

Introduction to ice climbing

Meeting point

You will be met by your mountain guide, with whom you will equip yourself and then go climbing in the Anzère Ice Park.

The meeting point for the morning session is at 09:00 at the top of the Anzère gondola lift at Pas de Maimbré next to the Anzère Ice Park sign.

The meeting point for the afternoon session is at 13:00 at the top of the gondola lift from Anzère to Pas de Maimbré next to the Anzère Ice Park sign.

Depending on the daily crowds, it is advisable to arrive in Anzère 1 hour before the session starts. So when you arrive at the ski resort, don't hesitate to allow enough time to find a car park and take the gondola lift so that you don't miss the start time of the activity.



Clothing and technical equipment that you should take with you:

Ice climbing takes place in very cold conditions and without sunshine.

- Warm ski clothing or clothing for winter hiking.
- Hat
- 2 or 3 pairs of gloves, including a warm mitten-like pair.
- Ski helmet or mountaineering helmet.
- You can bring a thermos flask with hot tea or coffee.

- Mountaineering boots or ski touring boots or normal ski boots.



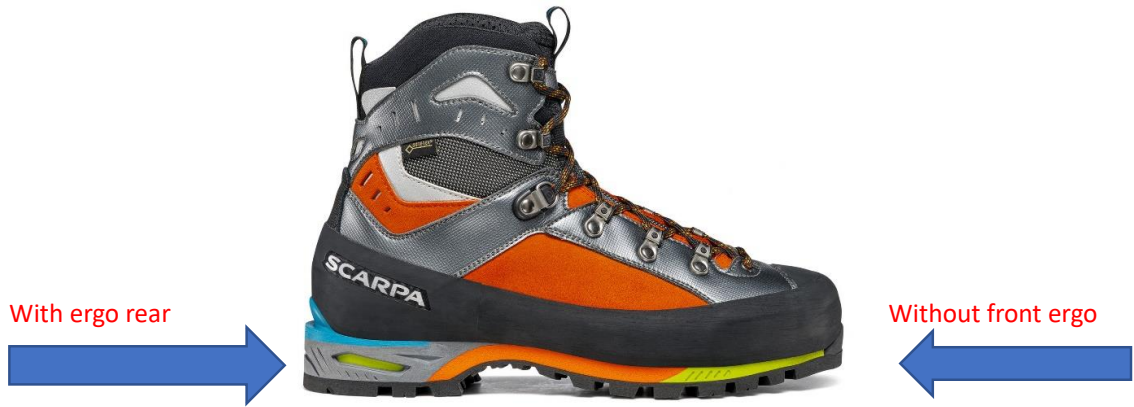
- Ice climbing is only possible with the types of boots described below on pages 3 and 4.
- Snowboard boots are **not** suitable.

Equipment provided by Anzère Tourisme :

- Climbing harnesses
- Crampons for ice climbing
- Ice axe for ice climbing
- Helmet for mountaineering
- Climbing rope
- Belay device

You do not need any additional technical equipment, the mountain guide on site has all the necessary materials.

Mountaineering shoes, 2 types :



Ski touring boots 2 types :

With rear ergo



Without front ergo



With rear ergo



With front ergo

