



**Icicle Mountaineering Ltd** | 11a Church Street  
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Website: [www.icicle-mountaineering.ltd.uk](http://www.icicle-mountaineering.ltd.uk)  
Online: [shop.icicle-mountaineering.ltd.uk](http://shop.icicle-mountaineering.ltd.uk)



# 2020 trip dossier | **Alpine Skyrunning £699**

Website link | <http://www.icicle-mountaineering.ltd.uk/skyrunning.html>

## Key features

- Hundreds of kilometres of trails and sky runs to choose from.
- 5 days guiding (Monday - Friday), and Chamonix B&B accommodation (Sunday - Saturday)
- A balance of running, coaching, safety and planning.
- Led by top qualified guides (UIMLA), maximum guiding ratio 1:6.
- Kit advice and training plans.
- 2020 dates; 28 Jun - 4 Jul, 9 - 15 Aug.



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UK registered company 413 6635. VAT 770 137 933

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**20 years**  
established in 2000





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## Course overview

- What is skyrunning? It's trail running in higher altitudes, on rougher ground (and snow), and in more remote mountain areas. Following the boom of trail running in the Alps, skyrunning is the next step, for those who want to escape the crowds that bit more.
- Our week long Alpine skyrunning weeks are based in Chamonix, at the foot of Mont Blanc, as there are hundreds of kilometres of trails and skyruns to choose from. We offer a great balance of running, coaching, and trail running advice, preparation and top tips.
- For these courses we suggest that you will enjoy them most if you are happy running up to a half marathon (road), and you are used to mountain walking. If you are in any doubt as to if they will suit, then get in touch to get advice from one of the coaches.
- As well as enjoying a great week of skyrunning of c. 15 - 20km a day, we aim to teach you the key safety skills for route planning and Alpine running, with a focus put on the selection of equipment and how to develop your training plans for trail running.
- Don't worry if you have never run in the Alps before, as you will pick up the skills quickly with expert coaching and guidance. All you need is to be fit for regular running, to have a sense of humour, and to love the outdoors. We can teach the rest, and you are guaranteed a great holiday that you won't forget for a long time.
- You are led & coached by a Personal Trainer, who is also an International Mountain Leader. Most importantly they will be a passionate trail runner who has competed in plenty of Alpine ultra running races, including the legendary Ultra-Trail du Mont Blanc. You are led by a genuine expert.
- We aren't expecting you to be mountain running machines, just a great spirit of loving the mountains, and wanting to give it a go. Speed is nothing. Enjoyment is everything! Many clients come back year after year, as they need never repeat a trail they have run before.
- As far as the distances run each day, we advertise c. 15 - 20km each day, though try and select routes to cater for people to opt out of sections if they would like an easier day.

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There are hundreds of kilometres of trails and skyruns over all types of terrain, so the itinerary can be flexed on any day to take account of weather conditions, to ensure that you sample the best on offer. The itinerary below is to provide you with a taster of what you could achieve, and isn't fixed in stone. After each day in the itinerary is an outline of the key teaching focus points for every day, so you get a real idea of what you can learn about.

## Sample itinerary

- **Sunday** - Travel to Chamonix to arrive for the 17:00 check-in followed by our course safety and itinerary briefings. There is time for kit checks or rental of equipment. Chamonix hosts accompany the group to pre-dinner drinks. Night in Chamonix.
- **Monday** - A classic warm up skyrun in Chamonix, such as running the first part of the 80km du Mont Blanc, that is part of the Skyrunning World Championships, up to Brevent, then via Col du Brevent, and back down via Planpraz and the single tracks to the valley. Night in Chamonix.
- **Tuesday** - Today a popular choice of skyrunning might be to run up to the Mer de Glace, and on the ridge above the glacier, before following the balcony perched far above the valley, before taking the single track via the Bossons glacier down to the valley floor again. Night in Chamonix.
- **Wednesday** - We take the picturesque Mont Blanc express train from Chamonix to Vallorcine, and run into Switzerland via the Emosson dam, and on the skyrunning track across to Loriaz. This trail is famed for having several sections of chains and rocky steps to negotiate. Night in Chamonix.
- **Thursday** - A day skyrunning in Italy or Switzerland. Popular choices are running the Mont de la Saxe skyline trail over Testa Bernada 2534m far above Courmayeur, or over the Col Chavanne near La Thuile. Over in Switzerland running Mont Fourchon is a big objective. Night in Chamonix
- **Friday** - A longer trail run, up to a half marathon in length, to really put all the elements together that you have learnt over the week. A tough objective might be to run Mont Buet 3099m, and to cross the Col du Salenton. Stunning views reward you from the summit. Night in Chamonix.
- **Saturday** – Breakfast, then accommodation check out at 10:00, then depart for home

ITINERARY NOTES: Where possible we follow itineraries. Mountain adventures are weather and conditions dependant, so occasionally we are forced to alter the plans. If this is the case, suitable alternatives are offered. Please use this itinerary as a guide to the types of route / activity you attempt.

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## Course Inclusions

1) UIMLA guide for five days, 2) Chamonix course hosts for logistics & briefings, 3) Pre course information booklet, 4) Equipment discount voucher for UK shops, 5) Six nights B&B accommodation in Chamonix (inc. bedding & towels), 6) Free 36 page technical Course Instruction Booklet, 7) Road / train transport in Chamonix valley, 8) Logistics support and several optional evening instruction sessions.

## Course Exclusions

1) Travel to and from Chamonix, 2) Personal laundry, telephone calls, lunches, evening meals, & any purchases in mountain huts / hotels / restaurants, 3) Cable cars and mountain uplift, 4) Road transport outside the Chamonix valley (not usually required), 5) Activities insurance, & excess baggage charges

NOTES - This trip is guaranteed as soon as two people book. In the highly unlikely event that just one person books on a course, less guided days can be offered, however accommodation will be provided for the week, and guiding options / locations will be discussed with you within the budget paid.

## Running skill

These are outlined on this page; <http://www.icicle-mountaineering.ltd.uk/courses.html>, and this course is;

Course level: **Advanced running**  
Running: **Up to half marathon distance.**  
Hill walking: **Some hill walking/mountain experience..**  
Fitness: **Good general fitness and stamina**

## Fitness & stamina

The ideal fitness levels are detailed at; <http://www.icicle-mountaineering.ltd.uk/trainingpreparation.html>, and there are links to general training advice and planners that you can adapt to suit and follow.

This trip is graded: **Level 4** - As an absolute minimum you should be capable of running a half marathon in a good time (under 1hr 45mins), but realistically you should be looking at marathon fitness for all courses of this fitness and stamina level to ensure your endurance is up to standard.

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## How to book

- All bookings are made securely online, and deposit of £250 is payable (with secure payments handled via WorldPay). Ensure that when completing the form, you fill in all the required fields, in order for the 'SUBMIT' button to appear.
- All payments are protected by our Tour Operator travel bonding with ATOL and TTA, and your monies are held in trust until after you have travelled home. You are fully financially protected, in accordance with UK and EU laws.
- Website link: <http://www.icicle-mountaineering.ltd.uk/booking.html>

## Before your trip

- As soon as you book online, you are sent confirmation of this, and attachments including joining instructions, course specific kit lists, and a separate WorldPay receipt. If you haven't received these two e-mails within half an hour of booking online, check your junk / spam folder.
- At the office, we manually check all bookings, and you'll also receive a personalised e-mail from us formally confirming your course space. Once you have this office confirmation, it's fine to go ahead and book your travel arrangements, and to arrange your activities insurance.
- Activities insurance is a requirement for all trip participants. Organise it as soon as you are booked, and ensure that it covers you for cancellation or curtailment, in case you injure yourself or get ill before your trip. This ensures you'd be fully reimbursed for the trip, and all travel costs.
- Website link: <http://www.icicle-mountaineering.ltd.uk/insurance.html>

## Travel to the Alps

- The closest international airport to Chamonix, is Geneva (airport code GVA). There are many direct flights from the UK every day, and it's well served by the budget airlines e.g. EasyJet.
- Geneva is a small but busy airport, and it's only a very short walk from baggage reclaim into the arrivals area, where all the airport transfer companies meet. In the Course Information Booklet is a code for preferential rates from our reliable transfer partner Mountain Dropoffs.
- Chamonix is also very easy to travel to by rail, from the UK to Paris via Eurostar, then from Paris Gare du Lyon (or Austerlitz) to Saint Gervais by high speed TGV, then the local train up the valley to the Chamonix Aiguille du Midi (or Chamonix central) stop.

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- Driving can work out cheaper, if you're with others, and there's free parking close to the accommodation, on a first come first served basis. Generally a couple of laps, and a space will be freed up for you. See the Course Information Booklet map for the locations of this free parking.
- Website link: <http://www.icicle-mountaineering.ltd.uk/travel.html>

## Meeting point

- Once you've booked, you'll receive the Course Information Booklet, which details the meeting point for Chamonix course clients.
- If you want an address for your airport transfer, provide the Aiguille du Midi cable car, on Rue Lyret, 74400 Chamonix. The accommodation is situated in a pedestrianized area, so you cannot be dropped off at the door, and the cable car station, or Chamonix Sud bus station are the closest access points. If arriving on EasyBus, Ouibus, or Flixbus, these all arrive at the bus station.

## Course accommodation

- Most course clients stay in Chamonix in en-suite rooms, in a purpose built ski village in Chamonix Sud. These have a small kitchenette, for those wishing to self-cater.
- Check in time is from 16:00 (4pm) on the Sunday, and the meeting point to be shown into your accommodation is detailed in your Course Information Booklet, that is sent upon booking.
- The flats are normally twin rooms for two people sharing. If you are travelling as a couple (or named friends), you will share. If travelling on your own, you will be matched with another course client of the same sex.
- This accommodation is small and basic, to provide you low cost accommodation in Chamonix, but it is functional and really well located. If you wish to upgrade to higher quality accommodation, there is a £100 discount available for sourcing your own accommodation, which is applied to your invoice.
- Website link: <http://www.icicle-mountaineering.ltd.uk/chamflat.html>

## Course briefing

- The course briefing for this trip is at 17:00 on the Sunday evening. The Course Information Booklet will confirm the exact location for this briefing. When you attend the briefing, take your passport and activities insurance details, for these to be noted.
- The briefing takes about 45 minutes, and it aims to answer all your queries about the course.

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- Attendance at the course briefing is obligatory, and you are asked to sign a copy of the Terms & Conditions. These are the same as those you accepted online when you booked, but it's for us to have a signed paper copy on record.

## Equipment checks

- Take any equipment to the briefing that you would like one of our guiding team to advise you about. For some people that may be very little, whilst others want to double-check a few bits of kit. It's always a good idea to take your boots and crampons, so we can check the fit for you.
- If you've your own safety equipment, it's worth having one of the team check this over for you.
- Note that if you require any hire equipment, or any kit that is loaned on a course, you need to attend the course briefing, as it's straight after this that is when it is allocated.
- Website link; <http://www.icicle-mountaineering.ltd.uk/hire.html>

## Late arrivals

- If they are pre-booked days ahead, we can accommodate late arrivals. We will organise for you to be able to check into your course accommodation at any time that you arrive. We do however ask you to assess how necessary a late arrival is, and for you to consider the disruption to your flatmate.
- You will require a separate Course Briefing, which involves an early start for our team, to fit this in before your guiding. It's not an ideal start to schedule a late arrival, followed by an early start, and sets you on the back foot. If an early Course Briefing is required, this is billed at £20 for time involved.

## Cable cars

- For the days you are climbing in Chamonix, the most cost effective cable car pass is called the Mont Blanc multi-pass. For this course you require a 3 day pass, from Monday to Wednesday (plus extra days if you arrive earlier). The 3 day pass costs 89.50€ (\*2020 prices).
- Website link: <https://www.montblancnaturalresort.com/en/montblanc-multipass>

## Breakfasts

- When you are in town and accommodation is included on a B&B basis, a starter pack of continental breakfast supplies is provided; fruit juice, milk, cornflakes, muesli, marg, jam, biscuit toasts. Tea and coffee is also provided. In a mountain hut, you get a similar type of light breakfast.

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- As the room is self-catering, it's yours for the week, so no need to check out when you are away in mountain huts. Should you use up any items from your breakfast or room supplies, there's a supermarket located just across the pedestrian square from the course accommodation.
- Website link: <http://www.icicle-mountaineering.ltd.uk/chamflat.html>

## Lunches & drinks

- Everyone has their own idea of what they would like for lunch whilst in the mountains, varying from a stack of Mars bars to a large ham sandwich. For this reason we let you choose your own lunches, which may be easily purchased locally from shops and supermarkets.
- You will be advised in the briefings as to how many days lunches you should plan ahead and purchase. There is never time to cook hot lunches while on a course, but you could take a thermos.
- Website link: <http://www.icicle-mountaineering.ltd.uk/chamflat.html>

## Evening meals

- In town clients normally take advantage of the excellent variety of local restaurants, and also the town's bars to celebrate week's achievements. We are also happy to book places in restaurants for you, should you wish an evening on your own.
- Some clients want an early night or to budget, so opt to cook for themselves in the self-catering flats. In guarded huts, the cooked evening meal is normally three courses.
- Website link: <http://www.icicle-mountaineering.ltd.uk/chamonix.html>

## Mountain huts

- Mountain Huts are run by a 'Guardian' who cooks, cleans and is on hand for your assistance. On most courses, the itineraries detail a specific number of nights in mountain huts.
- Clients share rooms, which often are on tiered bunks. Each person is allocated a mattress with its own pillow and blankets, but you should take a sleeping bag liner for comfort.
- There are normally storage / drying rooms. Meals are on a half board basis, with a basic continental breakfast and a three course cooked evening meal. Any extras you order, such as bottled water, beer or wine, packed lunch, or chocolate, must be paid for by you.
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## Weather & conditions

- It's natural for you to be avidly checking the weather on the weeks and days preceding your course, and we try and keep our social media channels updated daily, so you can see what's going on, and how the conditions are evolving. The website links below give you trustworthy weather forecasts.
- Website link: <http://www.icicle-mountaineering.ltd.uk/webcams.html> and [http://chamonix-meteo.com/chamonix-mont-blanc/weather/forecast/morning/5\\_days\\_weather\\_forecast.php](http://chamonix-meteo.com/chamonix-mont-blanc/weather/forecast/morning/5_days_weather_forecast.php)

## Maps & guidebooks

- You don't need to take any maps and guidebooks for your trip, as you are being guided, but it's always a good idea from a safety perspective to have a map with you. Here are the key links;
- Chamonix map; <https://shop.icicle-mountaineering.ltd.uk/79/BooksMaps/Maps/Alpinemaps/IGNChamonix36300Tmap.html>
- Pays du Mont Blanc map; <https://shop.icicle-mountaineering.ltd.uk/81/BooksMaps/Maps/Alpinemaps/PaysduMontBlanc1:50000map.html>
- Instructional book; <https://shop.icicle-mountaineering.ltd.uk/165/BooksMaps/Books/Instructional/AlpineClimbing:TechniquetoTakeYouHigher.html>

## Equipment lists

- You will be sent a precise course specific kit list upon booking, but we have a huge amount of kit advice on our website; <http://www.icicle-mountaineering.ltd.uk/boots.html>
- Website link: <http://www.icicle-mountaineering.ltd.uk/icicleshop%2BKIT%2BMTR.html>

## Any questions?

Even if you've read all the detail here and in your Course Information Booklet, and on the website, you may still have some queries about your trip, so don't hesitate to get in touch.

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- Facebook message <http://m.me/iciclemountaineering>
- Here's our office hours, and online chat <http://www.icicle-mountaineering.ltd.uk/contact.html>
- When you're on a trip, you'll also be provided an in resort WhatsApp number for our team, so if you haven't already, please ensure that you download this free app to your phone.



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