



# Compagnie des Guides de Chamonix

190 place de l'église - 74400 Chamonix – France - Tél : + 33 (0)4 50 53 00 88

[www.chamonix-guides.com](http://www.chamonix-guides.com) - e-mail : [info@chamonix-guides.com](mailto:info@chamonix-guides.com)

## HIKING - HALF DAY HIKE

Duration: 0.5

Level: ▲ ▲ ▲ ▲ ▲

Price from: 40 €

The Compagnie des Guides de Chamonix offers half-day hikes every Wednesday suitable for the whole family. Discover the local cultural heritage or learn to run in the mountains. Enjoy the unique atmosphere of the Chamonix Valley at the foot of Mont Blanc during a friendly outing with our specialist guides. To soak up even more of the unique atmosphere of the Chamonix Valley, please see our [full day hike program](#).

### Weekly program of half-day outings

#### **Edible plants** : Tuesday morning

A hike to discover and gather the edible wild plants of our mountains.

#### **Heritage** : Wednesday morning

Follow the ancient paths and discover the local heritage.

#### **Trail running** : Thursday morning

Technical advice for a smooth introduction to mountain trail running.

#### **Agriculture** : Friday morning

Rich in traditions, mountain agriculture has shaped the culture of our region.

### UNUSUAL OUTINGS

#### **Cool walk**: Monday late afternoon

We propose a pleasant 2-hour walk at the end of the day, up the torrent de Bérard. The freshness emanating from the flowing water and the soothing sound of its course make this hike a true moment of rejuvenation.

During this walk, we'll have the opportunity to immerse ourselves in an exceptional natural environment, conducive to relaxation. The crystal-clear waters of the torrent and the surrounding vegetation create a refreshing and invigorating atmosphere.

This walk will be the ideal opportunity to make the most of this beneficial freshness before returning to our accommodation, ready for a refreshing night's sleep.

Difference in altitude: 150m - RDV 6.00 pm Cie des Guides

#### Coffee and pie in front of the glacier: Thursday morning

This morning, we take advantage of the shade offered by the north face of the Mont-Blanc massif on our excursion to the Buvette du Chapeau. The ascent is easy, allowing us to observe the traces left by the glacier that once advanced here.

We soon reach the buvette, where Thierry gives us a warm welcome. We can enjoy a delicious coffee accompanied by his homemade specialities, notably his delicious tarts. It's a well-deserved break after the effort of the climb.

Before it gets too hot, we'll start the descent, allowing you to continue your day in the shade of the trees in our accro-park or enjoying our rafting base at the water's edge.

Difference in altitude: 300m - RDV 7h30 Cie des Guides

## GROUP BOOKING

The group formula associates people who do not necessarily know each other. It is ideal for people looking for group friendliness and attractive prices.

**Dates (group booking)** : See on-line booking

**Meeting point (group booking) :** At 9.00am at the Compagnie des guides in Chamonix

**Guiding policy (group booking) :** Group of 12 people maximum per guide

**Price 2024 (group booking) :** 40€ per person based on a minimum of 4 participants

This price includes :

- mountain leader services
- transportation

This price does not include :

- snack

## PRIVATE BOOKING

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

**Dates (private booking) :** See on-line booking

**Meeting point (private booking) :** Your guide will call you the evening before your trip around 6.30pm to organize the meeting time and place

**Guiding policy (private booking) :** Between 1 - 12 people per guide

**Prices 2024 (private booking) :**

- Group from 1 to 4 people : 140 €
- Group from 5 to 6 people : 150 €
- Group from 7 to 8 people : 150 €
- Group from 9 to 12 people : 160 €

The price includes :

- mountain leader services

The price does not include :

- equipment
- lift passes if needed
- transfer
- picnic & snacks

## FURTHER INFORMATION

Find in this section, all the information about this activity. For any further information please contact our advisors (contact details above).

**Duration :** 2 - 3h of hiking (schedules given as an indication)

**Ability level :** The choice of destination adapted to your level is essential for you to fully enjoy your trip. A halfday hike is intended for people who practice regular walking

**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.

**Equipment for trail running**

- Back pack adapted for running
- Trail running shoes
- Telescopic poles

**Clothing for trail running**

- Classic clothing adapted for running
- Windproof jacket
- A hat

**Accessories**

- A pair of sun glasses category 4
- High protection sun cream
- A water bottle that contains a minimum 1,5 L
- Pic nic / Snacks

**Our Rental Partners :** You can rent your equipment with our rental shops partners and benefit from special price [Sanglard Sports](#), [Ravanel & Co](#) & [Concept Pro Shop](#)

**Our Equipment Partners :** [Millet](#), [Dynastar](#), [Julbo](#), [Grivel](#) & [Monnet](#)