



**MOUNTAINEERING IRELAND SUMMER
ALPINE MEET 2017
LA BERARDE, OISANS, FRANCE**

10%discount for bookings before May 1st

Location for the meet

The 2017 Mountaineering Ireland Summer Meet will take place in La Berarde, Bourg d Oisans, France in the heart of the Ecrins National Park. There are many activities possible from trekking, hiking, mountaineering, via ferrata, rock climbing, rafting and many more.

The Park is an area that carries the status of a European high mountain park and 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.



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. There are plenty of varied climbing options on both sides of the valley, such as; La Grande Aiguille, La Maye, Le Torrent, Tete de La Maye, L Aiguille Dibona and bouldering. La Berarde valley provides access to the start points for many peaks and is the home to well know alpine peaks such as La Meije, Pelvoux, Barre des Ecrin, Tete Blanche & Point Richardson.

Other Activities:

Apart from numerous hiking, trekking and climbing routes in the area, there are plenty of other activities on offer including: via ferrata, rafting, canoeing, 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 a local Mountain Climbing Museum, spas and saunas. 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 Switzerland'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 snare 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 very welcome! 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 at Basecamp on Middle Abbey Street in Dublin on April 12th 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.

Alpine Prep Course

We will be holding a pre Alps preparation and training day on 26th May in Wicklow. The cost is €50pp. There are details on the events pages of www.mountaineering.ie and bookings can be made by ringing Jane Carney on 01 6251112

How to get to the La Berarde, Bourg d Oisans.

The Valley is not difficult to get to but may need a bit of forward planning. The area is served by Grenoble (Grenoble Isere Airport, 125km-2hr), Lyon Airport (172km – 2hr 20mins), Geneva Airport (231km-3hrs), Turin Caselle Airport (211km-3hr 30mins), from La Berarde, Saint Christopher en Oisans),

Transferring to the Valley:

Grenoble has the closest train services to and from Bourg d 'Oisans.

From Lyon Airport there are shuttle busses available to Grenoble. Coming by train from click on the below link to see rail timetables to and from the Valley.

[French rail website](#) For more details on travel to and within the Valley, please click [here](#).

Buses from Grenoble to Bourg d'Oisans (bus 3000 & 3030), Bourg d'Oisans to La Berarde (bus 3040 are €5.90 & €3.50 1 way.

Times: 6.45am & 14.30 and arrive at 9.55am & 17.30.

Useful websites & contacts: www.berarde.com/pratique/transports
www.voyages-sncf.com
www.transisere.fr

Coach Station Grenoble: 0033 476879031

Camping

(Please pre-book your place with the campsite early. State you are with the Mountaineering Ireland Summer Meet.)

The Mountaineering Ireland Summer Meet base will be at the Camp Municipal La Berarde. It is adjacent to the River Veneon, altitude 1700m. It has washing machines, showers, toilets, washing facilities & permits BBQ. They have a children's playroom, television room and playground games.

Contacts: Romain & Sandra
Camp Municipal La Berarde,
Saint Christophe En Oisans, 38520
Isere,
Rhone Alpes
Phone: 0033 476792045

<http://www.berarde.com>
camping.berarde@orange.fr

Maps & Guidebooks

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

- Valais Alps East, Selected Climbs- Les Swindin, Peter Fleming, (Alpine Club Guide)
- Maps-IGN 3436ET Meije-Pelvoux-Ecrin National Park
- La Berarde, Jean Michael Camon 2013. (Climbing Guidebook, excludes Dibona)

Also check out the Mountaineering Ireland library online.

Mountain Huts in the La Berarde area

Please click [here](#) for a list of mountain huts in the area. The below link may also be of help. <http://www.berarde.com/en/mountain-huts>

Summer Alpine Meet 2017

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 **May 31st 2017**.

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. 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.** 3 & 10 July (morning session)
- **Movement Skills for Rock Climbers.** 3 & 10 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.

- [One 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

- | | | | |
|---------------------------------|---------|------------------|-------------|
| • Introduction to Rock Climbing | (Tue) | €50pp 1:4 ratio | 4 & 11 July |
| • Scrambling Skills | (Wed) | €50pp 1:4 ratio | 5 & 12 July |
| • Learn to Lead Rock Climbing | (Thurs) | €100pp 1:2 ratio | 6 & 13 July |
| • Multi-Pitch Rock Climbing | (Fri) | €100pp 1:2 ratio | 7 & 14 July |

- [Longer 5 day courses](#)

The following courses are run over a six-day period with one rest day and five days activity. The course commencing with a pre-course meeting at 18:00hrs on Saturday 2nd or Saturday 9th July. The rest day will depend on the weather conditions.

Hut to Hut Walking Tour (5 days)

Route to be based on sections of an Alta Via Route.

Maximum ratio: 1:6
Dates: 2-7th or 9-14th July
Cost: **€360pp**

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 La Berarde area.

Introduction to Alpine Mountaineering (5 day)

Ratio: 1:4
Dates: 2-7th or 9-14th July
Cost 5 day **€600pp**

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
Dates: 2-7th or 9-14th July
Cost: **€800pp**

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. 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: 2-7th or 9-14th July
Cost: **€800pp**

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). At least one night in a hut.

Ratio: 1:4
Dates: 2-4th, 5-7th, 9-11th, 12-14th July (Select 1st & 2nd preferred dates).
Cost: **€360pp**

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.

Intermediate Alpine Mountaineering (3 day)

Ratio: 1:2
Dates: 2-4th, 5-7th, 9-11th, 12-14th July (Select 1st & 2nd preferred dates).
Cost: **€460pp**

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.

Advanced Alpine Mountaineering (3 day)

Ratio: 1:2
Dates: 2-4th, 5-7th, 9-11th, 12-14th July (Select 1st & 2nd preferred dates).
Cost: **€460pp**

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.

3 day climbing for the over 50s. At least one night in a hut.

Ratio: 1:4

Dates: 2-4th, 5-7th, 9-11th, 12-14th July (Select 1st & 2nd preferred dates).

Cost: €360pp

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 €10 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 before making any course booking or booking your flights.