Compagnie des Guides de Chamonix

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SNOWSHOEING - SAMOENS GIFFRE VALLEY

Duration: 3 | Fitness: ▲▲▲△△ | Technique: ▲▲▲△△ | Price from: 530 €

Does snowshoeing appeal to you, but also make you a little apprehensive ?
It's true that spending several days in a frozen environment can deter even the most intrepid. That's why we've put together a program that will make you want to come back for a longer trip.
Nothing extreme here : 3 days in the snow-covered mountains, comfortable and easily accessible mountain huts, and a summit for the most motivated. Enough to give you a taste for snowshoeing !

This trip is part of a selection of our favorite journeys, offering unique destinations to explore local heritage and provide you with a genuine change of scenery. Immerse yourself in vast open spaces, whether it's in the Contamines Montjoie reserve or at the Grand Saint Bernard Hospice. Lastly, explore the Italian Val Ferret in the Aosta Valley.

ITINERARY

Day 1

Samoëns - Refuge de la Golèse
The trail follows the summer 4x4 track, winding through larch and fir forests. After a steady but gradual climb, you reach the Golèse alpine pasture, offering breathtaking views of the surrounding peaks. The ascent continues gently to the Golèse refuge (1,912 m), where you can rest.
Optional : For those feeling more energetic, a short loop to the Cramots alpine pasture allows you to extend your day with stunning scenery.
Elevation gain: 1800 ft - Distance : 2.5 miles

Day 2

Refuge de la Golèse - Refuge de Bostan
Today, we're heading to the Bostan refuge (1,780 m). Although the two refuges are only 2 km apart as the crow flies, the chosen route skirts the higher ground to reveal the summit of Bostan and the other side of the Giffre valley, with its Swiss foothills overlooking Champery.
The Bostan pass (2,092 m) will be the perfect spot for a picnic before the descent to the refuge.
Elevation gain: 2300 ft - Elevation loss: 1900 ft - Distance: 5 miles

Day 3

Back to Samoens
This final day is all about self-reliance and navigation. You'll traverse alpine pastures and forests, enjoying new perspectives on the Mont Blanc range. This will be an opportunity to use a map and actively participate in map and terrain analysis with your guide, choosing the best route based on weather and snow conditions. Lunch will be enjoyed in the alpine pastures before a descent through the forest in the early afternoon, returning to the starting point two days later.
Elevation gain: 170 ft - Elevation loss: 2630 ft - Distance: 5 miles

GROUP BOOKING

Group session associates several people who don't 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 : 530 € per person - based on minimum of 4 participants

This price includes :
- organisation and mountain Leader guiding service
- 2 nights half-board in dormitory in a mountain huts
- picnic lunches
- snowshoe, pole, avalanche transceiver (DVA), shovel and probe rental

This price does not include :
- transfert to the meeting point
- drinks and personal expense (souvenirs…)
- repatriation insurance (mandatory)
- anything not mentioned in « included in the package »

PRIVATE BOOKING

Private booking is the historical relationship that binds a guide to his/her client. It allows you to be alone, or in a constituted group, with your guide that meets your specific needs. It is undoubtedly the ideal formula to realize your projects because it guarantees you a maximum of comfort. You are free to choose your departure date (depending on the availability of the huts) and the itinerary can be adjusted, according to your specific expectations.

For more information about our rates for private booking, please contact us

FURTHER INFORMATION

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

Meeting point : Meet at 10:00 at the tourism information office in Samoens - 66 Place de l'Office du Tourisme - 74340 Samoëns

Ability level : 2/5 - Multi-day snowshoe hike for people with trekking experience. 3 to 5-hour hike with average vertical gain between 300 m and 600 m. Prior experience recommended

Guiding policy : each mountain leader can guides a group from 5 to 8 people. TThe Compagnie des Guides de Chamonix's guiding policy guarantees a high level experience. Children minimum 12 years old accompanied by a parent

Accomodation :
- During the trip : 2 nights in mixed dormitory in mountain huts
- Before & after the trip : benefit preferential rates with our hotel partners in Chamonix

Documentation : Participants must have an insurance with repatriation cover. Cancellation insurance is highly recommended. You can take out insurance offering both of these types of cover when you sign up

Preparing for the trip : one week before the trip, the mountain guide will be in contact to answer any questions you may have

EQUIPMENT

We recommend you to pay particular attention to the choice of your equipment. It contributes greatly to the success of your stay. Weight is decisive: you always have to evaluate the ratio weight/comfort, to find the best compromise. In a general way, it is better to pile up several light coats rather than wear one big clothing.

Hiking boots
- Boots for snowshoeing should be warm and waterproof. They should also provide high ankle support. New boots should be worn a couple of times before.
- If your feet tend to get blisters easily, you can apply baby talc on dry feet in the morning before wearing your socks.

Back-pack
- Minimum size 35 L (a back-pack with extra room is better than too small).
- Once everything is packed, make sure there is enough room to fit your picnic lunch.
- Although backpack covers are very convenient in bad weather, we recommend using a very large plastic bag as a pack-liner to protect your personal belongings from getting wet.

Clothing
Underwear : avoid using cotton. Compared to technical synthetic material, it is heavier and it dries slowly. Wool is also getting popular amongst sportswear brands. Synthetic and wool are warmer ; they dry fast, and allow you to pack light.

Carrying weight
Taking enough time to pack is essential, as you are going to carry every item for several days in a row. Avoiding extra weight can easily be done by packing your clothes tightly, placing heavy items at the bottom of the pack, and avoiding empty spaces. As a result weight is better spread throughout your back and weight impression diminished).

Daily needs
- 1 synthetic long-sleeve shirt,
- 1 light polar fleece,
- 1 pair of Goretex pants, 1 long synthetic underwear to wear under your trousers,
- 1 a pair of wool socks,
- 1 Goretex jacket,
- 1 pair of fleece gloves, 1 pair of mittens, 1 pair of silk gloves,
- 1 warm hat, a scarf or neck warmer,
- 1 water bottle (1.5 quart, to 2 quarts minimum) isothermal if possible,
- 1 pocket knife + 1 « spork »,
- Cap or sun-hat and sunglasses (category # 3 minimum), sunscreen (face and lips),
- a camera and a pair of binoculars (optional).

What you need for the entire trip
- Down jacket or warm polar fleece,
- long underwear or sweat pants for the evening,
- changes of clothes: (T-shirt, underwear and socks) prefer synthetic to cotton,
- Pocket light or head lamp,
- Individual first aid kit *,
- Ultra-light shower kit (feel free to customize …) + synthetic « dry fast » towel,
- 1 one-person sleep-sheet (silk is the most comfortable and remains the lightest),
- ID card or passport + spare change for personal expenses + paper tissues and toilet paper,
- gaiters (recommended if your Goretex pants don't have a boot-skirt).

** Elastoplast (stretchable strapping tape), band-aids, second skin, medicine for common aches and pains (diarrhea, headaches, sore throat…). Don't forget to bring personal prescription treatment if you have one. Mountain leaders also carry a complete first aid kit.*

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