



Compagnie des Guides de Chamonix

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ROCK CLIMBING LESSONS - CHAMONIX

Duration: 0.5

Difficulty: ▲▲▲▲▲

Price from: 60 €

Rock climbing lessons are a great way to learn about rock climbing and the vertical world. This is an unmissable Chamonix activity for children and adults alike. Small children can have exciting adventures while developing their balance thanks to specialist teaching, while older children and adults can improve their skills of anticipation, learning climbing techniques such as belaying, setting up stances and abseiling.

The crag of les Gaillands is the Chamonix valley's top climbing area and is not to be missed. Surrounded by grassland, lakes and forest, it is a real treat for the whole family, including very small children. The on-site Gaillands café offers fast food in a great setting with ice creams, drinks and snacks. The site also has public toilets and is easily accessible via public transport. With over **150 climbing routes**, it is the ideal spot to learn about and practice outdoor rock climbing. In a unique site opposite the Mont Blanc Massif, the local rock offers varied climbing styles, including slabs, cracks and overhangs, and the majority of routes are graded French 5+ or less. The routes are bolted allowing top-roping and lead climbing in **complete safety**.

Following in the footsteps of mountain guides, the Gaillands climbing crag is the first stage on your journey into the mountains. It has been a climbing area since the 1920s. Thanks to the initiative of [Alfred Couttet](#) known as 'Couttet Champion', it became a training ground and gateway for the high-mountain environment, its [legendary walls](#) and [multi-pitch routes](#). Our mountain guides and climbing instructors are passionate about climbing, and provide fun daily teaching sessions throughout the summer **from 7 years old**. We also organise climbing sessions specially for [children between 4 and 6 years old](#). Contact us for more information.

GROUP BOOKING

Group booking associates people who do not necessarily know each other. It is ideal for people looking for group friendliness and attractive prices. To book online choose the day below and then choose the schedule (8.45am or 2.45pm). To book more than one session and enjoy a reduced rate add additional schedules to your basket (discount applied at time of payment).

Dates (group booking) : See online booking

Meeting Point (group booking) : 10 minutes in advance at les Gaillands in front of the Compagnie des Guides chalet.

Supervision (group booking) : Level group from 4 to 6 people per guide. **Children minimum 7 years old**

Schedules (group booking) : 8.45am to 11.45am & 1.00pm to 4.00pm.

Departure (group booking) : The departure is guaranteed with a minimum of 4 registered participants

Prices 2026 (group session) :

3 hours session: 65€ per person

From 6 sessions : 60€

This price includes :

- mountain guide or climbing instructor services.
- technical gear : harness, helmet, carabineer, belay device, rope.

This price does not include :

- rock climbing shoes, *rentable*
- snack and water

PRIVATE BOOKING

A private booking is a historical relationship that binds a guide to their clients. It allows you to be either alone or in a group of friends with your guide. Your guide can organize your trip to meet your specific needs. It is undoubtedly the ideal formula to realize your projects because it guarantees you a maximum of comfort.

Dates (private booking) : See on-line booking

Meeting Point (private booking) : 10 minutes in advance at the Compagnie des Guides chalet in les Gaillands

Supervision (private booking) : Group from 1 to 6 people per guide.

Prices 2026 (private booking) :

- 64€ per hour for the group, minimum 3 hours (192€)
- Full day : Group from 1 to 6 people : 450€

The price includes :

- mountain guides service
- technical gear : belay device, rope

The price does not include :

- climbing shoes
- harness
- helmet
- snacks

FURTHER INFORMATION

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

Duration : 3 hours

Location : Gaillands climbing crag site located in front of the Gaillands lake in Chamonix. Route des Gaillands, 74400 Chamonix

Level : Rock climbing in les Gaillands is designed for people who want to discover the activity or improve their climbing skills

Formality : Make sure you have valid individual liability insurance for the practice of this activity without any location or altitude restrictions, including assistance, search and rescue, and repatriation

EQUIPMENT

Find in this section all the information about the different equipment that is required. Since weather conditions can be very variable, it is better to have several thin layers rather than to have one big garment.

Equipement

- Back pack to store your gear
- Rock climbing shoes, *rentable*

Clothing

- Classic clothings adapted for sport.

Accessories

- A pair of sun glasses
- High protection sun cream
- A water bottle that contains a minimum 1,5 L
- Snacks

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](#)