



"ALPAMAYO" BUREAU DES GUIDES B.P 18 38250 VILLARD DE LANS
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ROCK AND SNOW
AERIAL RIDGES IN THE MT BLANC OR ECRINS RANGES
BELAYING TECHNIQUES / SELF-SUFFICIENCY
COURSE

A FEW STARTING DATES summer 2003 : 26th June + 5th July + definitely the 12th and 19th JULY + AUGUST (and 13th et 20th SEPTEMBER)

NB : as part of this 7 day course (1090 euros) it may be possible to attempt the traverse of the MEIJE or the ascent of the MATTERHORN BY THE NORMAL (SWISS) ROUTE or the TRAVERSE ; an attempt on the MATTERHORN must be preceded by climbing one or two 4000m peaks for acclimatisation.

If you are a mountaineer with some basic experience, and would like to become more independant... Learn about self-sufficiency and safety in the high mountains in the magnificent Mt Blanc range.

During this course, which takes place amongst some of the most beautiful glacial scenery in Europe, you will learn about the mistakes you should never make, as well as discovering techniques used by the professionals to move safely over all kinds of mountainous terrain.

The Cosmiques Ridge on the Aiguille du Midi is typical of the mixed routes which demand a knowledge of such techniques and 'tricks of the trade' : for example, changing the length of rope between members of the party to suit the circumstances.

DATES : every week, from Monday to Friday, from June to September, every year.

DURATION : 5 days (or 7 to 8 days / level 3)

LEVELS :

LEVEL 1 : novice +, with some experience in the high mountains, but wanting to become self-sufficient and able to lead a roped party.

LEVEL 2 : basic mountaineer, wanting to learn: about safety, and the 'tricks of the trade' used by the guides in order to move quickly and economically; route finding / keeping to a timetable etc.etc. / managing a roped party on difficult ridges!

LEVEL 3 : experienced or very experienced mountaineer capable of seconding 6a or 6b, who, even if not wishing to become a guide, would like to learn about GUIDING ; same programme as for level 2, but on more serious routes or climbing for up to 15 hrs per day!

Ask for information : this course can be run at a 'Basic' or '(very) Experienced' level;

at level 1, some experience in the high mountains is necessary: grade 4 rock and experience of snow routes, sufficient to attempt, for example, the **MIDI PLAN traverse**.

at the 'Experienced' level, we have in the past climbed the MIGOT spur as well as the FORBES or the CHARDONNET ridges , the MIDI - PLAN traverse , the DOLENT ,...ROCHEFORT, and.....even the 1000m of rock (4) and mixed terrain of the normal route on the MEIJE.

AN IDEA of our PROGRAMMES :

Routes and ascents on the programme

LEVEL 1

Rendezvous : meet in Chamonix, les Houches, from 0800 onwards for an introduction to the course and the other participants, and an equipment check.

At the BEGINNER + level, we will be aiming at the following routes, from the 2nd day onwards:

Traverse of the DOMES DE MIAGE , and/or the BERANGERE, MT TONDU, LA LEX BLANCHE from the Estellette bivouac/hut,

On rock: Normal route or East face on the Index, or the introductory routes to the right of the Index, or on the superb pedestals on the petites et grandes Floria; or the south ridge of the petite Floria + gendarme St Georges and Trav; or the Chapelle de la Glière : (placing chocks and friends, belaying on rock spikes, traversing, abseiling, route finding...)

Day 1 : up to the Mer de Glace on the Montenvers railway.

Snow and ice training : moving, placing ice screws, belays and belaying techniques, both from a fixed belay and whilst moving, rescue and self rescue.

Afternoon : up to a mountain hut, then snow climbing techniques (belaying, learning to arrest a fall, individually and as a roped party, belaying whilst moving together, deadmen, getting out of a crevasse...)

Days 2 and 3

Choice of :

* either the Cosmiques hut for the Cosmiques ridge on the Aiguille du Midi, or the Midi – Plan traverse if the participants are capable (from the Aiguille du Midi to the Aiguille du Plan, grade D, mixed).

Or the normal route or the traverse of TRE LA TETE.

* Or the traverse of the Monts-blancs via Mont Maudit, then to the summit of Mt Blanc (4807m).

* Or finally, if the participants are capable, **the Kuffner ridge on Mont Maudit.**

Days 4 and 5 : First possibility :

The MEIJE or the CHARDONNET , Forbes ridge or Migot spur; or

Days 4 and 5 : climbing lesson in the morning, revision of different knots and belay techniques for leaders and seconds!

Revision of abseiling, top-roping, improvised abseils (rigging the abseil, placing pitons, lowering a casualty, descent without a fig 8, descent on a tight rope with no slack...)

Possibility of going up to a mountain hut in the evening.

Or : practice route

LEVEL 2 : Second possibility :

Days 4 and 5 : cable car to the Aiguille du Midi then traverse on foot to the Torino hut, in Italy ; next day, ascent of the Dent du Géant (rock, 4013m) or traverse of the Rochefort ridge, where belaying whilst moving together (when no fixed belay is possible) is essential ;

If the members of the course move quickly enough, it is possible to link the two routes in the same day.

LEVEL 3 :

Third possibility : level 3 ; price 1090 euros : mixed / rock traverse of the DRUS or the CHARMOZ GREPON; Jardin ridge or GRANDS Montets ridge to the AIGUILLE VERTE, in 2 – 3 days (bivouac), then descent by the Moine ridge etc.....or FRENDO spur, on the AIGUILLI DU MIDI; the BRENVA spur or the INNOMINATA ridge on MT BLANC !.....

Additional Information :

- * Personal Insurance covering accident, illness, repatriation, and valid in the mountains, is mandatory,
- * Equipment: Membership of the C.A.F. mandatory, Karrimat or inflatable mattress and sleeping bag.
- * Usual high mountain equipment.

You can hire personal equipment from us for 110 euros.

TOTAL PRICE : 720 euros for 5 days training and supervision + approx 150 euros for accommodation, huts, meals and cable cars.....

Or 850 euros with hire of equipment (harness, ice axe, boots, crampons) + 150 euros environ

Or 1090 euros for 7 days : level 3 ; TRAVERSE OF THE CHAMONIX AIGUILLES or the DRUS + AIG. VERTE , duration 7 to 9 days according to conditions; (+ approx 200 euros for other expenses)

NUMBER OF PARTICIPANTS : 3 to 5

QUALITY GUARANTEE : for courses costing more than 750 euros, (for example, AERIAL ARETES level 3) ; in the event of very bad conditions during the course, YOU WILL BE ENTITLED TO one or two free routes either at the end of the course, or later, on a weekend.

AMICALEMENT A TOUS.-