Compagnie des Guides de Chamonix

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AUTHENTIC HIKING - THE CONTAMINES MONTJOIE NATURE RESERVE

Duration: 3 Fitness: Technique:

Enjoy an unforgettable experience during this three-day trip in the heart of the Contamines-Montjoie Nature Reserve. Between alpine meadows, crystal-clear lakes, and breathtaking views of the Mont-Blanc massif, this program is designed for nature lovers eager to discover the biodiversity and floral richness of the mountains. You will journey through protected environments, where each path tells the story of a fragile ecosystem that must be preserved. Benefit from the knowledge of a mountain leader without worrying about logistics. Simply carry your essentials in your backpack, for a complete mountain experience. Accommodation is provided in refuges with dormitory nights, and provisions are ensured at the refuges.

This journey is part of a collection of unique circuits taking place in natural reserves and national parks. In the heart of the Sixt-Passy, Aiguilles Rouges, and Vallon de Bérard natural reserves, treat yourself to a night under the stars in a bivouac or embark on the ascent of Mont Buet. Explore the heights of the mythical valleys of Savoie in the Vanoise National Park or indulge in the Italian Dolce Vita in the Grand Paradis National Park.

ITINERARY

Day 1

Les Contamines Montjoie - Refuge des Prés

From the Gorge gondola car park, we will begin a hike through the Envers du Cugnon, and the waterfall of the same name. We will progress through a diversity of alpine flora, with stops to observe endemic species. Along the way, we will explore the Bois de la Rollaz, where the tree canopy is home to an incredible variety of birds. We will finally reach the Prés mountain pasture, located in unspoiled landscapes, and discover the refuge in a peaceful setting.

Elevation gain: 2,600 feet - Elevation loss: 0 feet - Distance : 4.5 miles

Day 2

Lacs Jovet - Col d'Enclave

Early departure to join the Tour du Mont-Blanc trail. We will branch off towards the east through valleys rich in biodiversity, to reach the magnificent Lacs Jovet. We will continue towards the Col d'Enclave, offering an exceptional view of the surrounding peaks. For experienced participants, a loop via the Tête Nord des Fours and the Col du Bonhomme is possible, before returning to the refuge.

Elevation gain: 2,000 feet - Elevation loss: 2,000 feet - Distance : 7.5 miles

Day 3

Col de la Fenêtre - Col du Joly - Aiguille Croche - Return to Les Contamines

We will start the day with a climb to the Col de la Fenêtre, where we will have a breathtaking view of the surrounding valleys. The balcony trail under the Aiguille de Roselette will take us to the Col du Joly, offering breathtaking panoramas. Throughout this hike, we will encounter animal species and observe the conservation efforts carried out by the Contamines Montjoie nature reserve. After the final climb to the Aiguille Croche, we will descend through the mountain pastures to reach the starting point in Les Contamines.

Elevation gain: 1,700 feet - Elevation loss: 3,600 feet - Distance : 9.3 miles

PRIVATE BOOKING

Want to go hiking with family or friends? Want the freedom to choose your departure dates*, enjoy a tailor-made itinerary

adapted to your desires, and benefit from guidance specifically suited to your level? Choose the private package!
This is the traditional relationship between a guide and their clients. It allows you to be alone or in a group with your guide, who will respond to your specific needs. The ideal package for realizing your plans, as it guarantees maximum comfort.

Discounted rates based on the number of participants.
*Subject to availability of accommodation.
Contact us for a quote.

FURTHER INFORMATION

In this section, find all the information about this activity. For further information, please contact our advisor (contact details above).

Meeting point : meet at 10 am at the La Gorge gondola car park in Les Contamines..

Ability level : 3/5 - This hiking trip is a moderate trek. A minimum of 700m (2296ft) and a maximum of 1300m (4265ft) vertical gain and about 5 to 7 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. For active people who do not mind training to prepare for the hike and practice sport regularly. A great multiday hike for people with trekking experience..

Itinerary: The guide may need to adjust the itinerary based on weather conditions and/or the physical and/or technical abilities of the group

Guiding policy : minimum 6 and maximum 12 people per guide. The Compagnie des Guides de Chamonix's guiding policy is one of the strictest in the mountain guiding business. It guarantees the most balanced groups as possible as well as high-quality personalised advice.
Important : Registration possible from 16 years of age. Registration is not permitted to anyone under the age of 18 without a legal guardian.

Accomodation :
- During the trip : 2 nights in the Refuge des Prés mountain hut (in 4-bed dormitories). Each hiker carries all their personal belongings and picnics throughout the entire trek.
- Before & after the trip : benefit from preferential prices from our partner hotels in Chamonix. If you wish to receive information just ask the Randonnée department.

Documentation :
- Participants must have sports insurance with repatriation cover. We strongly recommend that this also includes cancellation cover. You can take out insurance offering both of these types of cover when you sign up.
- Participants must also take valid ID with them.

Preparing for the trip : There is an information meeting with your mountain leader the day before departure at 6pm at the Compagnie des Guides Office.

EQUIPMENT

Weight is a hiker's adversary, so it is crucial to carefully select your equipment as it plays a key role in ensuring the success of your trip. The weight of your backpack, including all your belongings, should not exceed 9kg

Your gear
- A 40L backpack
- A pair of top quality hiking boots
- A pair of telescopic poles
- A hat or cap
- A warm hat
- Category 3 sunglasses
- Breathable long and short-sleeved T-shirts
- A polar fleece
- A warm down jacket
- A Gore-Tex waterproof jacket
- A rain poncho
- Hiking trousers
- A Gore-Tex waterproof trouser
- Shorts

- A pair of gloves
- Hiking-appropriate socks
- A minimum 2L water bottle
- A pocketknife and a spork
- A flashlight or headlamp
- Sunscreen and lip balm
- A sleeping bag liner
- Toiletry kit, towel, earplugs, and toilet paper
- Minimal personal pharmacy: blister pads like Compeed, medications for common ailments such as diarrhea, constipation, sore throat, headaches, pain, allergies
ID, money for personal expenses
- Flip flops for the hut
- Spare clothes as per your preference

Our Rental Partners : You can rent your equipment with our rental shops partners and benefit from special price Millet (excluding crampons, ice axes and helmet), Sanglard Sports, Ravanel & Co & Concept Pro Shop
Our Equipment Partners : Millet, Dynastar, Julbo, Grivel & Monnet