

Climbing

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Discovery and initiation

Play Spiderman ! Discovery and initiation of the pleasures of climbing on one of our crags especially chosen for you.

Length	Rates in CHF
1/2 day	from 90.- p/pers.
1 day	from 150.- p/pers.

Our rates are calculated for 4 persons per guide. Meals, lodging and transportation are not included.

Level of the participants : beginner to advanced

Time of the year : from May to October



Intermediate

From top rope to multi pitch routes, we will adapt our programme to your level, discovering the lower part of Valais, real birthplace of climbing in Switzerland.

Length
1 day

Rates in CHF
from 150.- p/pers.

Our rates are calculated for 4 persons per guide. Meals, lodging and transportation are not included.

Level of the participants : beginner to advanced

Time of the year : from May to October

Family special

You and your children dream of discovering this sport activity together. Here is a playful way to reach your goal! In an easy access secure crag, we will teach you the basics of climbing. Barbecue and lively atmosphere guaranteed !

Length
1 day

Rates in CHF
from 150.- p/pers.

Our rates are calculated for 4 persons per guide. Meals, lodging and transportation are not included.

Level of the participants : beginners to advanced (from the age of 5)

Time of the year : from may to october

Climbing in the mountains

o climbing with your guide on the steep walls of the Alps ! With longer approaches and many pitches of climbing in a high mountain world, you will feel incredible sensations, far away of those felt on a crag.

Length
1 day minimum

Rates in CHF
500.- p/pers and per day

Our rates are calculated for 4 persons per guide. Meals, lodging and transportation are not included.



Level of the participants : intermediate to advanced

Time of the year : from june to september

Les Calanques

Five days of days of rock climbing in the sun with relaxation and swimming off of the stunning Cassis coast side.

Two dates available (2011) :

- May 7th to 11th
- October 8th to 12th

Program :

Day 1 : Meet at Martigny train station (or pick up at Lausanne or Geneva). Transport by mini-van to Cassis. Climbing upon arrival in the afternoon.

Day 2 to Day 4 : Climbing in the picturesque calanques "inlets" of Morgiou, Sormiou and En-Vau. Technique clinics will be given to meet individual needs (e.g. rope maneuvers, lead climbing, dynamic belaying, controlled falling, climbing styles,...) Bathing in the sea will be a well deserved post climbing activity !

Day 5 : Climbing in the morning in Cassis and then transport back to Switzerland.

Product

Rates in CHF



Product
5 days climbing in the Calanques

Rates in CHF
1340.- p/pers.

Price includes : guide, hotel (double room with shower/WC) with breakfast, transport.

Information and registration :

Bertrand Martenet

Guide de montagne

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The art of climbing

This all level course offers the approach of a gestural technique of climbing. This technique searches for the quality of the body's movements. It starts from an ideal position of the center of gravity and from a global freedom of the person. Out of this internal climbing comes the calmness of action, the right and beautiful gesture which becomes natural. To discover with [Jean-Pierre Rieben](#), mountain guide, teacher of Taiji Quan and of the F.M.Alexander technique. More information on www.montagneguidance.ch

Level of the participants : beginner to advanced

Time of the year : all the year

Via Ferrata