



Alpine & Ice Courses – Ski Guiding & Touring – Treks & Expeditions  
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## Guardian Newspaper Article

In this Saturday's Guardian newspaper, there was an article by Jon Trigell about an Icicle Intro Course he attended a couple of weeks ago, and you can read all about it at the link at the bottom of this section. The article is set in the context of some of the great climbing milestones that have recently been celebrated, the 150th anniversary of the Alpine Club, the 650th anniversary of the crusader Bonifactus ascending an Alpine peak, & the centenary of the Montnvers train to the Mer de Glace. With these great achievements and celebrations to spur him on Jon charts his voyage of discovery on the Intro course which led to his successful ascent of Gran Paradiso. In 100 years time, the Trigell Centenary ascent should draw crowds! <http://www.guardian.co.uk/travel/2008/jul/26/climbing.travel.france?page=all>. Photo credit Patrik Lindqvist.



## Mont Blanc Success

This season has now become our most successful ever for numbers of guests reaching the summit of Mont Blanc, the highest mountain in the Alps. Many people with less experience are opting for the two week Mont Blanc Achievements course, which is essentially an Alpine Intro course and a Mont Blanc course bolted together. In the first week people are introduced to crampon skills and it culminates with an ascent of Gran Paradiso 4061m in Italy. In the second week the focus is on Mont Blanc, and people on the two week course are well acclimatised so have four days for summit attempts. This photo is of Sally & Wayne, who did the Achievements course, on the summit of Mont Blanc at sunrise and their smiles say it all - you get out what you put in. To enjoy an ascent of Mont Blanc you need to be fully acclimatised.



## Kit Review – what Alpine rucksack?

With so many different types of rucksack on the market at the moment, the choice is often bewildering. To select the right pack for you, firstly decide what it is for. The same bag will not be suitable for camping, as well as Mont Blanc or ski touring, and so a decision as to the suitable volume is the first step to take. For summer Alpine climbing a 30 litre bag will suffice, and for a multi-day ski tour up to 45 litres is fine. If you get any larger bags than this, you risk filling them and carrying too much. The next consideration is the straps that may be required for holding ice axe(s) or skis. Then it is a choice of weight, and there are now many lightweight packs to choose from, but don't go silly on this as the lighter they are, the more prone to abrasion and rips they are. By now you should only have a few to try on for their fit to your back shape!



## Chamonix Alpine Rock Course

The recent good weather was especially kind to those on the Alpine Rock course, with one group heading to the Envers des Aiguilles hut and another to the Monzino hut in Italy. These courses were run by some of our most experienced rock guides, Gilles and Frank. Routes climbed during the week included Chapelle de la Gliere, Marchand de Sable, and Pointe Croux by the Ottoz Route. On Friday the weather broke, but still one group went into the high mountains to climb the Chere Couloir, and another did valley cragging. This course is run at a 1:2 ratio throughout, so you benefit from close supervision from the guide and can move quickly and efficiently on long routes. As well as the scheduled course dates, we run this course on any week as long as there are two people booking at the same time. See website for details.



## Icicle Alpine Treks

This summer has been a great season for trekking, with settled weather and good conditions. Our bookings for tailor made trekking guiding are up over 200% on last year, and this is a sector that we are keen to develop further. Some trekkers avoid Chamonix saying it is too busy. With good guides and a great knowledge of the region, this couldn't be further from the truth, and you can explore some great wilderness Alpine landscapes and peaks. For those looking at spaces on scheduled trekking courses, we have the following final spaces; Walkers Haute Route 16-24 August (2 spaces), Gran Paradiso Trek 24-30 August (2 spaces), and the Tour du Mont Blanc which can be run on any date upon demand for groups of 2 or more booking at the same time. Get in touch with your preferred dates, as we can help!



## Final Summer Course Spaces

For those still looking for a Summer Alpine course, we only have a very few final spaces as follows; Intro Course 17-23 Aug (1 space) or 14-20 Sept (1 space), Mont Blanc 24-30 Aug (2 spaces), Walkers Haute Route 16-24 Aug (2 spaces), Gran Paradiso Trek 24-30 Aug (2 spaces), Alpine Autonomy 24-30 Aug (2 spaces) or 7-13 Sept (1 space), and Monte Rosa 4000m Peaks 31 Aug - 6 Sept (1 space). Once these final 12 spaces are filled, all our scheduled courses are full for the season! Don't worry if your preferred date is not shown below, as extra dates can be run on any of our courses at the same price, as long as there are two people booking at the same time. Thanks to Chris for the photo, taken by his guide Sev, after a successful ascent of Mont Blanc from Midi, showing the reflection of the summit in his goggles.