Compagnie des Guides de Chamonix

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MOUNTAINEERING - SUMMER CAMP FOR TEENS

Duration: 6 | Fitness: ▲▲▲▲▲ | Technique: ▲▲▲▲▲ | Price from: 1 290 €

In a stimulating and supportive environment, your teenagers will benefit from a mountain program focused on sports. Although the main outlines of the program are already defined, the daily activities are collaborative, developed in partnership with your children to grant them enough freedom while guiding them in decision-making. This summer mountain camp for teenagers consists of 3 days of trekking in the Aiguilles Rouges massif, followed by 3 days in the heart of the Mont-Blanc massif on the Glacier du Tour. It ensures your child daily physical activities and a unique high-mountain experience.

Throughout this trip, a real group cohesion will be established, allowing your child to fully experience teamwork during glacier hiking. Values such as trust, mutual assistance, encouragement, respect for others, and risk awareness will be at the core of this experience, representing a significant step towards adulthood! To meet the needs of your children, this camp is led by two mountain professionals specialized in activities with minors, complemented by two additional professionals during glacier activities. This summer camp for teenagers is suitable for both beginners and experienced athletes. Regular practice of endurance sports is necessary.

ITINERARY

Day 1

Barberine - Vieux-Emosson hut

From the reception of the Compagnie des Guides, we join the village of Vallorcine by train. We head towards the Emosson lake, the climb is overlooked by the impressive dam arch. Arriving at the Passet pass (6299ft) we finally discover the Emosson lake and stop on its banks for a picnic. A little more effort and here we are at the Vieil Emosson hut, perched on its rock, where we spend the night.
Positive elevation gain: 3772ft - Negative elevation gain: 984ft

Day 2

Vieux-Emosson hut - Cheval Blanc - Loriaz refuge

We first go along the beautiful lake of Viel Emosson then start our climb, first passing by the dinosaur tracks, towards the summit of Cheval Blanc (9288ft) where we can admire a breathtaking view. Perhaps crossing paths with a few ptarmigans camouflaged in the scree, we then reach the Col de la Terrasse (8287ft). The refuge is in sight.
Positive elevation gain: 3116ft - Negative elevation gain: 3444ft

Day 3

Loriaz Refuge - Le Tour

We start our day early in the morning by descending to the Village du Buet (4429ft). From there, we take the path leading to the Col des Posettes (6551ft). From this point, the panorama of the majestic Mont Blanc massif and the Tour glacier is offered to us in all its splendor. The descent is then made by the Ardoisières towards the charming village of Le Tour (4757ft), where we spend the night. Access to the luggage
Positive elevation gain: 2624ft - Negative elevation gain: 4265ft

Day 4

Le Tour - Refuge Albert 1er

This morning, we meet the guides who will accompany us for the next two days. After taking the ski lifts to the Col du Balme, we begin the climb to the Albert 1er refuge (8871ft) located on the edge of the Tour glacier. In the afternoon, we set foot on the

glacier to familiarize ourselves with the use of crampons, ice axe and rope. This day promises a total immersion in the essential preparations, adding a practical and safe dimension to our mountain adventure.
Elevation gain: 1968ft - Elevation loss: 0ft

Day 5

Tête blanche - Refuge Albert 1er - Le Tour
We leave the refuge with our headlamps just before sunrise! We quickly set foot on the Glacier du Tour and put on our crampons. We climb the glacier gently up to the summit of Tête Blanche (11 489ft). After enjoying the magnificent panorama of the Aiguille du Chardonnet (12 545ft) and the Glacier de Trient (10 498ft), we return to the refuge by the same route and then to the village of Le Tour. Access to the luggage.
Elevation gain: 2296ft - Elevation loss: 5249ft

Day 6

Return to Chamonix via Pierre à Bosson
Following the picturesque Petit Balcon Nord trail, we walk to the emblematic site of Pierre à Bosson, where the Argentière glacier occupied its vast expanses 150 years ago, just a few steps away. From this point of view, a real awareness is raised of the impressive glacial melting that has cut the glacier into two distinct parts over time. Continuing our hike, we reach Les Tines, where we opt for public transport to reach Chamonix and the Compagnie des Guides. The return is scheduled for 4:00 p.m.
Positive elevation gain: 1804ft - Negative elevation gain: 2952ft

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

Price 2027 : 1290€ per person - based on a minimum of 10 participants

This price includes :
- the organization and supervision by 2 state qualified trekking guides,
- half-board accommodation in mountain huts and small gite (dormitory)
- picnic lunches
- technical gear : crampons, ice axe, helmet, harness
- transfers throughout the hike

Not included in the price :
- drinks and personal expenditure (souvenirs…)
- repatriation insurance (compulsory)

FURTHER INFORMATION

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

Meeting point:
- **The day before departure at 5:30 pm,** at the Compagnie des Guides office, 190 Place de l'Église, 74400 Chamonix. An information meeting will be held. 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 (parents & children).

- Departure of the trek at 8:00 am from the Compagnie des Guides office, 190 Place de l'Église, 74400 Chamonix. The first day's journey includes a train ride departing at a fixed time, so make sure to arrive on time.

Fitness level - This teen camp includes trail and glacier hikes with a positive elevation gain ranging from 750m to 1200m, averaging 6 to 7 hours of walking per day. Participants should be athletic, capable of following instructions, and able to live independently within a group. Multi-day routes with carrying personal belongings

Technical Level - For experienced hikers, capable of navigating rugged mountain trails with boulders, large steps, or exposed sections. The route on glaciers is not very steep and is well-marked

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 : The professionals supervising your children form a dedicated team for junior camps. The group consists of a maximum of 10 to 14 children, with two state-certified mountain guides as supervisors. High mountain guides complement the supervision for glacier activities. 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.

Accomodation : 5 nights in refuges in dormitories. Luggage access on day 3 & 5.

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 :
-For teenagers from 14 to 17 years old
-Participants must also take valid ID with them.
-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.

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 completed forms to us: Parental authorization, Authorization to leave the territory, 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 (flip-flop)

- 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 (baskets)
- 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