



Compagnie des Guides de Chamonix

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SNOWSHOEING - SAMOENS GIFFRE VALLEY

Duration: 2

Fitness: ▲▲▲▲▲ Technique: ▲▲▲▲▲

Price from: 300 €

In the Giffre valley, above the village of Samoens, an awesome snowshoeing area awaits us. The first day will be a great warm up, on the way to the Bostan refuge (1 763 m). This mountain hut is located in a nice valley, nestled between the stunning wall of the Dents d'Oddaz and the crest lines to Tête de Bostan. After a night in the mountain calm, enjoy a beautiful panoramic hike up to the summit of Tête de Bostan (2 295m). This trip gives you the wonderful chance to discover the Haut Giffre Mountains, famous for winter and summer hikes. It is for people wishing to live a snowshoeing experience with an overnight in a mountain hut. All snowshoeing trips by the Compagnie des Guides de Chamonix are for small groups of 8 people maximum. In this way, our guides will be at your complete service, guaranteeing a high quality trip.

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 - Col de la Golèse - Refuge de Bostan

From the centre of Samoens, a short transfer takes us to the Allamands (1096 m) where we start the hike. We easily walk up to the Col de la Golèse (1671 m). We are on the GR5 trail: the famous Grande Traversée des Alpes, connecting the Léman Lake to the Mediterranean. From the summit (1775 m), we can admire the spectacular walls of the Dents d'Oddaz. The refuge de Bostan (1763m) is not far away.

Elevation gain: 700m- Elevation loss: 100m

Day 2

Refuge de Bostan - Tête de Bostan - Les Allamands

In the morning, walk upon wide slopes to get back to the dominant crest of the refuge. We follow this backbone like tightrope walkers, between the Bostan valley and the Terre Maudites valley. The Mont Blanc shows up in its entire splendor. The climb up to Tête de Bostan (2295 m) is the perfect reward, before starting to walk down along the slopes of the Dents d'Oddaz to reach Allamands again and complete this fantastic 2-day circuit. We will be back to Allamands in the middle of the afternoon.

Elevation gain: 600m- Elevation loss: 1200m

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 2026 : 300€ based on minimum of 4 participants

This price includes :

- organisation and mountain Leader guiding service
- one night half-Board in dormitory in a mountain hut
- 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

Accommodation : in catered mountain huts, one night in mixed dormitory (no shower)
Before & after the trip: We have some hotel partners in Chamonix with special prices for our customers

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](#)