

Team Ascent

3 Spey Avenue, Aviemore, Inverness-shire, PH22 1SP, Scotland, UK. Tel: +44(0)1479811556 Email:

info@teamascent.co.uk

www.teamascent.co.uk

Technical Mont Blanc course:

Mont Blanc (4808) is the highest mountain in Western Europe. It's an illusive summit, not technically difficult but its bad changeable weather means that more than half the people who try and climb it do turn back before they reach the summit. With this in mind we have designed this week's course so that you can enjoy climbing some other interesting mountains and get another opportunity to climb Mont Blanc. The course is aimed at beginners or intermediate mountaineers. We have set a guide to student ratio of 1 Guide to 2 people, the same as is required for the ascent of Mont Blanc. This increases the price slightly but gives yourselves with you guide maximum flexibility to attempt many mountains, some of technical nature so that you can expand your skill and experiences and still get the opportunity to attempt Mont Blanc. You of course do not have to climb Mont Blanc if you do not want to and you can discuss your aims and objectives with us and your guide and the week can be customized to your needs. This is an excellent course to gain Alpine mountaineering skills, focusing on any aspects you wish to cover.

Itinerary:

Evening before day 1: Meet in Chamonix at agreed meeting point. Welcome brief with your guide, discuss your objectives for the week, equipment check for next day. Should you need to rent or buy any equipment the guide can give you advice as to which is the most suitable equipment for you. (Gite/Hotel)

Day 1: The first day is normally used to review skills. During the day the guide will get the opportunity to assess your skill level and discuss suitable mountain objectives/ climbs with you. The guide will also give you full instruction and coaching as you carry out your climbs. (Gite/Hotel)

Day 2, 3 and 4. With your guide you will probably go up to a mountain hut, taking in an interesting mountain or climb a route and spend at least two nights in a mountain hut. On day 4 you will continue from a mountain hut, do a climb or mountain and then return to the Chamonix valley (if your objective is Mont Blanc) other wise with your guide you have the choice to descend or stay at the same huts and carry on from there. (Gite/Hotel)

Day 5. Ascend to a mountain hut, Refuge Cosmiques or Goutier Hut)

Day 6. Attempt Mont Blanc and return to Chamonix. (Gite/Hotel) and our service ends.

Technical Mont Blanc: Clothing and Equipment list:

This list is intended as a guide line only as there are so many types of outdoor clothing systems available:

Head and Face:

Climbing hard Hat - this should be lightweight
Sun hat
Woolly Hat/Balaclava
Sun Glasses (effective on glaciers)
Goggles
Neck Guard/ scarf/ neck warmer
Head torch with spare batteries and bulb
Sun protection creams and lip salves (factor 15 Minimum)

Upper Body:

Short Sleeved vest - breathable fabrics best
Zip Type Turtle neck long sleeved tops - breathable fabric best
Fleece Jacket
Breathable outer shell jacket with hood
Light down jacket or extra fleece (required for Mont Blanc ascent)

Hands:

Wind stopper finger gloves
Ski type glove
Mittens (wind and shower proof, especially required for Mont Blanc ascent)

Lower body and legs:

Lightweight long Johns/tights
Power stretch trouser or climbing trouser
Breathable outer shell trousers (full length leg zips are best!)
Socks
Boots* (See our Team Ascent Guidance notes) Warm and suitable to take crampons
Gaiters

Climbing Equipment:

12 Point Crampons (Grivel G12, Charlet Moser etc)*
Anti snow balling plates on crampons
Climbing sit harness (Black Diamond Bod, Wild country, DMM etc)*
2 Pair shaped Karabiners*
One long sling*
Belay/Abseil device*

Ice Axe and Ice Hammer*

35-45 litre rucksacks

Rock Climbing* shoes and chalk bag - if you like to rock climb

Trekking poles - if you like to use them for walking

Mountain Huts: All the mountain huts we use provide blankets for sleeping under, therefore sleeping bags are not required.

Light-weight minimal wash kit- note that many huts have very limited washing facilities.

All the huts we use provide dinner bed and breakfast,

Bring some Valley clothes and a swim suit is handy.

Small personal first aid kit- for blisters and some aspirin etc.

Insurance:

Everyone mountaineering with us must hold their personal mountaineering insurance policy to cover the duration of the holiday/course/trip. The BMC provides excellent cover:

www.thebmc.co.uk

Equipment Rental:

Equipment marked with a * is available from hire from local Chamonix sports shops and Team Ascent have some technical equipment available for test or rental or loan. Team Ascent does not hire boots.