Compagnie des Guides de Chamonix

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TRAIL RUNNING - 1-DAY INTRODUCTION

Duration: 1 Difficulty:

Throughout the day, we navigate through a privileged environment, covering alpine trails, forests, and natural reserves, combining trail running with the discovery of the valley's most beautiful locations. Progressing with guidance from the mountain guide of the Compagnie des Guides de Chamonix, equipped with specific mountain trail running gear (light backpack, poles, trail running shoes, etc.), kilometers and elevation gain unfold (almost) effortlessly in a picturesque setting detailed by your guide throughout the day. Discussions around nutrition, race management, ultra-endurance, equipment, and training techniques are addressed with the group at key points during the outing. A restorative lunch break is planned at midday. Depending on the weather, the runners' abilities, and their expectations, the itinerary may evolve from day to day.

Distance: 10-15 km / Positive elevation gain : D+ 1000 - 1500 m

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 (group booking) : See online booking

Meeting point (group booking) : 8.30 am at the Compagnie des guides in Chamonix

Supervision (group booking) : Group from 5 to 8 people maximum per guide.

Departure : Confirmed departure with a minimum of 5 people

Price 2026 (group booking) : 66€ per person

This price includes :
- the organization and supervision by a state qualified trekking guide
- the transfer to the starting point

Not included in the price :
- food during the day
- lifts if needed

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 :
Group from 1 to 4 people : 315€
Group from 5 to 6 people : 330€
Group from 7 to 8 people : 350€

The 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 : 1/5. The trail discovery day is moderately difficult. Running experience is recommended.

Guiding policy : minimum 5 and maximum 8 people per state qualified guide. 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 : 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 : Preparation meeting the day before at 6:00pm at the Guide Company to review the equipment and provide you with all the tips to fully enjoy your outing.

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
- A pair of trail poles

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