Compagnie des Guides de Chamonix

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MULTI-ACTIVITES - SUMMER CAMP FOR KIDS

Duration: 6 | Difficulty: ▲▲△△△ | Price from: 945 €

We offer a summer camp providing a gentle introduction to the mountains. The camp consists of 3 multi-activity days with overnight camping, followed by 3 days of hiking with nights spent in a mountain hut. To best meet the needs of the children, the group is led by two mountain professionals. The overnight stays in a mountain hut ensure a secure environment and suitable accommodation. The program emphasizes a graduated approach, combining physical activity with exploring the local heritage. The trip to see the dinosaur footprints provides an exciting opportunity for your children to fully appreciate the history of life on Earth.

Centered around various daily physical activities, these camps enable your children to meet new people, boost their self-confidence, and develop an awareness of environmental issues while exploring the mountains of the Mont Blanc Massif. The Kids summer camp is designed for kids who are enthusiastic about sports and curious to explore the mountain environment. It serves as a logical preparatory trip for the Kids Tour du Mont Blanc.

ITINERARY

Day 1

Canyoning & setting up camp
This morning, we make the descent of the local canyon. On the program: a fun course in the Barberine torrent with jumps, cascading rappels and natural slides. After a short transfer, we dedicate the afternoon to setting up camp in the heart of the campsite where we take the time to settle in comfortably. Night on campsite.

Day 2

Mountain safety
Hiking around Vallorcine focusing on mountain safety and survival skills. We discover the local medicinal plants used by our ancestors to treat wounds. We light a fire by friction alone, without using lighters or matches. Finally, we learn the basics for use in case of accident. We return to the campsite for the night.
Vertical ascent: 1,300 feet - descent: 1,300 feet

Day 3

Rafting & climbing
We return to Chamonix for a day full of excitement! The morning is about high-adrenaline excitement rafting down the Arve. While in the afternoon we go to the Gaillands rock climbing area for a fun discovery of rock and verticality. We return to the campsite for the night.

Day 4

Emosson Dam - Vieil Emosson mountain hut
We start our day by dismantling the camp before a short transfer takes us to the impressive Emosson Dam (6,440ft) in Switzerland. We learn the basics of hydroelectricity, the main source of renewable energy in France. Next we continue our journey to the Vieil Emosson mountain hut (7,155ft), where we spend the night.
Vertical ascent: 700 feet

Day 5

Vieil Emosson mountain hut - La Loriaz mountain hut
Now we head off in search of dinosaurs! The Emosson site is rich in footprints left over 240 million years ago. An educational trail leads us to the point where we can actually see them. We then join the balcony path which leads us to the Loriaz refuge (6,627ft), and where we spend the night.
Vertical ascent: 650 feet - descent: 1,300 feet

Day 6

Refuge de Loriaz - Aiguilles Rouges Nature Reserve
A pleasant path crossing through rhododendrons and alpine pastures allows us to discover the fauna and flora of the site. At the end of the morning, we return to the Col des Montets, where we will visit the chalet of the nature reserve and its botanical trail. We return to the Chamonix Compagnie des Guides office around 4pm.
Vertical ascent: 500 feet - descent: 2,600 feet

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 below for the group booking module

The departure will be confirmed once the minimum number of participants (10 people) has been reached by the trip confirmation date.

Price 2027 : 945 € per person

This price includes :
- the organization and supervision by 2 state qualified trekking guide
- the specific professionals for canyoning, rafting and rock climbing
- full board in either mounhtain huts (dormitories) or camp site (tents)
- all the activities described in the programme (rafting, canyoneering, climbing)
- transfers throughout the hike

Not included in the price :
- drinks and personal expenditure (bring Euro)
- repatriation insurance (compulsory). Cancellation Insurance highly reccommended

FURTHER INFORMATION

In this section, find all the information about this activity. To prepare your trip effectively, refer to the guides' tips. They share their expertise and recommendations, ensuring you have a great experience. For further information, please contact our advisor (contact details above).

Meeting point : Meet at 8.30 am at the Compagnie des Guides office, 190 Place de l'Eglise, 74400 Chamonix

Level : 2/5 - The summer camp includes hikes with 100m to 500m of vertical ascent and an average of 4 to 5 hours walking per day. Children must be keen on sports, capable of following instructions and to be an independent member of a group.
Water sport: be able to float on the back and keep the head above water for 5 seconds, to jump, to swim 25 meters, and to pass under a floating object

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

Supervision : The professionals looking after your children form a team dedicated to hikes for children. The group will consist in a maximum of 10 to 14 children
- 2 state accredited mountain leaders (1 man, 1 woman) for the 6 days
- 2 mountain guides and 2 white-water instructors complete the team for the canyoning, rafting and rock climbing activities

Accommodation : 3 nights in tents and 2 nights in mountain huts. The camping area has 3 and 4 person tents plus a large 'mess' tent, all erected by the children. The mountain leaders sleep in the mountain huts with the children.

Meals : our guiding team prepares healthy balanced meals daily, using fresh local products as much as possible. Naturally, food preferences of the children are taken into consideration

Documentation :
- Aged between 9 and 13 years old
- 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
- Ability to swim certificate
- Health form instruction
- Parental authorization

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.

For the attention of the legal guardian of the registered minor : The legal guardian is aware of the sporting and risky nature of the activities offered as part of this service. Failure to comply with safety instructions and level requirements can lead to accidents.
You must return the following documents to us: Parental authorization, Health form instruction, Swimming certificat, your and your child(ren) identity cards

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

Your gear
- A 30L backpack
- A compact and sturdy travel bag, maximum 15 kg
- 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
- A hiking trouser
- A Gore-Tex waterproof trouser
- A short
- 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
- A slepping bag liner
- A ground mat
- Games, books
- 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
- Spare confortable shoes
- Flip flop
- A jogging suit
- 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