# Compagnie des Guides de Chamonix

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## MOUNTAINEERING - MONTE ROSA FOR TEENS

Duration: 6 | Fitness: ▲▲▲▲▲ | Technique: ▲▲▲▲▲ | Price from: 1 490 €

In an exceptional setting, your teenagers will experience a unique adventure with the goal of climbing the Pyramide Vincent, an iconic peak of over 4,000 metres. The trip begins with a 4-day itinerant trek in the Aosta Valley, followed by the ascent itself. Supervised by professionals specialised in guiding young people in high-mountain environments, your children will follow a progressive programme designed to ensure the ascent is completed in optimal conditions. This guarantees an unforgettable and enriching adventure, built on mutual support, solidarity, respect, and pushing one's limits.
To meet the needs of your teenagers, the trip is led by two mountain professionals specialised in activities for minors. Their supervision is reinforced by three additional professionals during the ascent of the Vincent Pyramid. This trip requires regular practice of an endurance sport and prior mountaineering experience.

## ITINERARY

### Day 1

**From Chamonix to the Cheneil Alpine Pastures - Night at Hôtel Bellevue in Chamois**
Our adventure begins in the Valtournenche Valley. Departing from Chamonix, after a journey of about 2 hours 45 minutes and a short ascent, we reach the hamlet of Cheneil (2,100 m), nestled in a green haven surrounded by wild peaks. The hike continues toward Pointe Fontana Freida (2,530 m), offering a first breathtaking panorama of the Matterhorn, a mythical summit, and the surrounding mountains. We then descend to Chamois (1,800 m), a car-free village where time seems to stand still, for a night in a warm and welcoming inn.
***Elevation gain/loss:*** *+600 m / –750 m* - ***Distance:*** *~7.5 km*

### Day 2

**Between Peaks and High-Altitude Refuges - Grand Tournalin Refuge**
From Chamois, a long ascent along a mule track leads us to the Col de Nannaz (2,773 m). Several options are available: the most ambitious can attempt the steep slopes of Petit Tournalin (3,207 m), while others may choose the Bec de Nannaz (3,015 m). Each option reveals mineral landscapes and stunning views over the valleys of the Aosta region. The day ends at the Grand Tournalin Refuge (2,534 m), where a warm mountain welcome awaits.
***Elevation gain/loss:*** *+1,000 to 1,400 m / –250 to –700 m (depending on route)* - ***Distance:*** *~8 to 11 km*

### Day 3

**Wild Traverse to St-Jacques and the Ferraro Refuge - Night at Ferraro Refuge**
We leave the Grand Tournalin valley to cross the narrow Col du Palon de Nannaz (2,650 m), followed by a vertiginous descent to St-Jacques, deep in the Ayas Valley. Beautiful balcony trails allow for a gentle traverse to the Ferraro Refuge (2,072 m), perched above the larch forests. The contrasts between grassy slopes and rugged rock faces punctuate this varied stage.
***Elevation gain/loss:*** *+450 m / –850 m* - ***Distance:*** *~9 km*

### Day 4

**Beyond Lakes, Passes, and Valleys - On the Way to Orestes Refuge**
After a beautiful traverse dotted with lakes and alpine pastures, the morning continues with the ascent of Col Saleroforko (2,689 m), offering sweeping views of the surrounding glaciers. We are now on the Tour of Monte Rosa route. The descent toward Stafal (1,820 m) brings us into the Lys Valley, which we cross using cable cars to reach the area near Lake Gabiet. One final effort leads us to the comfortable Orestes Refuge (2,625 m). A demanding stage, rewarded with magnificent scenery.
***Elevation gain/loss:*** *+1,000 m / –600 m* - ***Distance:*** *~13.5 km*

### Day 5

**Ascent to Mantova Refuge**

The goal of the day is Mantova Refuge (3,430 m), an isolated haven at the foot of the 4,000-meter peaks of the Monte Rosa massif, where ice takes over from rock. Today, we only climb! The air becomes thinner, but the effort is quickly forgotten in the face of the vast glaciers and surrounding summits. An optional variant via Punta Alta Luce (3,185 m) is possible. Here we meet our high-mountain guides, fully equipped for the next stage.
***Elevation gain:*** *+820 m* - ***Distance:*** *~4.5 km*

**Day 6**

**Legendary Summits and Return to Chamonix**
To conclude this journey, we head to the Pyramide Vincent (4,215 m). We set off early in the night by headlamp, roped up and fully equipped, united by a common goal to maximize our chances of success and make the most of the day. The descent to the Stafal parking area by cable cars marks the end of this unforgettable alpine adventure. Return by minibus to Chamonix (approximately 3 hours 15 minutes).
***Elevation gain/loss:*** *+800 or +1,050 m / –950 or –1,200 m (depending on route)* - ***Distance:*** *~7 to 9 km*

## GROUP BOOKING

The collective formula associates several people who do not necessarily know each other. It allows for a planned program to benefit from an attractive price on fixed dates. This formula is ideal for people looking for the friendliness of a group.

**Dates:** See the booking module below for group option dates.

**Price 2027:** 1490€ - based on a minimum of 10 participants.

This price includes:
-Organisation and supervision by certified mountain leaders and high-mountain guides
-Half-board accommodation in mountain huts (dormitory)
-Loan of technical equipment: crampons, ice axe, helmet, harness
-Picnics
-Transfers during the trip

This price does not include:
-Souvenirs and drinks (plan to bring euros)
-Repatriation insurance (mandatory)

## FURTHER INFORMATION

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

**Meeting point:** Departure at 8:00 a.m. from the Compagnie des Guides office, 190 Place de l'Eglise, 74400 Chamonix.

**Physical level** - This teen camp includes hikes on trails and glaciers with 750m (2,460ft) to 1200m (3,937ft) of positive elevation gain, and an average of 6 to 7 hours of walking per day. Participants must be athletic, have prior experience with multi-day trekking (at least 2 days / 1 night in a mountain hut), be able to follow instructions, and be capable of living autonomously within a group. The itinerary spans several consecutive days and requires carrying personal belongings.

**Technical level** - For experienced hikers capable of hiking rugged mountain trails with boulders, large steps, or exposed sections. The glacier route is not very steep and is well defined, but previous mountaineering experience is required.

**Itinerary:** The route may be modified at any time by the supervising professional depending on weather conditions and/or the technical and physical level of participants.

**Supervision:** The professionals supervising your children form a team dedicated to junior camps. The group consists of 10 to 13 participants maximum, supervised by two certified mountain leaders. High-mountain guides join the team for the ascent of the Pyramide Vincent . Your child will be under our team's supervision from the meeting time on the day of departure. Until then, they remain under your responsibility.

**Accommodation:** 5 nights in mountain huts in dormitory. No access to luggage.

**Meals:** Meals are balanced and prepared with fresh, local products, taking into account the preferences of the teenagers as much as possible.

**Requirements:**

-Be between 15 and 18 years old

-Valid passport or ID card

-Mandatory assistance-repatriation insurance. Cancellation insurance is strongly recommended. Both can be purchased at the time of registration.

**Preparing for the trip :** An information meeting will be held at our offices at 5:30 pm on the day before departure. It's a great opportunity to meet the other participants and speak with our guides, who will be happy to answer any last-minute practical questions. Your participation is strongly recommended.

**For the legal guardian of the registered minor:** The legal guardian acknowledges the athletic and risky nature of the activities included in this program. Failure to comply with safety instructions and skill requirements may lead to accidents. You must return the completed forms: Parental Authorization, Authorization to Leave the Country, and Health Form.

## 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.

**Equipment to pack in your backpack (30L) :**
**Clothing**
- Breathable long and short-sleeved T-shirts
- A polar fleece
- A warm down jacket
- A Gore-Tex waterproof jacket
- A rain poncho
- A hiking trouser
- Gaiters
- A Gore-Tex waterproof trouser
- A short
- A pair of thin gloves
- A pair of skiing gloves
- A hat or cap
- A warm hat
- Hiking-appropriate socks

**Equipment**

**- A pair of sturdy, waterproof, high-cut hiking boots (trail running shoes and low-cut hiking shoes are not suitable)**
- A pair of lightweight shoes for the evenings

- A pair of telescopic poles
- Category 4 sunglasses
- 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

**Things to have in your compact and sturdy travel bag, maximum 15 kg:**
- Spare clothes as per your preference
- Spare shoes as per your preference

We recommend that you do not bring valuables. We accept no responsibility for any loss.

**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