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 - e-mail : info@chamonix-guides.com

AUTHENTIC HIKING - AROUND THE FIZ

Duration: 3 | Fitness: ▲▲▲△△ | Technique: ▲▲▲△△ | Price from: 340 €

Unexplored, the Fiz massif borders the Mont-Blanc range. Wild and preserved, this gem offers a breathtaking diversity of landscapes: lakes, cliffs, limestone pavements, alpine meadows, waterfalls, and torrents. Comprising two natural reserves, it shelters a protected and flourishing fauna and flora: ibex, chamois, marmots, and mountain flowers are easily observable. We invite you to a timeless experience in the heart of this sumptuous setting, with three days of hiking. Two nights in traditional and warmly-welcoming refuges will enhance our mountain immersion. 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. Dive into breathtaking landscapes on a three-day trek through the Aiguilles Rouges massif, 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

Plaine Joux - Alfred Wills Hut

We meet at Plaine Joux (4,461ft) in the town of Passy for the start of our hike. We reach the famous Lac Vert with it's emerald-coloured water. During our climb to the Chalets d'Ayères (5,380ft), we leave the forrest and reach the pastures where the view of the Mont Blanc Massif is before us. We continue our ascent via a beautiful winding path below the Ayères peaks. We will climb the Anterne pass to overlook the lake of the same name. Behind the lake hides the Alfred Wills hut.
Positive elevation gain : 3000 feet - Negative elevation gain :1650 feet - Distance : 8 miles

Day 2

Alfred Wills - Chemin des Cascades - Refuge de Sales

To warm up our legs we start with a climb to the Petit Col d'Anterne (6,686ft). A beautiful descent takes us to the Refuge des Fonts with its gigantic rocky faces. We will cross towards the the village of Lignon to begin our final climb along the Giffre and its waterfalls leading us to the Sales hut (6,135ft) where we will spend the night.
Positive elevation gain :1650 feet (3700 maximum positive elevation gain depending on option) - Negative elevation gain :1650 feet (3500 maximum negative elevation gain depending on option) :2100 feet - Minimum distance : 4,3 miles (7,4 miles maximum distance depending on option)

Day 3

Refuge de Sales - Col de la Portette - Plaine Joux

We leave the pastures of Sales and our 4 legged friends and cross the Vallon de Sales. As the path steepens we leave the pastoral landscapes behind and head into a more mineral environment and the home of the Ibex. From the Col de la Portette (7,723ft) the view is sublime over the Aravis and the Platé Desert, a site classified for its geological riches. We descend down onto the Désert de Platé and its colourful, crystalline and arid environment. The view over the Mont-Blanc is quite unique from Platé. After passing in front of the refuge des Platé we continue down until we arrive back at Plaine Joux, the starting point of our journey.
Positive elevation gain :2100 feet - Negative elevation gain :3800 feet - Distance : 6,8 miles

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 is guaranteed with a minimum of 5 registered participants

Price 2026 : 390 € per person - based on a minimum of 5 participants

This price includes:
- the organization of the trip
- the supervision by a state qualified trekking guide
- 2 nights half-board in mountain huts in dormitory (diner, breakfast and night). ***No showers in the mountain huts.***
- Picnic lunches

This price does not include:
- Transportation to the starting point of the hike
- Accommodation before and after the hike
- Personal expenses: souvenirs, drinks, etc.
- Ski lifts or taxi transfers in case of personal inability to complete the planned stage
- Mandatory repatriation insurance. Cancellation insurance is strongly recommended. *(Residents of the following countries—Andorra, Austria, Belgium, Denmark, Finland, France, Germany, Gibraltar, Greece, Ireland, Italy, Liechtenstein, Luxembourg, Monaco, Netherlands, Norway, Portugal, San Marino, Spain, Sweden, Switzerland, and the United Kingdom—can purchase repatriation and cancellation insurance at the same time as their trip registration. This insurance is non-refundable in case of cancellation.)*
- Booking fees
- Anything not mentioned under "This price includes"

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. To prepare your trip effectively, refer to the guides' tips. They share their expertise and recommendations, ensuring you have a great experience

Meeting point : Meet at 8.30 am at Plaine-Joux parking in the commune of Passy (74190).

Ability level : 3/5 - The Fiz Tour is a trek of moderate difficulty. A minimum of 700m (2350ft) 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 5 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. *Registration possible from 14 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 mountain huts (in dormitories). Each hiker carries all their personal belongings and picnics throughout the entire trek. ***No showers in the mountain huts.***
- 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
- 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 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