



ROCK & ALPINE CLIMBING IN CHAMONIX

Chamonix is the home of **Alpinism** – steeped in rock climbing history, and one of ‘the’ must visit areas for all climbers and mountaineers. The impressive mountains surrounding the town thaw in the summer months to reveal a plethora of rock climbing spots. You’ll find **bolted crags** dotted all along the valley, and there are several spots up in the mountains were accessible bolted single and **multi pitch climbs** can be found - the Brevet crags or the famous Aiguilles Rouges. Up high, the climbing possibilities for **traditional Alpine and mixed routes** are endless! Whatever you’re looking for, we have it - this is what Chamonix is all about.

Whether **expert or novice**, rock climbing is one of the most fulfilling and enjoyable ways to appreciate the nature of the outdoors and form sound friendships. No longer reserved for the skinny kids who didn’t make it into the football team, rock climbing has officially become cool!! In Chamonix there is climbing to suit **all abilities** – from easy beginner routes, through to some of the most challenging and serious Alpine climbs in the world.

As a sport, climbing is unique, and at Adventure Base, we love it. Your body and mind unite in the challenge to move up routes you never imagined possible. Climbing in the mountains is a beautiful and never ending challenge, your **physical and mental** strength and agility fighting it out to get to the top. But it’s not just your own physical challenge; it’s the physical beauty and power of the mountains around you that makes climbing in Chamonix so special. It’s easy to forget to look around you, but when you do, the views are **truly breathtaking**. All this whilst developing strong **friendships** as your rope bonds you in more than just a physical manner to your partners.

Here at Adventure Base we specialise in providing totally **flexible breaks**. All our chalets are located within easy access of the crags, and close to lifts that will give you altitude access within minutes. We are all **passionate** about the valley and its rock and can provide you with all the information you need to get the most out of your holiday. In addition we can add on any extras that might just perfect the week, such as in house **catering**, full body sports **massages**, ad hoc **rock climbing guiding** and **shuttles** to the crags that aren’t accessible by public transport.

For rock climbing guiding and courses, we work in close partnership with **Dream Guides** (www.dream-guides.com), who offer a range of climbing courses and bespoke guiding options to suit all abilities – ask for more info!

PRICES & DATES:

Accommodation: Chalet or Apartment accommodation, starting from just €20 pp / night. See <http://www.adventurebase.com/sun/accommodation>

Dates: Any – from mid May to mid Sept. Any number of nights. Lifts are open for climbers from 13th June until 13th September 2009.

Ad Hoc guiding: Full day (with qualified IFMGA guides) 340€

Crag & airport transfers: 20 € in Chamonix valley, €60 pp return to Geneva

Catering: <http://www.adventurebase.com/snow/services/catered>

