. Some experience of outdoor rock climbing, crampon use and exposed scrambling is essential for this course. Since its renovation, the Hornli hut has more limited space, so book early to guarantee your place.

Sun: briefings & kit checks, Mon-Wed: Training and summits (1:2), Thu-Fri: Ascent of the Matterhorn (1:1), Sat: depart. Price: £1799. Dates: 10-16 Jul, 17-23 Jul, 24-30 Jul, 31 Jul - 6 Aug, 7-13 Aug, 14-20 Aug, 21-27 Aug, 28 Aug - 3 Sep, 4-10 Sep 2016.

Eiger Mittileggi 3970m

Probably the most famous peak in the Alps, the Eiger towers above the Swiss village of Grindlewald, with its foreboding North Face almost always in the shade. As you look upwards from Kleine Scheidegg, the Mittillegi runs along the top left ridge of the face and offers competent Alpinists a hard and very exposed climb. Before this course you should have good Alpine experience such as classic AD grade routes. From the Mittillegi hut, the climb is a mixture of rock towers with some fixed lines, and steep snow, so good experience on both rock and snow is essential. The descent is longer than the ascent, and makes its way down to Monchsjoch, before you return to Jungfraujoch. Here you take the train down to Grindlewald through a rock tunnel descending behind the north face of the Eiger.

Sun: briefings, Mon-Wed: Training acclimatisation climbs (1:2), Thu-Fri: traverse the Eiger Mittillegi (1:1), Sat: depart. Price: £1699. Dates: 10-16 Jul, 17-23 Jul, 24-30 Jul, 31 Jul - 6 Aug, 7-13 Aug, 14-20 Aug, 21-27 Aug, 28 Aug - 3 Sep, 4-10 Sep 2016.

Alpine Trilogy course

This two week course attempts to ascend the three key Alpine giants of Mont Blanc, the Eiger and Matterhorn. The first week follows the Mont Blanc Summits course, then the second week is five days 1:1 guiding in which to attempt the Matterhorn and Eiger. A serious challenge, with a highly flexible second week, to allow for weather windows and conditions. A high level of fitness and motivation is required.

Price: £3499. Dates: 3-16 Jul, 10-23 Jul, 17-30 Jul, 24 Jul - 6 Aug, 31 Jul - 13 Aug, 7-20 Aug, 14-27 Aug, 21 Aug - 3 Sep, 28 Aug - 10 Sep 2016.

Winter Matterhorn ascent

To summit the Matterhorn in winter requires cast iron determination, with up to two nights spent on the peak. Winter ascents are made via the Hornli arete, staying in the Hornli and Solvay huts. Only for very experienced Alpinists.

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





classic alpine 4000m peaks

Monte Rosa 4000m peaks

This area is peppered with 4000m peaks and your aim is to ascend as many as possible, staying in huts for four nights. Nicknamed the Spaghetti Tour, because of its great food, one night is spent in the Margherita hut, the highest hut in the Alps. Groups typically climb up to six 4000m summits during the week such as Castor, Pollux, Liskaam West, Breithorn, Corne Nero, Signalkuppe, P. Vincent. A great progression from the Intro course.

Sun: briefings & kit checks, Mon-Fri: five ascent days, 1:3 guiding, Sat: depart. Price: £1099. Dates: 26 Jun - 2 Jul, 10-16 Jul, 24-30 Jul, 14-20 Aug, 28 Aug - 3 Sep '16.

Oberland 4000ers week

Five days of summits in the Oberland, staying in mountain huts each night. Peaks include Monch, Jungfrau and the Finsteraarhorn. You maximise climbing time by using the famous Jungfraujoch railway in the North Face of the Eiger.

Sun: briefings & kit checks, Mon-Fri: five days 1:2 guiding in the Eiger region, Sat: depart. Price: £1399. Dates: 3-9 Jul, 17-23 Jul, 31 Jul - 6 Aug, 21-27 Aug, 4-10 Sep 2016. Extra dates on demand.

Zermatt Climber Classics

Climb some of the classic AD grade ridge routes above Zermatt such as Zinal-Rothorn, Dent Blanche, traverse of the Nadelgrat, Rimpfischhorn, or the East Ridge of Breithorn. The aim is to climb the best classics from either Zermatt or Val d'Anniviers side. This course is a good alternative to the Tech Ice & Classics.

Sunday: briefings & kit checks, Monday to Friday: technical ascents, classic routes and summits, with nights in huts (1:2), Saturday: depart. Price: £1599. Dates: 10-16 Jul, 31 Jul - 6 Aug 2016.

Saas 4000ers week

A great progression from our Summer Alpine Introduction course, or alternative to the Autonomy Techniques course, for those seeking a hut based week in the mountains. Climbing in the Mischabel and Alphubel massif, overlooking Zermatt and Saas. Climb 4000m summits such as Weissmies, Lagginhorn and Alphubel.

Sunday: briefings & kit checks, Monday to Friday: technical ascents, classic routes & summits, with nights in huts (1:2), Saturday: depart. Price: £1299. Dates: 19-25 Jun, 17-23 Jul, 7-13 Aug, 4-10 Sep 2016.

3 Countries, 3 Summits

If you have used crampons before, this is a challenging week of summit bagging. The summits chosen vary depending on conditions, but often include; Gran Paradiso or Aiguille du Toula (Italy), Mont Blanc du Tacul or Aig du Tour (France) and Mt Velan or Breithorn (Switzerland).

Sun: briefings, Mon - Fri: summits (1:2), Sat: depart. Price: £1199. Dates: 3-9 Jul, 31Jul-6Aug, 28Aug-3 Sep.

Dufourspitze 4634m

Climb the highest peak in the Monte Rosa massif. It's the second highest peak in Switzerland, so it provides a challenge that is a good alternative to Mont Blanc.

Sun: briefings, Mon - Fri: summits (1:2), Sat: depart. Price: £1499. Dates: 10-16 Jul, 31 Jul - 6 Aug, 4-10 Sep

Barre des Ecrins 4101m

Five days climbing in the unspoilt Ecrins national park. Mixture of snow and mixed climbs, with four nights in mountain huts.

Sun: briefings, Mon - Fri: summits (1:2), Sat: depart. Price: £1599. Dates: 17-23 Jul, 7-13 Aug 2016.





ice climbs & scottish winter

Winter Alpine Intro

Learn skills for winter climbing including avalanche safety, ice climbing, glacier travel, crevasse rescue, and ropework. Climb up to grade IV ice and classic winter routes. No previous experience is necessary. This is our most popular winter Alpine course, and technical equipment hire is included in the course price. Option of a night staying in a mountain hut.

Sun: briefings & kit checks, Mon: winter skills (1:6), Tue: glacier travel (1:6), Wed: ice climbs (1:6), Thu-Fri: routes (1:2), Sat: depart. Price: £849. Dates: 31 Jan - 6 Feb, 21-27 Feb, 13-19 Mar, 3-9 Apr 2016.

Chamonix Technical Ice

If you have some experience of ice climbing on waterfall or glacier ice, but want to to push your grade, and to learn to lead and place gear. Spend a full week climbing the very best winter ice routes.

Sunday: briefings, Mon-Fri: Waterfall ice routes and Alpine ascents (1:2), Saturday: depart. Price: £1099. Dates: 24-30 Jan, 14-20 Feb 2016.

Canada / Norway ice week

£1599. See website for details of these ice courses.

Val de Cogne Italian Ice

Each night in Cogne is spent half board in a hotel close to the ice climbs. Classic ice routes climbed include Patrie, Archeronte, or Stella Artice. This course is aimed at those wishing to climb grade III to IV+ ice.

Sunday: briefings, Mon-Fri: Waterfall ice routes (1:2), Saturday: depart. Price: £1299, inc 4 nights half board in hotel. Dates: 7-13 Feb, 28 Feb - 5 Mar 2016.

Winter Alpine Classics

A week of classic snow, ice and mixed routes. Climb famous Alpine winter routes in Chamonix region such as Chevallier, Aiguilles Marbees, and Chere Couloir.

Sunday: briefings, Mon-Fri: Climbs (1:2), Sat: depart. Price: £1099. Dates: 6-12 Mar, 10-16 Apr 2016.

Winter Ice Weekend

Two days ice climbing at a 1:2 guide ratio. Choose either multi-pitch ice or classic altitude winter routes above Chamonix. Friday and Saturday nights included.

Fri: arrive, Sat & Sun: guiding (1:2). Price: £499. Dates: 29-31 Jan, 5-7 Feb, 26-28 Feb, 11-13 Mar, 25-27 Mar 2016. Extra dates on demand for 2 booking together.

Winter ascent of Toubkal

Climb the two highest peaks of the Atlas; Toubkal 4167m and Ouanoukrim 4089m. Crampon skills are taught during the week, so suitable for non-mountaineers.

Sat: fly to Morocco, Sun-Fri: climb, Sat: return flight. Price £495. Dates: 28 Nov - 5 Dec '15, 19 - 26 Dec '15, 26 Dec 2015 - 2 Jan '16, 23-30 Jan, 13-20 Feb, 20-27 Feb, 5-12 Mar, 26 Mar - 2 Apr, 9-16 Apr 2016.

Scottish winter weekend

Learn to use your crampons and ice axe, and self arrest. Focus on snow anchors, winter skills, and winter climbing. Arrive Friday evening, with two days guiding.

Price £325. Dates: 22-24 Jan, 5-7 Feb, 12-14 Feb, 19-21 Feb, 26-28 Feb, 4-6 Mar 2016.

Scottish winter climbing

A full week tackling tackling grade I and II gullies and ridges. Objectives include Carn Mor Dearg Arete or Ledge Route on Ben Nevis, and Curved Ridge in Glencoe.

Sun: briefings, Mon-Fri: climbs, Sat: depart. Price: £675. Dates: 10-16 Jan, 17-23 Jan, 24-30 Jan, 31 Jan - 6 Feb, 7-13 Feb, 14-20 Feb, 21-27 Feb, 28 Feb - 5 Mar 2016.





lake district walks & skills

Alpine Training weekend

These Lake District weekends are to help you prepare and train for a Alpine course. They are a great mixture of developing hill skills and fitness, and coaching you on efficient movement over broken mountain terrain. You have sessions to talk about kit choices and personal training plans, with your instructor who is one of our Alpine guiding team. You should be prepared for long hill days, which are based above the Great Langdale valley.

Price £99. Dates: 21-22 May, 11-12 June 2016.

UK avalanche training day

Essential pre-season training for skiers and mountaineers alike. Based in the Lake District, for easy access. Learn use of avalanche transceivers, snow shovels and probes. Focus on avalanche safety and prediction, constructing snow pits, and snow stability tests. Day includes loan of avalanche transceivers, and a classroom session after the hill day.

Price £75. Dates: Dec & Jan. Extra dates for 2+ people.

Nild camping weekend

A weekend to get away from it all, with a night wild camping in a remote high spot in the Lake District mountains. You learn how to wild camp and leave no trace. You spend an exhilarating night under the stars. Also learn key navigation skills. This weekend is great training for expedition skills for those planning a long tent based trip, such as to Aconcagua or Kilimanjaro.

Guiding: Sat & Sun. Price £140. Dates: 9-10 Jan, 7-8 May, 17-18 Sep, 29-30 Oct 2016. More on demand.

Great Lake District peaks

Tackle one of the famous Lakeland peaks via classic routes, at safe guiding ratios. Helvellyn via Striding Edge, the Fairfield or Langdale horseshoes, Blencathra via Sharp Edge or Halls Fell, Scafell Pike or Coniston Old Man. Many days take in the summits of several Wainwright peaks, so appeal to those collecting the 214 tops. These days are great for developing hill fitness and movement over rocky ground.

Price: £40 (based on 4 people). Dates: throughout the year. See website for group discounts and details.

Mountain Leader refreshe

Designed for those approaching their ML assessment, or building QMD's. This is private guiding tailored to you (or up to 4 booking together). Days can include ML ropework refreshers, or mock exams.

Price: £160 (1 day) or £300 (2 day, includes night nav), or £360 for 2 day mini-expedition, night nav and camp.

Navigation skills days

Beginner or advanced level navigation training days, following NNAS syllabus. Skills covered; setting the map, contour interpretation, pacing, bearings, timings, route choice, aspect of slope, relocation.

Price: £75pp (scheduled dates). Dates: throughout year.

Rock climbs & scrambling

Climb classic multi-pitch Lake District rock routes, roped scrambles or single pitch routes. Private guiding, run on demand, for you to focus on specific climbs, or to be coached and develop your rock skills.

Price: £200 in total for 1 or 2 people. Dates: on demand.





challenging alpine treks

Gran Paradiso summit trek

This is a great mix of challenging trekking over the first three days, then a two day ascent of Gran Paradiso 4061m, the highest peak completely in Italy.

Sun: travel, Mon - Fri: guiding, Sat: depart. Price: £849. Dates: 19-25 Jun, 17-23 Jul, 14-20 Aug, 4-10 Sep 2016.

Corsica GR20 North trek

This is a tough week long trek across the technical northern section of the GR20, from Vizzavone to Calvi. It has several sections of exposed ladders and chains, including the famous Cirque de Solitude.

Sun: briefings, Mon - Sat trekking (6 days), Sun: return. Price: £895. Dates: 3-10 Jul, 21-28 Aug 2016.

Full Walkers Haute Route

This famous trek links the two Alpine capitals of Chamonix and Zermatt. The nights are spent in mountain huts and hotels, with twelve days trekking, so you complete the full route and high passes.

Sun: briefings, Mon - Fri: trek to Zermatt, Sat: travel. Price: £1599. Dates: 4-17 Sep. Extra dates for groups.

Classic Tour Mont Blanc

Walk every step of the TMB, staying in mountain huts each night of the trek. We tackle all the high passes and variants in just one week. It will appeal to regular hill walkers, and is the most challenging TMB trek, averaging 25km and +1500m a day.

Sat: travel, Sun - Sat: trek, Sun: depart. Price: £899. 25 Jun - 3 Jul, 9-17 Jul, 30 Jul - 7 Aug, 27 Aug - 4 Sep.

Luxury Tour Mont Blanc

Full TMB, with bag transfers, small rooms in hotels and lodges. 10 days guiding.

Sun: travel, Mon - Wed: trek, Thu: depart. Price: £1899. Dates: 26 Jun - 7 Jul, 24 Jul - 4 Aug, 4-15 Sep 2016.

Demi Tour Mont Blanc

West section of TMB, 4 days holiday with 3 days guiding. Chamonix to Courmayeur.

Fri: travel, Sat - Mon: trek. Price: £499. Dates: 15-18 Jul, 5-8 Aug, 26-29 Aug 2016. Extra dates on demand.

Self-guided TMB treks

Route cards, maps, logistics, baggage storage and hut bookings. From £199.

Best of Chamonix Treks

A week of famous walks to explore the hidden gems of the region; the dinosaur prints, hidden caves, and highest trekking peak in the massif. You usually trek in Switzerland, France and Italy.

Sun: briefings, Mon - Fri: day treks, Sat: depart. Price: £699. Dates: 24-30 Jul, 28 Aug - 3 Sep, 3-9 Sep 2016.

Intro Via Ferrata

Aimed at beginners on via ferrata, based in Chamonix, you are led by qualified guides. Day routes, returning to your base in the valley. Small group sizes, and the free loan of via ferrata technical safety kit.

Sun: travel, Mon - Fri: guiding, Sat: depart. Price: £799. Dates: 10-16 Jul, 31 Jul - 6 Aug 2016.

Bochette Way Dolomites

These classic via ferrata are set high in the Dolomites of northern Italy. Led by a qualified IFMGA mountain guide. Includes six nights half board in huts and lodges.

Sun: travel, Mon - Fri: guiding (1:4 ratio), Sat: depart. Price: £1299. Dates: 7-13 Aug 2016.





expeditions & altitude treks

Aconcagua 6959m

Second highest of the seven summits, and the highest trekking peak in the world! We opt for either the 360 route where you ascend by the Vacas valley to reach the high Guanako route, then summit & descend the normal route, or the Cerro Vallecitos route. Led by a qualified guide, with mules and porters.

Price: £2999. Dates: 14 Dec 2016 - 1 Jan 2017.

Everest Base Camp

Visiting the viewpoint of the Kala Patar, Namche Bazaar, Thyangboche monastery and the base camp by the Khumbu icefall. Follow the climbers trail to Everest.

Date: 2 - 17 Oct 2016. Price: £1499. inc. KTM to Lukla.

Mera Peak 6476m

The highest trekking peak in Nepal, over a three week trip. Great summit views to the Himalayan giants of Lhotse, Nuptse, Pumori, and to Mount Everest itself.

Date: 2 - 17 Oct 2016. Price: £1999. inc. KTM to Lukla. Extra dates for groups on demand.

Kilimanjaro 5985m

Our most popular expedition, with 96% summit success since 2005! We avoid routes that gain altitude too quickly, to ensure you acclimatise. We ascend via either the Machame Route passing the Western Breach, or the Rongai route from the north. The usual descent is via the the Mweka, Included in the price, at the end of the trip is a one day guided safari in the Tarangire / Arusha park, Many clients opt for the 4 day ascent of Mount Meru before Kilimanjaro, or to visit Zanzibar's beaches after. No previous experience is needed. All meals on the mountain are included, and you are guided by our team, who we have worked with for over a decade now.

Kilimanjaro Machame (9 days). Price: £999. Dates: 26 Dec - 3 Jan 2016, 13-21 Feb, 26 Mar - 2 Apr, 24 Sep - 2 Oct, 22-30 Oct, 24 Dec 2016 - 1 Jan 2017.

Kilimanjaro & Mount Meru (13 days). Price: £1599. For Meru the dates are run as above, but arriving on the Tuesday before Kili, trekking Wednesday to Saturday.

Kilimanjaro Rongai (9 days). Price is £50 more per person than for the Machame route, and is run on demand for groups of 4 or more people.

Extra dates can be run on demand for private groups, and there is usually no price supplement for 4 or more.

Elbrus 5642m

Climb the highest peak in Europe, and one of the prized seven summits. You fly in to Mineralnye Vody via Moscow and transfer to a Baksan valley hotel base. After acclimatisation climbs you make your summit bid from either the south or north side of the mountain, staying in huts. See ski pages for touring ascents.

South Route (8 days). Saturday: travel, Sun - Fri: climb, Sat: depart. Price: £1299. Dates: 11-18 Jun, 25 Jun - 2 Jul, 23-30 Jul, 30 Jul - 6 Aug, 6-13 Aug, 20-27 Aug, 27 Aug - 3 Sep, 3-10 Sep, 17-24 Sep 2016.

North Route (10 days). Friday: travel, Sat - Sat: climb, Sun: depart. Price: £1499. Dates: 17-26 Jun, 8-17 Jul, 12-21 Aug, 9-18 Sep, 23 Sep - 2 Oct 2016.

celand 'Fire & Ice' trek

Week of adventures in a land of extremes from cold deserts, icecaps, and pools of bubbling mud and lava. This expedition is a great mixture of wild camping, tough day treks and peaks, and 4x4 driving. Key highlights are climbing Mount Hekla, and visiting Geysir and Gulfoss.

Sat - Sat: 5 days guiding, 1 day sightseeing. Price £1799. Date: 6-13 Aug 2016. Extra dates on demand.





backcountry snowshoeing

Mont Blanc snowshoeing

Snowshoeing is the fastest growing winter sport and this week will show you why; snowy forests, amazing views, and glittering peaks. Includes several snowshoe summits, such as Monts Truc, Lachat, and Arpille. You often snowshoe in 3 countries; Italy, Switzerland & France, for great snow! Snowshoes and avalanche safety kit are loaned for free.

Sunday: briefings, Mon - Fri: snowshoeing with the option of a night in a mountain hut, Saturday: depart. Price: £599. Dates: 31 Jan - 6 Feb, 14-20 Feb, 28 Feb - 5 Mar, 13-19 Mar 2016. Extra dates run on demand.

Italian snowshoeing week

Spend a week in the Italian Alps, with four nights on a half board basis in mountain refugios. Led by a qualified guide, explore the peaks, and enjoy the backcountry. Highlights of the week include summits of Punta della Crocce, Tete Entre Deux Sauts, and the amazing Italian food in the huts! Technical equipment hire included.

Sun: travel, Mon - Fri: guiding, Sat: depart. Price: £899. Date: 21-27 Feb, 20-26 Mar 2016. More on demand.

talian snowshoe weekend

A gourmet weekend spent in stunning scenery with a night in a mountain hut. Watch the sun set over the Mont Blanc massif and the Grandes Jorasses.

Sat & Sun: snowshoeing with night in hut. Price: £199. Dates: 13-14 Feb, 27-28 Feb, 12-13 Mar, 26-27 Mar '16.

Swiss snowshoe escape

Snowshoe into the remote mountains to stay in the Grand Saint Bernard hospice. Two great days of snowshoeing, including Mont Fourchon or Col Ouest du Barrason.

Sat & Sun: snowshoeing. Price: £249. Dates: 6-7 Feb, 20-21 Feb, 5-6 Mar, 19-20 Mar, 2-3 Apr 2016.

Backcountry snowshoeing

Design a winter holiday with a difference. Appeals to regular hill walkers, who want to escape the busy ski pistes of the Alps. Based in Courmayeur or Chamonix, with options of summits, treks with a Bernese mountain dog, or moonlight snowshoeing.

Price: to 8 people from £160 per day in total. Includes the loan of snowshoes and avalanche safety equipment.

Hut-to-hut 3 countries

Snowshoeing in three countries; Italy, France and Switzerland. Over five days, with several nights in huts. Highlights of Tete Chevrette & Tete Entre Deux Sauts.

Sun: travel, Mon - Fri: guiding, Sat: depart. Price: £999. Dates: 7-13 Feb, 6-12 Mar 2016.

Snowshelters and survival

A two day snowshoe expedition into the backcountry, to dig & stay in a snowhole! Courses in Courmayeur and Chamonix.

Sat & Sun: snowshoeing and skills with a night out. Price: £299. Dates: 20-21 Feb, 2-3 Apr 2016.

Snowshoe Vallee Blanche

Two day snowshoe descent of glacier with a mountain guide, & night in Requin hut. Price: £449. Dates: 20-21 Feb, 2-3 Apr 2016.

Snowshoe Aletsch Glacier

Three day glacier snowshoe trek, with two nights in mountain huts & mountain guide. Price: £699. Dates: 25-27 Mar, 29 Apr - 1 May 2016.





off piste ski guiding

Chamonix off piste level 1

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 areas include the Vallée Blanche, the Grands Montets, and Lavancher bowl. Guides often use video analysis to help correct and improve techniques. You learn to use avalanche beacons and the safe choice of ski routes.

Sunday: briefings, Mon - Fri: off piste ski guiding (1:6), Saturday: depart. Price: £699 (inc. accommodation). Dates: 24-30 Jan, 14-20 Feb, 28 Feb - 5 Mar, 13-19 Mar, 27 Mar - 2 Apr 2016. Extra dates for groups.

Vallée Blanche weekend

The classic off piste run is a must for all skiers / boarders from the Aiguille du Midi at 3842m to Chamonix. You have two days guiding for multiple ski descents or a spare day for the best weather window.

Skills: Black runs on-piste. Price: £699 for up to six. Price includes harness & avalanche safety kit. Dates: every weekend from end of January to mid April. Extra midweek or offset dates throughout winter for groups.

Chamonix off piste level 2

Designed for skiers with a couple of weeks of previous off piste skiing experience, the focus is on techniques for all mountain skiing. This course will take your skills to the next level. Ski some of the Chamonix classics; Pas de Chevre, Italian Bowl, Le Tour gullies, Envers, Helbronner glaciers and Courmayeur. The week is challenging, as you ski gullies and learn on the steeps!

Sunday: briefings, Mon - Fri: off piste ski guiding (1:6), Saturday: depart. Price: £699. Dates: 31 Jan - 6 Feb, 14-20 Feb, 28 Feb - 5 Mar, 20-26 Mar 2016.

Zermatt backcountry

Steep couloirs, stunning views and deep powder. During the week you will also ski the Cervinia (Italian) side, and have the option of ski touring to the summit of Breithorn 4164m. This trip is aimed at level 2 skiers who are looking for a mixture of freeride skiing and day tours.

Sunday: briefings, Mon - Fri: off piste & ski tours (1:6), Saturday: depart. Price: £1099 (inc. accommodation). Dates: 17-23 Jan, 6-12 Mar, 17-23 Apr 2016.

Zinal off piste paradise

The Val d'Anniviers and Zinal region is a hidden gem for off piste in the Swiss Valais. A highlight is skiing past the Moiry dam, and from the Victorian Hotel Weisshorn down to St Luc. This region has more untracked powder fields than you will find in busy resorts such as Tignes or Val d'Isere, and the local villages are traditional, quiet, and great bases to rest after a hard day skiing.

Sunday: briefings, Mon - Fri: off piste ski guiding (1:6), Saturday: depart. Price: £1099 (inc. accommodation). Dates: 31 Jan - 6 Feb, 20-26 Mar, 10-16 Apr 2016.

Avalanche safety weekend

This popular weekend course studies avalanche prediction, route choice, islands of safety, trigger points, and transceiver search patterns. You dig snow pits and perform a rutschblock test, as well as focus on avalanche safety techniques and snow crystal analysis.

Price: £149 (kit inc). Dates: 13-14 Feb, 5-6 Mar, 2-3 Apr 2016. Extra dates on demand for groups of 3 or more.





alpine ski touring

Haute Route 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 with a night in Zermatt at the end, followed by a ski up the Breithorn. Previous tour experience, such as the Intro Touring & Backcountry week or the Silvretta Tour is required and you should be a competent off piste skier.

Sat: travel, Sun - Sat: ski guiding (1:6). Sun: depart. Price: £1199. Dates: 5-13 Mar, 12-20 Mar, 15-23 Mar (offset date), 19-27 Mar, 26 Mar - 3 Apr, 2-10 Apr, 9-17 Apr, 16-24 Apr 2016. Extra dates for private groups.

Bernese Oberland tour

This tour tackles several ski touring peaks around the huge Aletsch glacier basin. It is a step up in technical difficulty from Haute Route, with mountaineering skills being used on several days. As the Oberland is a mountain massif at altitude it keeps the snow for longer and we can run trips later into Spring.

Sunday: briefings, Mon - Fri: five days ski touring (1:6). Saturday: depart. Price: £1099 (inc. 4 hut nights). Dates: 28 Feb - 5 Mar, 24-30 Apr 2016.

Intro tours & backcountry

A popular course, based in Chamonix, with a great mix of backcountry skiing and an introduction to ski touring. This is a great springboard for those who dream of the Haute Route ski tour. There is also the option of a night in a mountain hut on a two day mini tour. This course focuses on developing your autonomy in safe route selection, kit choice, avalanche safety, and skiers crevasse rescue techniques.

Sunday: briefings, Mon - Fri: five days off piste and ski tours (1:6). Sat: depart. Price: £699. Dates: 24-30 Jan, 7-13 Feb, 21-27 Feb, 28 Feb - 5 Mar, 6-12 Mar, 13-19 Mar, 20-26 Mar, 10-16 Apr 2016.

Gran Paradiso ski tour

A relatively undiscovered gem! You ski through the Gran Paradiso Park, and experience great food in remote mountain huts. You summit and ski down the Gran Paradiso 4061m, the highest peak completely in Italy, with a vertical drop of over 2000m down to Pont in the valley.

Sunday: briefings, Mon - Fri: five days ski touring (1:6). Saturday: depart. Price: £1099 (inc. 4 hut nights). Dates: 20-26 Mar, 3-9 Apr 2016.

Monte Rosa ski tour

Monte Rosa has the largest land area in the Alps over 4000m, so keeps its snow well into the late touring season, and is great for peak bagging and long ski descents. Four nights in mountain huts.

Sunday: travel, Mon - Fri: ski touring (1:6). Sat: depart. Price: £1099. Dates: 27 Mar - 2 Apr, 24-30 Apr 2016.

Ski touring weekend

Two days touring, with a night in a hut. Objectives in France, Italy, & Switzerland.

Sat - Sun: ski touring (1:6). Sat: depart. Price: £399. Dates: 20-21 Feb, 5-6 Mar, 26-27 Mar 2016.

Silvretta Alps ski tour

The border of Switzerland and Austria offers many 3000m summits, including Piz Buin. If you only have a couple of days touring experience, the terrain is perfect for improving your skills. The huts are famed for great food! At each end of the tour, you stay in a 4* hotel in Landeck.

Sunday: briefings, Mon - Fri: five days ski touring (1:6). Saturday: depart. Price: £1299 (inc. 4 nights in huts). Dates: 21-27 Feb, 20-26 Mar, 17-23 Apr 2016.





worldwide ski tours

Aosta Ski Touring, Italy

A good early season ski tour alternative to the Chamonix Intro Ski Touring week. Based in hotels on a half board basis, so you can relax after great day tours. Led by our popular local Italian guide team.

Sunday: briefing, Mon - Fri: ski tour (1:6), Sat: depart. Price: £1099. Dates: 13-19 Dec 2015, 10-16 Jan 2016.

Otztal Tour du Vent Austria

This ski tour explores the area where the Iceman was found high on the Austrian-Italian border. Peaks include Weisskugel, Fluchtkogel & Wildspitze. Similar level to Silvretta, and suitable for split-boarders.

Sunday: briefing, Mon - Fri: ski tour (1:6), Sat: depart. Price: £1299. Date: 17 - 23 Apr 2016.

Tatras Ski Tour, Slovakia

The Tatras mountains form the border of Slovakia, Poland and Ukraine, and they provide some great ski touring. Hut to hut touring with several 2500m peaks.

Sunday: briefing, Mon - Fri: ski tour (1:6), Sat: depart. Price: £1099. Date: 24-30 Apr 2016. Extra dates run on demand. Led by Slovakian IFMGA guide.

Gourmet Ski Tour, Italy

A ski tour for the cogniscenti, staying in some of the best mountain huts for great Italian cooking, wine lists and hospitality. Enjoy great ski tours in the days, with comfort and good food and drink in the convivial evenings in the mountain huts.

Sunday: briefing, Mon - Fri: ski tour (1:6), Sat: depart. Price: £999. Date: 27 Mar - 2 Apr, 17-23 Apr 2016.

Kebnekaise Tour, Sweden

A secret gem of a ski tour in Lapland. The remote huts, mountain lodges with bastu's (saunas), and the total wilderness, make a ski tour here so special.

Sunday: briefing, Mon - Fri: ski tour (1:6), Sat: depart. Price: £1799. Date: 1-7 May 2016.

Ski descent of Mont Blanc

Two day extension for a ski touring ascent of Mont Blanc. Ascend by the Traverse, Grands Mulets or the Gouter route. Splitboarders accepted with another boarder.

Sat - Sun: ski touring ascent and descent of Mont Blanc. Price: £1099 (in total for 1 or 2 people). Dates: on demand from late March to end of May 2016.

Ski Mount Elbrus 5642m

Ski tour to the highest mountain in the Russian Caucasus and Europe, in a 10 day trip, with 8 days skiing. Our itinerary is designed to acclimatise to a good level before the summit bid from a private hut. We opt to ski the north side of the mountain, as it keeps better snow conditions later in Spring. Led by an English speaking Russian guide. We also offer summer climbing ascents.

Friday: briefing, Sat - Sat: ski touring (1:6), Sun: depart. Price: £1499. Date: 25 Mar - 3 Apr, 1-10 Apr, 15-24 Apr, 22 Apr-1 May, 13-22 May 2016. Extra dates on demand.

Ski Mount Toubkal 4167m

Ski the highest peak in the Moroccan Atlas mountains. Fly to Marrakesh, and start the ski tour from the trailhead at Imlil, via the Neltner & Mouflon refuge to the summit. Five days guiding included, with all meals on the mountain. Suitable for experienced tourers, as up to 45 degrees.

Sun: fly to Morocco, Mon-Fri: ski touring, Sat: return flight. Price: £999. Dates: 7-13 Feb, 6-12 Mar, 27 Mar -1 Apr 2016. Extra dates on request.





alpine trail running

Chamonix trail running

If you are regularly running between 10km and half marathon distances, you have the ideal fitness to consider getting into the fast growing sport of trail running. Our trips are based in Chamonix, though you often get to run in Switzerland and Italy too. The courses aim to teach you about the vast choice of equipment, coping with varied terrain and steep ground, the use of poles, what to carry, the effects of altitude, hydration, race planning, tactics, and navigation. You are coached by a Personal Trainer and UIMLA International Mountain Leader, to maximise your safety and learning. Our leaders have competed in a number of major Alpine trail races such as UTMB or Tor des Geants. Our first date of season coincides with the Marathon du Mont Blanc, and the late August date is on UTMB week, so might appeal to those who want to watch the events after the course, or even to take part in one of the races.

Sunday: briefings, Mon-Fri: trail running days (1:6), Saturday: depart. Price: £699. Dates: 19-25 Jun, 24-30 Jul, 21-27 Aug, 4-10 Sep 2016.

Chamonix skyrunning

Skyrunning is a progression from trail running, where you move onto higher and rougher mountain terrain. It's the same sport, but for those who want to run in more remote areas, and to challenge their comfort zone a little. Highlights are to run Mont Buet and Jonction. We are proud to be the first company to run these trips in the Alps. You are coached by a qualified Personal Trainer and UIMLA guide.

Sunday: briefings, Mon-Fri: skyrunning days (1:6), Saturday: depart. Price: £699. Dates: 26 Jun - 2 Jul, 17-23 Jul, 14-20 Aug 2016.

Alpine winter trail running

A winter weekend version of our popular summer trail running weeks, for those who want to really consolidate their training over the winter months. You will run both on snow trails, and untracked backcountry terrain on snowshoes. We provide winter safety kit as required, such as snowshoes and avalanche beacons.

Fri: briefings, Sat-Sun: guided running. Price: £299. Dates: 22-24 Jan, 19-21 Feb, 18-20 Mar, 8-10 Apr 2016.

UTMB guided recce run

If you've ever dreamt of running the Ultra Trail du Mont Blanc, or if you have a place and want to recce the race route, these weekends tackle either the first or second half of the route, starting on Saturday afternoon, running through the night, and aiming to finish around Sunday lunchtime. Led by a previous UTMB finisher.

Sat & Sun: trail running including through the night (1:6). Price: from £299. Date: 2-3 Jul, 30-31 Jul 2016.

UTMB self-guided recce

Four days running, three nights in huts, route notes, map and GPS file supplied.

Price: from £149. Dates: any dates mid Jun - Sep. See the self-guided TMB section of the website for details.

Mount Toubkal trail run

Three days running, two nights mountain huts, and one night in Marrakesh. Run up the highest peak in the Moroccan Atlas at 4164m. Led by British leader with local support team, over a long weekend.

Sat-Tue. Price: £499. Dates: 14-17 May, 8-11 Oct 2016.





lake district fell running

Intro fell running weekend

Based in the Lake District, these weekend courses are for those wanting to get into fell and trail running. They are aimed at those running 10km to half marathon on roads. Two full days of running coaching on a wide variety of mountain terrain. You focus on descent techniques, pacing, kit, use of poles, and runners navigation.

Sat & Sun: fell / trail running coaching (1:6). Price: £99. Dates: 2-3 Jan, 30 Apr - 1 May, 28-29 May, 11-12 Jun, 1-2 Oct, 12-13 Nov, 17-18 Dec 2016. More on demand.

Night runner sessions

Scheduled on Friday nights, these runs offer experience and training for those contemplating ultra-trails or 24hr events. Learn about night running kit, choice of head torches, and mountain safety skills.

Price £40 in total for groups of between 1 to 4 runners. Dates: every Friday, or on demand by arrangement.

Running personal training

Book a running coach to develop skills, or to provide race specific training and plans. Price: £25 per hour (2 hours minimum). On demand.

ake District trail week.

Spend a full week trail running in the Lake District. We teach you about kit, varied terrain techniques and steep ground, the use of poles, hydration, and race plans. These weeks are coached by a Personal Trainer / UIMLA guide, to maximise your safety and learning. Run sections of many famous fell and trail races in the area. The weeks are comparable to our Chamonix Trail Running weeks, but there is a far greater focus on fell running skills, and rough mountain terrain techniques.

Sun: travel, Mon-Fri: running, Sat: depart. Price: £499. Dates: 1-7 May, 5-11 June, 20-26 Nov 2016.

Runners Nav Essentials

You learn to navigate following the NNAS National Navigation Award Scheme syllabus, but at a runners pace. Learn setting a map, bearings, pacing, timing, re-location, contour interpretation, and navigating without the use of a compass. Can also include using GPS units.

Price: £75pp (scheduled dates). Dates: throughout year. Discounts available for group bookings.

1st time ultra-trail weekend

These weekends are aimed at those who are planning to undertake their first ultratrail running event, who want to learn key skills such as long distance pacing, race strategy, and how to train and plan for the event. The weekend focuses on providing tips for hydration, nutrition, psychology, kit, and it also includes a mock event and the opportunity for a night run. Skills include using running poles and mountain hill techniques. Classroom session and Q&A session to share ideas and tips.

Guiding: Sat & Sun. Price £149. Dates: 16-17 Jan, 23-24 Apr, 4-5 Jun, 24-25 Sep, 5-6 Nov, 10-11 Dec '16.

Bob Graham guided recce

Run over the 42 peaks of the famous Bob Graham round over 3 days, covering a total of 66 miles with 26,000ft of ascent. Three days guided running, two nights half board YHA / hostel accommodation. Stages 1: Keswick to Dunmail, 2: Dunmail to Wasdale, 3: Wasdale to Keswick.

Price £499 (minimum 2 people booking). Date: 23-25 May, 17-19 Oct 2016. Extra dates on request.



Icicle mountain store

Course clients receive a 20% discount off all kit and clothing in our Windermere mountain store. We stock leading brands; Black Diamond, Grivel, MSR, Ortovox, Leki & Silva, and a range of guidebooks and maps. We select all our products based on feedback from our guide team.



New kit in stock Black Diamond Halo 28 JetForce avalanche airbag. RRP £799.99. Also available to hire on our off piste courses for £20 per day. Details on lcicle shop website.



Established in 2000

Icicle is celebrating its 16th year this summer and we are even more focused on providing excellent advice to anyone planning a trip with us. We invite you to book a meeting with one of our course advisors in our Windermere office to chat through your plans over a coffee.





How to contact us

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