Compagnie des Guides de Chamonix

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TRAIL - WEEKEND IN CHAMONIX

Duration: 2 | Fitness: ▲▲▲▲▲ | Technique: ▲▲▲▲▲ | Price from: 195 €

During these two days, the mountain guide specialized in trail running will lead you through a magnificent landscape surrounded by world-renowned peaks and glaciers. Equipped with trail-specific gear (light backpack, poles, trail running shoes, etc.), we explore various trails as a group while exchanging insights on the specific techniques related to the discipline and terrain. Several popular topics, addressing aspects such as nutrition, equipment, sleep management, and pacing, facilitate engaging discussions that contribute to your progress.

The objective of these two days of mountain immersion is to acclimate your body to the specific demands of ascents and descents in a technical environment and enhance its experience in managing changes in rhythm and temperature associated with the surroundings. Of course, we take the time to admire the unique panorama of the valley, while respecting the tranquility of the existing wildlife when passing through nature reserves where chamois, ibexes, and marmots have made their home. The combined kilometers and elevation gain, coupled with the specific mountain environment—dry air, reduced humidity, significant temperature variations, altitude—require the body to adapt. These two days of trail running serve as a perfect warm-up and excellent preparation for your future mountain projects. Depending on the weather, the runners' abilities, and their expectations, the itinerary may evolve from day to day.

ITINERARY

Day 1

This weekend is an opportunity to discover the legendary spots: Jonction, Mer de Glace, Signal, Lac Blanc, Posettes, Refuge Albert Ier, which make Chamonix the global capital of trail running.

Day 2

This weekend is an opportunity to discover the legendary spots: Jonction, Mer de Glace, Signal, Lac Blanc, Posettes, Refuge Albert Ier, which make Chamonix the global capital of trail running.

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 online booking

The departure will be confirmed once the minimum number of participants (5 people) has been reached by the trip confirmation date.

Price 2027 : 195€ per person

This price includes:
- Organization of the trip
- Supervision by a mid-mountain guide specializing in trail running

This price does not include:
- Transportation to the meeting point for the trip
- Accommodation in Chamonix
- Food

- Personal expenses: souvenirs, drinks, etc
- Ski lifts or taxi transfers in the event of personal inability to complete the planned stage
- Compulsory repatriation insurance
- Cancellation insurance is strongly recommended
- Administrative fees
- Anything not mentioned in “This price includes”

PRIVATE BOOKING

A private booking is the historical relationship that binds a mountain leader to their clients. It allows you to be alone or in your own group with your mountain leader who will meet your specific needs.It is undoubtedly the ideal formula realise your projects because it guarentees you a maximum amount of comfort. You are free to choose your departure date. Depending on the weather conditions, the proposed route can be adjusted according to your level and expectations, the professional can suggest alternatives to the itinerary.

Prices 2026 :
1 person : 1145 € per person
2 people : 595 € per person
3 people : 410 € per person
4 people : 315 € per person
5 people : 260 € per person
6 people : 225 € per person
7 people : 200 € per person
8 people : 180 € per person

This price includes :
- the organization and supervision by a state qualified trekking guide

Not included in the price :
- Accommodation in Chamonix
- Food during the day
- repatriation insurance (compulsory). Cancellation Insurance highly reccommended

FURTHER INFORMATION

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

Meeting point : meet at 8.30am in front of the Compagnie des Guides in Chamonix.

Ability level : 5/5. The trail running Weekend is of sustained difficulty. With 1500 to 2000m elevation gain and 18 to 23km per day, you'll be covering 5 to 7 hours of trail running each day. Intensive running practice and prior trail experience are essential.

Guiding policy : minimum 5 and maximum 8 people per state qualified guide (french & english speaker). The Compagnie des Guides de Chamonix's guiding policy is one of the strictest in the mountain guiding business. It guarantees a better level of comfort and a high-quality personalised advice.
Important : Registration possible from 16 years of age. Registration is not permitted to anyone under the age of 18 without a legal guardian.

Accomodation : Not included.
Benefit from preferential prices from our partner hotels in Chamonix.

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 : Your guide will contact you a few weeks before your departure to answer any question that you may have.

EQUIPMENT

The content of your trail backpack is quite close to the mandatory equipment required on an Ultra Trail. Take special care in choosing your equipment because it contributes greatly to the success of your trip, lightening the load is paramount to a successful trip ! Lunches will be in a refuge or inn. All equipment must be protected against the rain (zip loc type freezer bags)

Equipment

- A trail backpack
- A pair of trail shoes in good condition

Clothes
For added comfort regarding underwear, (t-shirts, boxers, socks), avoid cotton which is heavy, cold and dries very slowly. Opt for synthetic technical fabrics or wool, which is making a comeback. They are warmer and dry quickly.
For the day :
- 1 running shorts
- 1 under t-shirt
- 1 pair of leggings
- 1 very light waterproof overtrousers
- 1 t-shirt
- 1 light warm layer
- 1 additional warm jacket (sufficiently compressible)
- 1 lightweight gore-tex jacket
- Lightweight beanie
- Cap
- Buff neckband
- Light gloves
- 1 pair of socks

Accessories
For the day :
- 1 pair of sunglasses index 3 minimum
- Sun protection cream
- Toilet paper and a lighter (to make it disappear)
- A reduced pharmacy (Ibuprofen, double skin, elastoplast-type bands, etc.)
- Survival Blanket
- Handkerchief
- Hydroalcoholic gel to clean your hands.
- 1 pair of poles
- Flasks or camel bag with a capacity of 1.5 litres
- Mini frontal light
- Energy food for the day
- Money for your personal expenses
- Nok-type anti-friction cream

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