



## ICE CLIMBING IN COGNE

Discover and dream, that's our goal. We will accompany you in one of the best and well known place in the world about ice climbing.

### **Program:**

- Meeting at the meeting point
- Equipment check and presentation
- Walking to the ice fall
- Ice-climbing
- Walk back

### **Equipment:**

- Winter mountain shoes
- Ice axes, crampons and harness
- 30/35 litres backpack
- Winter drycover pants
- Polartec
- Padded jacket
- Gore tex jacket
- Two pair of gloves (one warm)
- Mountain hat and buff
- Sunglasses

### **Fee:**

Starting from 400 euro according to the itinerary

### **Duration:**

1 day

### **Number of person**

Maximum 2

### **Meeting point:**

Agree with the mountain guide

**Included:**

- Mountain guide fee

**Not included:**

- Transfer to the meeting point
- Equipment rental
- Lunch bag
- Everything not written in included

**Insurance:**

It's possible and advisable to subscribe the rescue service policy for mountain guides clients

<https://larcasrl.it/page.asp?ID=45>