



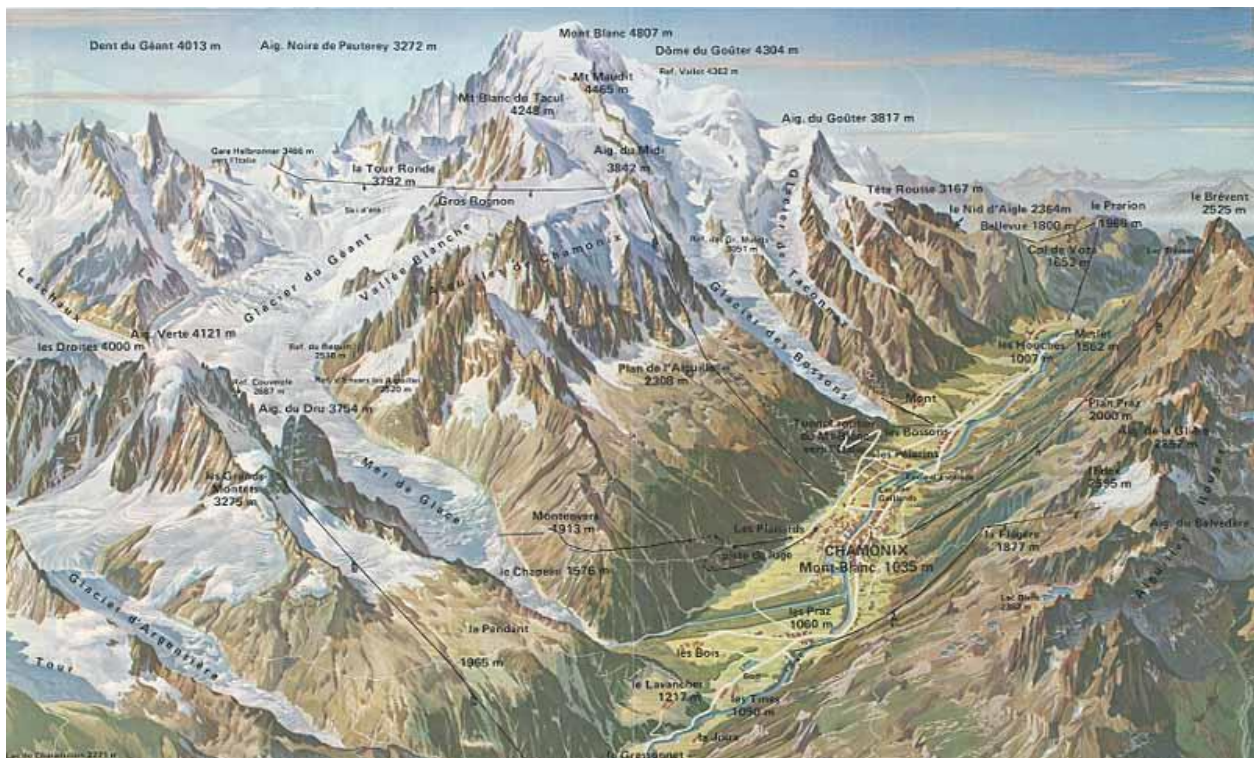
**MOUNTAINEERING IRELAND**  
**SUMMER ALPINE MEET 2025**  
**ARGENTIÈRE, CHAMONIX, FRANCE**

**10% discount for bookings before March 30<sup>th</sup>**

# Location for the meet

The 2025 Mountaineering Ireland Summer Meet will take place in Argentière, Chamonix, France. There are many activities possible from trekking, hiking, mountaineering, rock climbing, biking and many more.

The area is home to ridges, summits, rock faces, scree, pastures, streams, lakes, waterfalls, rivers, huts and a substantial network of paths. The paths are maintained to a high standard and provide opportunity to explore and develop a relationship with this beautiful area and its diverse range of natural offerings of flora & fauna.



Please click the link below to see the street map. The camping can be seen slightly south of the centre when you zoom in.

<https://maps.app.goo.gl/4R5k3>

## Walking:

The Valley offers hikes and treks for all levels from easy lower level walks to alpine trekking for more ambitious and experienced walkers. There are also several cultural tours, day treks and longer hut-to-hut options in the area. A continuous route can take a number of days and overnights, but each stage is a great hike in its own right.

## Climbing and Alpinism:

The Valley offers a variety of peaks and is an ideal base for multi day excursions using the network of mountain huts or one-day trips. This area is a climbing mecca which provides sport routes, trad multi-pitch, big walls and alpine routes. There are plenty of varied climbing options in Argentière, Chamonix and the surrounding valleys. Argentière provides access to the start points for many peaks and is the home to alpine peaks such as Mont Blanc, Aig du Midi, Mont Blanc du Tacul, Dome du Gouter and many more.



<https://www.ukclimbing.com> review the climbing, bouldering, guide books etc.

<https://www.summitpost.org> for reviewing routes, walks and much more.

## Other Activities:

Apart from numerous hiking, trekking and climbing routes in the area, there are plenty of other activities on offer including: biking and trail running.

For recovery days or if the weather is not great, there are also a range of interesting places to visit from the Alpine Museum and the Tarriaz Museum to the beautiful Alpine meadows. There are also plenty of opportunities to enjoy tasting sessions for local beers, wines and food.

## Who is the Meet aimed at?



That's simple – The Meet is for everyone - walkers, rock climbers, and mountaineers of all ages and abilities. This is a wonderful opportunity for **all** Mountaineering Ireland members, new and old to meet established friends and make new ones, and go walking, mountaineering and climbing in some of Italy's most beautiful scenery. The purpose is to gather like-minded people together in an alpine area where they can walk, rock climb, boulder and climb snow covered and rocky alpine peaks. The main emphasis of the meet is to have fun!

The Meet is a wonderful opportunity to share information, learn techniques and develop skills, meet new climbing partners, join walking groups and generally share in the exploration of an alpine area. Many people return to the Meet every year whilst others may be visiting the Alps for the first time, joining more experienced friends or taking part in one of the Mountaineering Ireland courses that supplement the Meet. The Meet has a huge, informal, social aspect and musicians, dancers and singers are encouraged to bring their voices, legs and musical instruments to the legendary parties.

The formal courses are designed to introduce you to the skills required for walking and climbing, but with the long-term aim of enabling you to walk and climb independently in alpine areas. There are also courses for people who want to refresh or upgrade the

skills learnt on previous meets. A natural progression is for people to participate in a course in the first few years and then return to the Meet as an independent walker or climber.

The IFMGA Mountain Guides and IML Walking Leaders are at the Meet not only to run formal training courses, but also to give advice and share information with everyone on mountain conditions and recommended routes in the area. Families are particularly welcome at the Summer Alpine Meet and the Valley is a great base for a wide range of activities for younger people.

## **Free Information Lecture**

Join us at the Summer Meet Information Lecture online on January 14<sup>th</sup> at 7.00pm. Mountaineering Ireland Training Officer, Jane Carney, will go through the various courses and activities on offer at the Meet and will give an overview of everything the valley has to offer. It's a great opportunity to ask questions and gain first-hand knowledge of the area. Or see the video on the website <https://www.youtube.com/watch?v=Dgvavh2w7EE>.

## **Alpine Prep Course**

We will be holding a pre-Alps preparation and training day on 23<sup>rd</sup> May in Wicklow. The cost is €60pp. There are details on the events pages of [www.mountaineering.ie](http://www.mountaineering.ie) and bookings can be made by ringing Jane Carney on 01 6251112

# How to get to Argentière, Chamonix, France.

## International Links

Calais ----- 900 Km ~ 8 - 9 hrs Drive

Cherbourg ----- 990 Km ~ 9.5 hrs Drive

Roscoff ----- 1100 Km ~ 10 - 11 hrs Drive

Geneva Airport ----- 110 km ~ 1.15 hours (other airports 2-2.5 hours away)

Train & bus from Geneva – 2.45 – 3.15 hours

## Tickets and information

### SNCF

Ouibus 8587- Buy tickets - 00 33 892 68 00 68 [www.ouibus.com](http://www.ouibus.com)

Train Station ----- 1 km ~ 5 mins Walk. Argentière Station, St Gervais -  
Martigny line. TGV links in St Gervais

Swiss Border ----- 12 km

Mont Blanc Tunnel ----- 9 km

## Local Services

Bus Stop ----- 150 m Bus links to the whole valley

Supermarket and Shops --- 1 km ~ 5 mins Walk

Bike Hire ----- 600 m

Grands Montets Gondola - 650 m ~ 3 mins Walk

Doctors Surgery ----- 600 m ~ 3 mins Walk

## Chamonix Valley

Chamonix ----- 7 km ~ 10 mins Drive

Argentière ----- 1km ~ Shops, restaurants, supermarket, Maison des  
Guides

Les Houches ----- 13 km ~ 15 mins Drive

Le Tour ----- 5 km ~ 5 mins Drive

The area is not difficult to get to but may need a bit of forward planning. The area is served best by Geneva Airport (1-1.5 hour) but can also be reached from Milan Airport- (245km, 2.45 hours), Lyon Airport (230km, 2.30 hours), Turin Airport (180km, 2.45 hours).

## Transferring to the Valley:

Geneva Airport has a train and bus service to and from Chamonix taking 2.45- 3.15 hours, depending on the time of day.

Coming by **train** from click on the below link to determine rail timetables to and from the Valley.

<https://www.trainline.eu>

The **train** fares are not visible for July 2025 as yet, but pre-July are priced at approx. €32 return from Geneva Airport to Chamonix, where a bus can be taken for the remainder of the journey. The tickets may be dearer in summer but are not advertised yet. They usually release the tickets between 3-6 months prior to departure.

For more details on **bus** travel to the Valley, please go to 00 33 892 68 00 68 [www.ouibus.com](http://www.ouibus.com) Please note timetables are likely to update to a summer timetable nearer to the date.

## Camping

The Mountaineering Ireland Summer Meet base will be at '**Camping du Glacier d'Argentière**'

(Please pre-book your place with the campsite early.

State you are with the Mountaineering Ireland Summer Meet.)

For information and to make your own booking please call or email:

Tel: +33 (0)4 50 54 17 36

[camping.glacier.argentiere@gmail.com](mailto:camping.glacier.argentiere@gmail.com)

Address:

161 Chemin Des Chosalets

74400,

Argentière,

Chamonix Mt Blanc,

Rhones Alpes,

France

**Longitude** - 6.923747 **Latitude** - 45.974717 **Altitude** - 1200m

- Camping du Glacier D'Argentière is situated right in the middle of the Chamonix Valley, in the Haute Savoie region of France, at the foot of the Grands Montets cable car, the departure point of numerous walking, mountain bike and mountaineering trails. It is an ideal stop for those doing the tour of the Mont-Blanc (the campsite is situated right on the route of the GR5).
- Situated 7 kms from Chamonix Mont-Blanc, at the beginning of Argentère, the campsite is at 1200 meters altitude, in the hamlet of Les Chosalets, set back 200 meters from the R.N. 506 France / Switzerland road link, an oasis of calm in the hustle and bustle of the Chamonix Valley.
- The campsite lies in total peace and quiet, away from any traffic. To aid in the peace and quiet of the campsite, no cars can enter or leave the site from 22.00 pm until 06.00 am. Those returning or arriving outside of these hours can make use of the carpark at the bottom of the village.



## Maps & Guidebooks

There are a number of guidebooks covering the area including the following:

### Rock Climbing, Mountaineering & Alpinism

- The 4000m Peaks of the Alps Rock Climbing Guidebook, ISBN is 9788885468535
- Chamonix – Envers des Aiguilles Guidebook (Multi-Pitch Routes), Michel Piola
- Chamonix – The Aiguilles Rouges 1 & 2 Guidebook (Multi-Pitch Routes), Michel Piola
- Crag Climbs in Chamonix Guidebook (Sport Climbing & Bouldering), Francois Bernier, Dominique Potard
- Bouldering guidebook for Chamonix – Les Blocs de la region de Chamonix, Emmanuel Ratouis
- Chamonix rock climbing guidebook, Rockfax, Charlie Boscoe, Jack Geldard
- Mont Blanc Massif Volume1 & 2 Selected Climbs, Lindsey Griffin, (Alpine Club Guide)



- The Mont Blanc Range, Classic Snow, Ice & Mixed Climbs, Jean-Louis – Florence Lelong, Menasha Ridge Press, 2007

## Walking

- Mont Blanc Walks, Hilary Sharp, Cicerone 2016
- The Tour of Mont Blanc, The complete two-way trekking guide, Kev Reynolds, Cicerone, 2015

## Maps

3630 OT - Chamonix/Massif du Mont Blanc Walking Map 1:25'000

3531 ET - St-Gervais-Les-Bains/Massif du Mont Blanc Walking Map 1:25'000



- Also check out the Mountaineering Ireland library online.

# Mountain Huts in the Argentière, Chamonix area.

Please click below for a list of mountain huts in the area.

[https://www.summitpost.org/mont-blanc/150245#chapter\\_4](https://www.summitpost.org/mont-blanc/150245#chapter_4)

## Summer Alpine Meet 2025

### Workshops & Courses

The workshops and courses have been designed to suit all tastes, budgets and interests. If you are more interested in independent walking, mountaineering or climbing you can also join us at the meet on a camping only option. If you are just booking a place on the campsite and you are not doing a course, please complete a booking form and send the booking deposit of €20 per person. This goes towards the organisation of the Meet.

The below course fees cover **tuition only** and do not include insurance, food, cable car costs, camp fees, accommodation or local travel costs. Course dates are provisional and may be adjusted to meet demand. These will be finalised during May based on bookings received and participants will be advised of any changes.

Mountaineering Ireland reserves the rights to cancel any course should there be insufficient numbers. The closing date for receipt of applications is **April 30<sup>th</sup> 2025**.

Terms and conditions apply: see the Summer Meet booking form.

***Insurance - You must purchase specialist mountaineering insurance covering helicopter rescue, medical treatment, cancellation and repatriation. The BMC's Alpine & Ski policy or Austrian Alpine Club (AAC) is recommended. You must bring all insurance documentation with you on the course.***

**Reciprocal rights card** - The Reciprocity Fund, managed by the Swiss Alpine Club, allows Mountaineering Ireland to supply its members with a card entitling the holder to discounts (normally between 20% and 50%) in the many huts owned by the organizations that are signatories to the agreement (the Alpine Clubs of France, Switzerland, Italy, Germany, Holland, South Tyrol, Austria and Spain). The Reciprocal Rights card is sometimes also recognised by organisations and countries that are not signatories to the charter. To get a reciprocal rights card, please contact Mountaineering Ireland. The cost is €50 per card.

- [Half day workshops](#) (Pre booking essential)

Minimum ratio 1:4 - Maximum ratio 1:10.

€30pp

Start time: 9.15-12.15 & 1.15-4.15

Mountaineering Ireland Training Officer (Jane Carney) will be organising a series of half-day workshops (weather permitting), based in the camp site, to refresh some of the skills needed to mountaineer safely. These are not meant to replace the full courses and will require some previous knowledge and experience. Timings for these are 9.15 –12.15 & 1.15-4.15, but will be flexible around weather.

- **Glacier Crossing & Crevasse Rescue.** 11 & 18 July (morning session)
- **Movement Skills for Rock Climbers.** 11 & 18 July (afternoon session)

- [Private guiding/tuition](#)

If there is a group of you, private half or full day sessions can also be booked for a half day or full day. Local guides are available in the Valley and this can be arranged at the Meet.

- [1 day rock climbing/scrambling courses](#) (Pre booking essential)

Each week there will be the following rock climbing/scrambling courses on offer

Minimum ratio 1:4 for the introduction and scrambling, and 1:2 for learn to lead and multi-pitch

- 1 day - Introduction to Rock Climbing €70pp 1:6 ratio 11 & 18 July
- 1 day - Scrambling Skills €100pp 1:4 ratio 11 & 18 July
- 1 day - Learn to Lead Rock Climbing €200pp 1:2 ratio 11 & 18 July
- 1 day - Multi-Pitch Rock Climbing €200pp 1:2 ratio 11 & 18 July

- **Longer 5 day courses**

The following courses are run over a 5-day period. The course commences with a pre-course meeting at **18:00hrs on Saturday 5<sup>th</sup> or Saturday 12<sup>th</sup> July.**

### **Hut to Hut Walking Tour (5 days)**

**Route to be based on sections of the Tour de Mont Blanc.**

Maximum ratio:	1:6	Youth (Age 18-26)
Dates:	6-10 <sup>th</sup> or 13-17 <sup>th</sup> July	
Cost:	<b>€450pp</b>	<b>€405</b>

This multi day walk will be led by an International Mountain Leader or UIAGM Guide and will take you through truly spectacular terrain in the Chamonix area.

### **Introduction to Alpine Mountaineering (5 day)**

Ratio:	1:4	Youth (Age 18-26)
Dates:	6-10 <sup>th</sup> or 13-17 <sup>th</sup> July	
Cost:	<b>€750pp</b>	<b>€500</b>

The aim is to introduce the basics of Alpine mountaineering. By the end of the week you will be familiar with how to safely travel through glaciers, rocky ridges, rock faces and steep snow slopes. Weather permitting you will climb several Alpine peaks and spend at least one night in a Mountain Hut. All those booking on to this course must be have a good level of fitness. Some climbing experience is helpful, but not essential.

### **Intermediate Alpine Mountaineering (5 day)**

Ratio	1:2 <b>1:3 (Youth)</b>	Youth (Age 18-26)
Dates:	6-10 <sup>th</sup> or 13-17 <sup>th</sup> July	
Cost:	<b>€1050pp</b>	<b>€690</b>

This course is run at a ratio of 1:2 (1:3 youth) to allow participants to undertake more technical routes. The aim is to improve your existing mountaineering skills, focusing on safety, efficiency and independence in the mountains. The course will include; efficient rope work, quick movement on alpine terrain and navigation. All participants must have experience with crampons, ice-axe and a basic knowledge of rope work. Some rock climbing experience and a high level of fitness level are essential. The group should discuss the number of hut nights with the guide before the course starts.

Please be aware that hut costs for the guide must be covered by the course participants.

### **Advanced Alpine Mountaineering (5 day)**

Ratio: 1:2  
Dates: 6-10<sup>th</sup> or 13-17<sup>th</sup> July  
Cost: **€1050pp**

This course is run at a ratio of 1:2 to allow participants undertake more technical routes. It is essential that participants have previous Alpine experience and sound knowledge of rope work and belays. Scottish winter mountaineering experience would also be an advantage. We would hope to progress onto multi-pitch climbs on snow and ice at grades of AD to TD. The group should discuss the number of hut nights with the guide before the course starts. Please be aware that hut costs for the guide must be covered by the course participants.

- [Shorter 3 day courses](#)

### **Introduction to Alpine Mountaineering (3 day).**

Ratio: 1:4 **Youth (Age 18-26)**  
Dates: 6-8<sup>th</sup>, 9-11<sup>th</sup>, 13-15<sup>th</sup>, 16-18<sup>th</sup>, July (Select 1<sup>st</sup> & 2nd preference dates).  
Cost: **€450pp** **€300**

NB: The group may choose to spend one night in a hut. Please note that the course participants must cover hut costs for the guide also.

### **Intermediate Alpine Mountaineering (3 day)**

Ratio 1:2 **1:3 Youth** **Youth (Age 18-26)**  
Dates: 6-8<sup>th</sup>, 9-11<sup>th</sup>, 13-15<sup>th</sup>, 16-18<sup>th</sup>, July (Select 1<sup>st</sup> & 2nd preference dates).  
Cost: **€630pp** **€410**

NB: The group may choose to spend one night in a hut. Please note that the course participants must cover hut costs for the guide also.

### **Advanced Alpine Mountaineering (3 day)**

Ratio: 1:2  
Dates: 6-8<sup>th</sup>, 9-11<sup>th</sup>, 13-15<sup>th</sup>, 16-18<sup>th</sup>, July (Select 1<sup>st</sup> & 2nd preference dates).  
Cost: **€630pp**

NB: The group may choose to spend one night in a hut. Please note that the course participants must cover hut costs for the guide also.

## 5 day Bespoke Alpinism

Ratio: 1:4

Dates: 6-10<sup>th</sup>, 13-17<sup>th</sup> July (Select 1<sup>st</sup> & 2<sup>nd</sup> preference dates).

Cost: €750pp

NB: The group may choose to spend one night in a hut. Please note that huts costs for the guide must be covered by the course participants.

An opportunity for those of us who are chronologically challenged to share some time in the mountains together with a mountain guide, walking climbing and mountaineering. You need some fitness but the pace and objectives will be decided amongst the participants. Whatever you do in the alps the fitter you are the more enjoyment you will have. You should aim to do some cardiovascular exercise 2/3 times per week.



## How to apply & further information

Booking forms are available to download from the web site. Book as soon as possible to ensure a place on the course and to allow us to warn the campsite of the numbers arriving. If you are just booking a place on the campsite only and you are not doing a course, please complete the form and send the booking deposit of €20 per person. It is essential for you to pre-book your camping and say you are with the Mountaineering Ireland Summer Meet.

Please contact the training administrator on (+353 1) 625 1112 or Jane Carney on [jane@mountaineering.ie](mailto:jane@mountaineering.ie) before making any course booking or booking your flights.