

The programme

Friday the 8th of January

- 5 pm:** Welcome and inscription for workshops + event centre opening
- 7.30 pm:** Pre-reserved meal (see inscription form)
- 9 pm:** Security briefing
- 9.15 pm:** Conference held by Stephane Benoist/Patrice Glairon Rappaz

Saturday the 9th January

- 8.30 am - 4 pm:** Workshops held in Fressinieres / The Drycontest
- 3 pm - 5 pm:** Jam session (Big Air)
- 6.30 pm:** Security and ice conditions briefing
- 7 pm - 10 pm:** Fly and Climb Night competition
- 8 / 9 pm:** ICE's outdoor meal (sign up at the welcome centre)
- 10 pm:** Awards ceremony, raffle and concert

Sunday the 10th of January

- 8.30 am - 4 pm:** Workshops held in Fressinieres
- 5 pm:** Closure of the event centre

Information and inscription forms available online:

www.ice-climbing-ecrins.com

For those without internet-access, please complete the form below and we will be happy to send you an inscription form by mail.

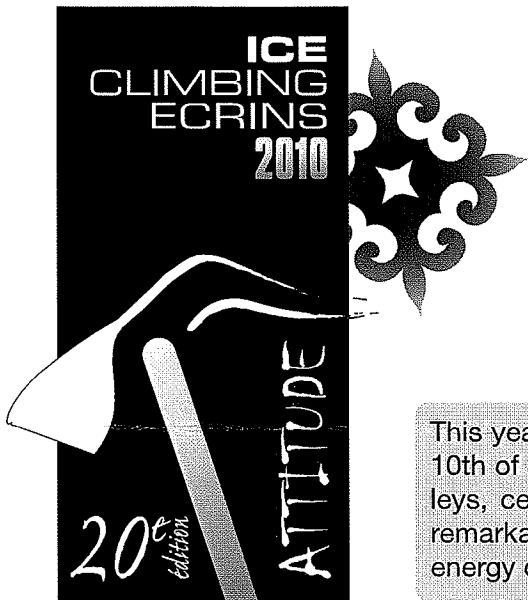


Surname: First name:
Address:
Post code: City:
Email: Telephone no.:

Office de Tourisme du Pays des Écrins
23 Avenue de la République - 05120 L'ARGENTIÈRE LA BESSÉE

or contact François Lombard : Tel. + 33 (0)6 16 28 81 83 - iceclimbingecrins@gmail.com

The « Pays des Écrins » presents you ICE 2010



This year 'Ice Climbing Ecrins', which takes place from the 8th to the 10th of January 2010 in the heart of the Fournel and Freissinières valleys, celebrates its 20th anniversary. This is the opportunity for the remarkable ice-climbing event to reach new heights, thanks to the energy of a dynamic new team of organisers.

Free Initiations

Access to the valleys: The valleys of Fournel and Freissinières will be cleared of snow with shuttle buses in place to bring you into the heart of this ice-climbing paradise.

The ICE village: This year we change location, setting up tents under the temporary icefall in Argentière La Bessee.

An ecological event...

This year, ICE is changing its formula but not its philosophy!... Those of the local mountain community, forever close to nature through their practical activities, should be the ones to set the example. Once again this year, the organisers of ICE will do their utmost to keep the ecological impact of the event to a minimum. So come and join us car-free and you'll be looked after by a system of shuttle buses (train or lift-shares with www.laroueverte.com) Recycling our rubbish, biodegradable dishes and ecological advice from the Mountain Rider team (official sponsor of ICE) all contributes to what defines the concept of 'ICE'.

The Saturday night event with an outdoor meal and entertainment: The Dry and Big Air competition finals followed by a concert held in the marquee tent.

The 'Independent autonomy' workshops

The FFCAM training workshops

The Drycontest: 'Drytooling' competition

The Big Air: Freestyle ski competition

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