



ICE CLIMBING COURSE

This ice climbing course will offer you the right skills to climb safely and independently. Appropriate course for new or good climbers.

Program:

Day 1

- Equipment check and presentation
- Walking to the ice fall
- Top rope ice-climbing, lessons about mountain risks, knots and ligatures, rappel constructions, belay techniques, climbing progression
- Walk back

Day 2

- Equipment check and presentation
- Walking to the ice fall
- Climbing multipitch icefall
- Back to Cogne for debriefing

Equipment:

- Winter mountain shoes
- Ice axes, crampons and harness
- 30/35 liter backpack
- Winter drycover pants
- Polartec jacket
- Padded jacket

Duration:

2 days

Number of participants:

1 to 6 maximum (second day one guide every 2 pax)

Meeting point:

To be set with the Guide

Fee:

- 1 person €720/pax
- 2 people €360/pax
- 3 people €360/pax
- 4 people €270/pax
- 5 people €290/pax
- 6 people €240/pax

Included:

- Mountain guide fee

Not included:

- Transfer to the meeting point
- Equipment rental
- Lunch bag
- Anything not mentioned in the section "Included"

Insurance:

It's possible and advisable to subscribe the rescue service insurance policy for mountain guides clients
<https://larcasrl.it/page.asp?ID=45>