



## 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 €800/pax
- 2 people €400/pax
- 3 people €400/pax
- 4 people €300/pax
- 5 people €320/pax
- 6 people €270/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>