

Hello from Chamonix,

Climbing the Eiger is a challenging and rewarding experience—but it's important to understand that not everyone who attempts the summit reaches it. Interestingly, the most common reason for turning back is not a lack of fitness alone, but often insufficient preparation.

To give yourself the best possible chance of a successful ascent, preparation is key. You'll need to be in excellent physical condition and ready for sustained effort over multiple days.

During the expedition, you will be ascending and descending daily over the course of six days. Elevation gains will range from 300 to 800 meters per day, with some climbs reaching altitudes of up to 3,970 meters. You should also be prepared to carry a backpack weighing approximately 10–15 kg throughout the journey.

We encourage you to take this preparation seriously to ensure both your safety and the overall success of your experience.

If you have any questions about the physical requirements or how to best prepare, feel free to get in touch.

We look forward to sharing this incredible adventure with you.

In order to prepare for your ascent we recommend the following activities:

- **Hiking:** aim to build up to 6 hours hikes, preferably over challenging terrain and carrying a reasonable sized backpack weighing around 8-10kg. Multi-day hikes are ideal as you will get used to doing consecutive days whilst tired from the day before. Try to find time to take the occasional long weekend break to go hiking in the mountains.
- **Running:** trail running is perfect but if there are no trails near where you live then try to find a few hills to run up - even the staircases at work can be good for a few reps! You should aim to be able to run 10km (6.5 miles) in under an hour and a half.
- **Cardio:** any cardio work will be of benefit as you'll find yourself getting short of breath a lot quicker than usual once you reach high altitude. Cycling, cross-training, swimming, etc will all be worthwhile.
- **Strength:** long days in the mountain carrying all your kit will require a certain amount of strength and stamina. Work on leg strength for hiking and back/upper body for using and carrying your mountaineering equipment. If you can get down to your local gym a couple of times a week or sign up at an indoor climbing wall, your muscles will thank you for it!

If you are not sure about your fitness level, you can do this simple test:

FITNESS TEST

Start by grabbing a backpack and heading to the nearest gym.

Load up your pack with weight to help simulate the climb. If you're unsure of the pack weight, aim for 20% of your body weight or 15kg/30lbs whichever is less. Metal weights are really uncomfortable in a pack, so use towels as padding.

Set the treadmill to the steepest grade you can, and start hiking SLOWLY.

After about ten minutes increase the pace to one that you feel you can keep up for a full hour or until you've ascended 500 vertical meters or 1,600 vertical feet whichever comes first.

How do you feel? If you can do this test, and feel fine, then you're set. If you don't meet this threshold, you need to train.

UPHILL ATHELETE

If you prefer a professional training assistance, we recommend you reach out to our partner, the Uphill Athlete company, which specialises in training and physical preparation for various sports including high altitude alpinism. Uphill Athlete was founded by Steve House who is fully qualified mountain guide and accomplished alpinist himself. Steve and his team use their experience and expertise to provide advice and instruction for specific training programmes. There are links below to learn more.

Training Groups

Training Groups provide:

- Training apps with full integration across IOS and Android devices.
- Guidance to the right training plan for your fitness and experience.
- Choose from one of 50+ training plans.
- Monthly coach review of your training with actionable, personalised feedback.
- On-demand access to their strength and recovery programs like Chamonix Fit and Yoga for Recovery
- Connect with a training-accountability partner to ensure your training - and your support - is done your way.

Use the code *ChamEx* to get 15% off of their Training Groups.

[Discover the Training Groups — —](#)

Training Plans

We recommend either their 16 or 24 week Mountaineering Training plans. You can use the code *ChamEx* to receive your 15% discount.

[Discover the mountaineering training plan — —](#)

Not sure?

If you are not sure or if you have a particular goal in mind (recovery from an injury, a summit, weight lose, etc), you can sign up for a 30 minute call with an Uphill Athlete coach, dietitian or physio therapist and their professionals will answer your questions:

[Uphill Athlete Consultation — —](#)