



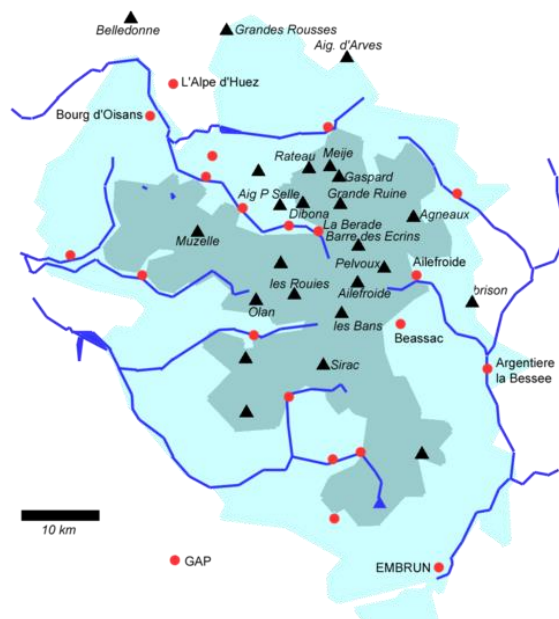
MOUNTAINEERING IRELAND
SUMMER ALPINE MEET 2024
AILEFROIDE, DAUPHINE ALPS,

10% discount for bookings before May 2nd

Location for the meet

After our last hugely popular and successful meet in Soelden in Austria, the 2024 Mountaineering Ireland 'Summer Alpine Meet' is returning to the versatile and all-encompassing area of Ailefroide in the Dauphine Alps, France.

Nestled at the foot of the Mont Pelvoux (3946 m) this beautiful, small and rather quiet village is located in the 2nd largest French mountaineering area after Chamonix. The Dauphine Alps (meaning Dolphin) is one of France's foremost areas for all mountain activities with three of France's highest mountains outside of the Mont Blanc massif and many other fabulous peaks and glaciers. With spectacular, high walking passes, more than 100 peaks over 3,000m and steep rock walls, it is hardly surprising that walkers and mountaineers have been attracted to this region for more than a century.



Walking - The area is a haven for walkers wanting to explore some spectacular scenery in France's largest national park, with hundreds of kilometres of well-maintained mountain paths. You can, without having to use a car, take paths leading to refuges, traverse tracks made by chamois and marmots lined with orange lily and martagon flowers, and perhaps if you're lucky spot the Isabelle butterfly, a very rare species.

Rock climbing - Ailefroide is renowned as one of the most beautiful climbing spots in the world. Whether you are a beginner or an experienced climber, whether you prefer long routes, sport routes, bouldering or high mountain routes, you'll find something to suit you. To say the campsite at Ailefroide is accessible to climbing is an understatement; if cragging, training and pushing your grade is your thing, then everything is just outside your tent.

Options are;

- A number of bouldering circuits
- Many sport climbing crags (150 pitches, 3c-7b),
- 45 great routes (150-300 m) accessed in not more than ½ hour walking.
- There are 300m rock walls five minutes from the campsite, 600m walls just down the road and beautiful rock ridges in the higher mountains.

Easily accessible rock routes abound in the area whilst the surrounding areas of the Briançonnais, Cerces, Vercors and Devoluy contain numerous multi pitch and single pitch routes, usually on limestone.

Alpinism - The area has some of the finest challenges in the Alps with classic routes to all the major summits: From Ailefroide you can hike up to one of the refuges (Glacier Blanc, Ecrins, Pelvoux or Sele), spend the night and get an early start on one of the prestigious surrounding summits:

- the Pelvoux traverse, descending via the Violettes glacier,
- la Barre des Ecrins,
- Roche Forio,
- Neige Cordier pic, etc.

Via Ferrata - Originating in Italy, these routes are a mixture of hiking and climbing, secured with cables, steps and ladders, they enable you to climb to great heights. For a video of local via ferrata and climbing go to <http://vimeo.com/921580> .

The via ferrata areas listed below are all accessible from Ailefroide and cater for all different levels:

- **Via ferrata des Vigneaux:** one of the 3 original French via ferrata. Most popular in France, due to its superb location on the road to Vallouise, and the clean lines and exposed nature of the route. It divides mid-way into 2 distinct routes: an easier and a harder option.
- **Via ferrata des Gorges de la Durance:** overlooking the turbulent waters of the Durance, this route offers three suspension bridges and exposed traverses, as well as a zip line. The drop below you and the roar of the river make a really dramatic impression – a true classic. This route is graded as ‘very difficult’.
- **Via ferrata de Tournoux:** this takes you to the Oreac plateau, above Tournoux, (at Col de la Pousterle), where there are lovely views over Vallouise. Suitable for all the family - this route is graded as ‘a little difficult’.
- **Via ferrata du Torrent de la Combe:** specially designed to enable all the family, children included, to explore the valley of the Torrent de la Combe and its Sentier Botanique, with exciting bridges suspended above the torrent.
- **Via ferrata de l’Horloge:** Accessed from L’Argentierre, this one is specially designed for children and beginners, with its closely spaced equipment. It is quite easy to complete and is a good place to start before attempting other routes in the area.
- **Via ferrata de la Grande Falaise:** Accessed from the Freissinières Valley, this historic route was the first via ferrata to be created in France. It has length, exposure and the wonderful scenery and light of the Ecrins Mountains. Rated ‘difficult’.

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 France'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/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 welcome!

Families are particularly welcome at the Summer Alpine Meet and Ailefroide is a great base for a wide range of activities for younger people. See the list below:

Other options and family activities

Ailefroide isn't just a mountaineering mecca, it's also a place to relax. There's plenty of interesting places to visit - Argentière's Silver Mine and Museum, wine producing and cave dwelling site at la Vignette, sundials in Vallouise, Pelvoux and Puy St Vincent, as well as the old walled town of Briançon.

Watersports - *Water is everywhere in the Hautes-Alpes! Choose between white water rafting or gently floating downstream while enjoying the scenery or try your hand at sailing or water-skiing on Lac de Serre-Ponçon.*

Orienteering - Permanent courses are set out just down the valley. The Tourist Office will be happy to give you more advice.

The Honey Farm/House (La Maison du Miel) - The Honey Farm just down the valley offers hot drinks, cakes, nougat, candles and of course numerous types of honey all produced on site. There is also a small museum telling you all about the production of honey. In summer you can see the bees at work and guided tours are available.

Highropes Park (Foret de Sensations) - A nature adventure park located above 1600m. This high ropes park is open to all the family, and includes 'tyroliennes' (cable pulleys), rope bridges and swings. Different levels of difficulty.
<http://www.foretsensations.fr/>

A variation on this but on a higher level is Roc-Adventure
<http://www.roc-aventure.com>

Parapenting – If you haven't tried it before, give parapenting a go - *Another way of discovering the surrounding area of the Vallouise Valley.*

<http://www.parapente-hautes-alpes.com/>

Swimming pools/Water Park - There is a swimming pool located at the small town of l'Argentière la Bessée. There is also a water park in Briançon, about 20 minutes drive from the campsite. It includes indoor and outdoor pools, paddling pool, waterslide, water jets and river runs. Sauna, steam room, spa and sun room also provided.

<http://www.ot-briancon.fr/centre-aquatique-4/>

Free Information Evening

Join us at the Summer Meet information evening on zoom on Tuesday 16 January 2024 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 Ailefroide has to offer. It's a great opportunity to ask questions and gain first-hand knowledge of the area.

How to get to Ailefroide

Ailefroide is easily accessible by plane, train, bus and car. Turin and Grenoble are the gateways to the area and the French high-speed train (TGV) only takes 4 hours 40 mins. from Paris.

Flying

Aer Lingus: www.aerlingus.com

Dublin to Lyon, Milan (Malpensa and Linate)

RyanAir fly: www.ryanair.com

Dublin to Marseille and Milan (Bergamo)

Cork and Knock to Milan (Bergamo)

EasyJet fly: www.easyjet.com

London Luton to Grenoble, Milan (Malpensa) and Nice

London Gatwick to Milan (Linate and Malpensa), Marseille and Nice
London Stansted to Lyon and Nice

Other airlines

British Airways, Air France, KLM, Alitalia and many other airlines fly into Turin.

Other nearby airports:

Marseille (Marignane) – 251km: 2 hours 45 minutes

Milan (Malpensa, Linate, Bergamo) 279 km: 3 hours

Lyon – 234km: 3 hours 30 mins

Nice - 240km (4 hours)

The onward transfer options from Turin airport are:

- Hire a car and drive
- Taxi (expensive)
- Bus and train combination (cheap - about 25€ one way, but takes most of the day)
- Bus times from Turin airport to Turin Porta Nuova train station
<http://www.sadem.it/it/prodotti/collegamento-aeroporti.aspx>
- Train times from Turin Porta Nuova train station to Oulx go to
<https://www.lefrece.it/B2CWeb/search.do?parameter=searchOutputVier&cFID=vLU4P0uXkwPr>
- Bus times from Oulx to Briançon
http://www.autocarsresalp.com/transport_commun_ligne_bus_briancon_montgenevre_oulx.php
- There is also a bus service direct from Turin to Briançon
<http://www.sadem.it/it/prodotti/orari/visualizza-orari-per-comune.aspx>

By car

The journey takes approximately 10 hours from Calais.

- From the North: (Grenoble, Lyon or Paris)
- Take the A51 motorway.
- At Grenoble exit at Pont de Claix in the direction of Briançon on the N91.
- From Briançon follow signs towards Gap on the N94 .

- At l'Argentière la Bessée turn right on to the D994 in the direction of Vallouise (turn left if you come from the direction of Gap/Aix en Provence). After Vallouise and Pelvoux you'll reach the village of Ailefroide.

Alternative route from the North: (Grenoble, Lyon or Paris)

- Take the A43 motorway (via the Fréjus tunnel).
- Exit in the direction of Oulx, Montgenèvre.
- From the Montgenèvre col and ski resort follow directions for Briançon.
- From Briançon follow signs towards Gap on the N94.
- At l'Argentière la Bessée turn right onto the D994 to Les Vigneaux.

By Train - The closest train station is located in l'Argentière La Bessée, 18 km from Ailefroide. In Argentière you can take the bus to reach Ailefroide.

Oulx is on the main Paris-Milan TGV line and only takes 4hrs 40mins. Connections can then be made from Oulx to Briançon and onwards to Ailefroide.

Camping

Camping municipal d'Ailefroide

05340 Pelvoux

Téléphone: 04 92 23 32 00 or 06 08 22 82 09

<http://www.ailefroide.fr/camping/>

At an altitude of 1515m, it is a vast natural campsite with great views and quiet camping sites. Facilities include hot and cold water, showers, WC, sinks, electric hook-ups.

The campsite is fairly big and you will be free to pitch your tent wherever you like in the campground. We will have a central Mountaineering Ireland tent which will act as a meeting and information point. You'll find the campsite reception on the left site when you enter the village. If you prefer the more quiet places, continue through the village and cross the bridge over the river. Here the campsite is quieter and you can set up your tent almost next to the boulders and climbing site.

The small charming village has a few bars/restaurants and a few small shops with limited choice. In general, the climate during summer is very nice and sunny with warm days but the nights can be very cold.

There are shops in town where you can buy or rent climbing gear, maps, climbing and bouldering topo-guides of the area, but you'd be advised to source them in Ireland or online before you go.



Maps & Guidebooks

The area is covered by Didier and Richards 1:50,000 map sheet number 6 – Ecrins Haut Dauphine. The general mountaineering guidebook for the area is the 'Alpine Club' - Ecrins Massif - by John Brailsford. The definitive walking guide is 'The Ecrins National Park' by Kev Reynolds. Another walking guide is the Tour of the Oisan: GR54 by Andrew Harper. There are many topo like guide books and these are best acquired in the valley.

Mountain Huts

- **Refuge du Glacier Blanc**

Ailefroide, 05340 Pelvoux. Téléphone: 04.92.20.16.52

Altitude: 2550 M

131 beds. Restaurant.

Email: caf.briancon@wanadoo.fr

Website: <https://refugeduglacierblanc.ffcam.fr/>

- **Refuge du Sélé**

Beds: 76. Restaurant.

Tel: 04 92 20 16 52

Email: caf.briancon@wanadoo.fr

Website: <https://refugedusele.ffcam.fr/>

More info: Starting point for glacier routes on "les Ailefroides" or "le Col du Sélé", this refuge is also a magnificent panoramic view point for hikers.

Attention: The final climb to reach the refuge is a secured rocky ridge, more impressive than dangerous but some rocks may fall.

- **Refuge des Ecrins**

Beds: 120. Restaurant.

Tel: 04.92.20.16.52

Email: caf.briancon@wanadoo.fr

Website: <https://refugedesecrins.ffcam.fr/>

More info: Starting point for glacier routes on “le Dôme” and “la Barre des Ecrins” (4102 m) amongst others, it’s a high mountain refuge par excellence.

If you’re not a mountaineer but a very good walker, you can walk up to the refuge and return to the valley in the day.

- **Refuge du Pelvoux**

Ailefroide, 05340 Pelvoux. Téléphone: 04.92.20.16.52

Altitude: 2724 m

56 beds. Restaurant.

Email: caf.briancon@wanadoo.fr

Website: <https://refugedupelvoux.ffcam.fr/reservation.html>

Please Note: Following landslides, access to the Pelvoux refuge via the Celse Nière valley is prohibited



Summer Alpine Meet 2024

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 €10 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 31st May 2024.

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 is recommended (UK members) or the Austrian Alpine Club (UK or RoI members). You must bring all insurance documentation with you on the course. Travel and activity insurance is required, so please check you have provision with the policy/s you purchase. Note Austrian Alpine Club membership gives discount in huts.

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.

- [Half day workshops](#)

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

€30pp

Start time: TBA at the meet

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 previous knowledge and experience. Timings for these will be flexible but will last approximately 3 hours

- **Glacier Crossing & Crevasse Rescue.** 17 & 24 July (morning session)
- **Movement Skills for Rock Climbing** 17 & 24 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.

- [Short duration rock climbing courses](#)

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

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

- **One Day Introduction to Rock Climbing** €60pp 1:4 ratio 18 & 25 July
- **One Day Learn to Lead Rock Climbing** €100pp 1:2 ratio 19 & 26 July
- **One Day Multi-Pitch Rock Climbing** €100pp 1:2 ratio 20 & 27 July

- [Longer 5 day courses](#)

The following courses are run over a six-day period with one rest day and five days activity. commencing with a **pre-course meeting at 18:00hrs on Saturday 13th or Saturday 20th July**. The rest day will depend on the weather conditions.

Hut to Hut Walking Tour (5 days) based around the GR 54.

Maximum ratio: 1:6.
Dates: 14-19th OR 21-26th July
Cost: €400pp

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 Ecrins Massif.

Introduction to Alpine Mountaineering (5 days)

Ratio: 1:4
Dates: 14-19th or 21-26th July
Cost 5 day €700pp **Youth Rate: €400**

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 have a good level of fitness. Some climbing experience is helpful, but not essential.

Intermediate Alpine Mountaineering (5 day)

Ratio 1:2
Dates: 14-19th and 21-26th July **1:3**
Cost: €900pp **Youth Rate: €520**

This course is run at a ratio of 1:2 to allow participants 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.

5 day Advanced Alpine Mountaineering

Ratio: 1:2

Dates: 14-19 and 21-26 July

Cost: €900pp

Youth Rate: €700

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.

5 day Bespoke Alpinism

Ratio: 1:4

Dates: 16-21st July, 23-28th July

Cost: €700pp

An opportunity to take some time in the mountains together with a mountain guide, walking, climbing and mountaineering. 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.

- [Shorter 3 day courses](#)

The following courses are run over a 3-day period. Commencing with a pre-course meeting at 18:00hrs on the evening before your course starts.

Introduction to Alpine Mountaineering (3 day)

Ratio: 1:4

Dates: 14-16th, 17-19th, 21-23rd, 24-26th July

Cost 5 day €420pp

Youth Rate: €220

Intermediate Alpine Mountaineering (3 day)

Ratio 1:2

1:3

Dates: 14-16th, 17-19th, 21-23rd, 24-26th July

Cost: €520pp

Youth Rate: €260

Advanced Alpine Mountaineering (3 day)

Ratio: 1:2

Dates: 14-16th, 17-19th, 21-23rd, 24-26th July

Cost: €520pp

Youth Rate: €400



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 €10 per person. This covers the discounted camp fees at the camp-site.

Please contact the training administrator Julie on julie@mountaineering.ie (+353 1) 625 1115 (Opt 2) or Jane on jane@mountaineering.ie before making any course booking or booking your flights.