



**MOUNTAINEERING
IRELAND**

**MOUNTAINEERING IRELAND
SUMMER ALPINE MEET 2026
GRESSONEY, AOSTA VALLEY,
ITALY**

10% discount for bookings before February 28th

Location for the meet

The 2026 Mountaineering Ireland Summer Alpine Meet will take place in Gressoney St. Jean in the Aosta Valley, Italy. This elegant village was founded in the 13th century and is home to the Savoy castle and church of San Giovanni, rebuilt in 1725 on the foundations of the 16th century church.



Walking:

The Aosta 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 and longer hut to hut options in the area include the Monte Rosa Tour. The whole circuit takes 8 or 9 days but each of the 9 stages is a great hike in its own right.

Climbing and Alpinism:

The Aosta Valley offers a variety of peaks through the 4000m contour and is an ideal base for multi day excursions using the network of mountain huts or one day trips. There are climbing options on both sides of the Aosta valley and several cable cars allow access to the start points of many of the climbs. This valley is the home of some iconic alpine peaks such as Mont Blanc (4810m), the Matterhorn (4634m), Monte Rosa (4634m) and Gran Paradiso (4061m).

One of the big pulls of the Aosta valley is the nearby Matterhorn (4478m). Although climbing the Matterhorn isn't on our list of courses and walks, you can hire a guide to bring you on this climb which will take approximately 6 days.

Other Activities:

Apart from numerous hiking, trekking and climbing routes in the area, there are plenty of other activities on offer including: via ferrata, canyoning, rafting, canoeing, air sports, biking, riding and trail running.

For recovery days or if the weather is not great, there are also a range of activities you can check out from a local climbing & bouldering wall, a sports centre with an Olympic sized swimming pool, saunas and spas. 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 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 very welcome!

Families are particularly welcome at the Summer Alpine Meet and the Aosta Valley is a great base for a wide range of activities for younger people.

Free Information Evening

Join us on zoom for the Summer Meet information evening on January 14th 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 Aosta Valley has to offer. It's a great opportunity to ask questions and gain first-hand knowledge of the area.

Alpine Prep Course

We will be holding a pre-Alps preparation and training day on 22nd May in Wicklow. The cost is €60pp. There are details on the events pages of www.mountaineering.ie and bookings can be made by ringing Julie on 087 4349605 or emailing julie@mountaineering.ie

How to get to the Aosta Valley

The Aosta Valley is not difficult to get to but may need a bit of forward planning. The area is served by Turin (Turin Caselle – 1hr 30mins), Milan (Malpense 2rs) and Geneva (3hrs) airports

Transferring to the Aosta Valley:

Aosta has train services to and from the Turin stations of Porta Nuova and Porta Susa, with frequent trains daily (1 every hour at busiest times of the day).

The journey takes about 130 minutes (train change in Chivasso). The main railway stations along the Valle d'Aosta line (Pont-Saint-Martin, Verrès and Chatillon / Saint-Vincent) are connected to the side valleys by bus services whose times generally coincide with the trains.

Coming by train from Milan takes about 180 minutes, changing at Chivasso station. Click [here](#) to see rail timetables to and from the Aosta Valley.

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

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:

Camping Margherita,
11025 Gressoney Saint Jean,
Valle d'Aosta, Italy
Phone: 0039 0125 355370
Mobile: 00393402684191
Email: info@campingmargherita.com
Contact person: Andrea

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)
- Tour of Monte Rosa – Hilary Sharp (published by Cicerone)
- Maps:
 - Monte Rosa - Alagna - Macugnaga - Gressoney
 - Matterhorn / M.Cervino - Monte Rosa: Aosta - Gressoney - Zermatt
 - Monte Rosa - Breuil-Cervinia - Valtournenche - Gressoney

Also check out the Mountaineering Ireland library online.

Mountain Huts in the Aosta Valley area

Please click [here](#) for a list of mountain huts in the area.

This link may also be of help. <http://www.cai.it/index.php?id=1406&L=0>

Summer Alpine Meet 2026

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 pay 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 **March 31st 2026**.

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 British Mountaineering Council's Alpine & Ski policy (UK residents only) or the Austrian Alpine Club (will need travel insurance also, but includes reciprocal rights*), 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 €55 per card.

- **Half day workshops** (Pre booking essential)

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

€40pp

Session times:

Morning 9.15 - 12.15

Afternoon 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 will be flexible around weather conditions.

- **Glacier Crossing & Crevasse Rescue.** 8 & 15 July (morning session)
- **Movement Skills for Rock Climbing** 8 & 15 July (afternoon session)

- **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

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|--|-------------------------------|
| • One Day Introduction to Rock Climbing | €70pp 1:6 ratio 6 & 13 July |
| • One Day Scrambling Skills | €100pp 1:4 ratio 7 & 14 July |
| • One Day Multi-Pitch Rock Climbing | €200pp 1:2 ratio 9 & 16 July |
| • One Day Learn to Lead Rock Climbing | €200pp 1:2 ratio 10 & 17 July |

- **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.

- [Longer 5 day courses](#)

The following courses are run over a 5-day period with five days activity. The course commencing with a pre-course meeting at 18:00hrs on Saturday 4th or Saturday 11th July. The rest day will depend on the weather conditions.

Hut to Hut Walking Tour (5 days)

Route to be based on sections of the Alta Via Route 1, “The Giants Trail”.

Maximum ratio:	1:6	Youth (Age 18-26)
Dates:	5-9 th or 12-16 th July	
Cost:	€450pp	€405

This multi-day walk will be led by an International Mountain Leader or UIAGM Guide and will take you through truly spectacular terrain in Valais area. The first day is usually a day walk returning to the campsite, followed by a 4 day 3 night trip, away from camp.

Introduction to Alpine Mountaineering (5 day)

Ratio:	1:4	Youth (Age 18-26)
Dates:	5-9 th or 12-16 th July	
Cost 5 day	€750pp	€500

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	(1:3) Youth (Age 18-26)
Dates:	5-9 th or 12-16 th July	
Cost:	€1050pp	€690

This course is run at a ratio of 1:2 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: 5-9th or 12-16th July
Cost: €1050pp

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

Bespoke Alpinism (5 day). At least one night in a hut

Ratio: 1:4
Dates: 5-9th or 12-16
Cost: €750pp

An opportunity for those of us who want a mixture of activity, together with a mountain guide, and experiencing 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.

• Shorter 3 day courses

Introduction to Alpine Mountaineering (3 day). At least one night in a hut

Ratio: 1:4 Youth (Age 18-26)
Dates: 5-7th or 08-10th or 12-14 or 15-17th July
Cost €450pp €300

Intermediate Alpine Mountaineering (3 day)

Ratio 1:2 (1:3) Youth (Age 18-26)
Dates: 5-7th or 08-10th or 12-14 or 15-17th July
Cost: €630pp €410

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.

Advanced Alpine Mountaineering (3 day)

Ratio: 1:2

Dates: 5-7th or 08-10th or 12-14 or 15-17th July

Cost: €630pp

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.



How to apply & further information

Please submit a [booking forms](#) to secure your place. 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 pay 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) (0)87 4349605/
julie@mountaineering.ie or Jane on jane@mountaineering.ie before booking accommodation or flights.