Compagnie des Guides de Chamonix

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MOUNTAINEERING - MY FIRST 4000M PEAK FOR TEENS

Duration: 5 | Fitness: ▲▲▲▲▲ | Technique: ▲▲▲▲▲ | Price from: 1 370 €

In an exceptional setting, your teenagers will embark on a unique experience with the goal of ascending the Gran Paradiso, an iconic summit rising over 4,000 meters. This trip begins with 3 days of trekking through the Gran Paradiso National Park, followed by the ascent itself. Guided by professionals specializing in working with young people in high mountain environments, your children will benefit from a progressive program designed to achieve the ascent under optimal conditions. It promises an unforgettable and formative adventure, built on teamwork, solidarity, respect, and self-improvement.

To meet the needs of your teenagers, this trip is supervised by two mountain professionals specialized in working with minors. Their expertise is complemented by three additional professionals during the Gran Paradiso ascent. This trip requires regular practice of an endurance sport and prior experience in mountaineering. It is the natural progression from our summer camp for teenagers, which includes an outing on the Glacier du Tour.

ITINERARY

Day 1

Surrier, Valgrisenche - Refuge Mario Bezzi
We start our stay in Surrier, at the end of the Valgrisenche valley. A long track, followed by a good path, takes us gradually up this deep valley to the Mario Bezzi hut (2284 m). We're in a glacial cirque surrounded by countless 3000 m peaks. Once we've got the lay of the land, we climb up to Lac Vuert (2620 m) to stretch our legs and enjoy the wild scenery.
Ascent: 850m - Descent: 400m - 9 km
Positive elevation gain: 2789ft - Negative elevation gain: 1312ft - 5.6 miles

Day 2

Refuge Mario Bezzi - Refuge Benevolo
We climb gradually up the slope to reach the moraine of the impressive Gliairetta glacier, which we skirt to reach the Col Bassac Derè (3082 m), today's summit. A descent through scree quickly takes us to the Lac de Goletta, at the foot of the glacier of the same name. The sight of this white glacier and its lake is dazzling! We finish the descent to reach the Benevolo hut (2287 m), the starting point for a number of hikes in the area.
Positive elevation gain: 2789ft - Negative elevation gain: 2789ft - 6.8 miles

Day 3

Refuge Benevolo - Refuge Tétras Lyre
We have a long day ahead of us today. The hike begins with an ascent to Col Rosset (3025 m), a spectacular passage between the rocks. We've entered Europe's oldest national park. The descent to the Savoia hut takes us through the magnificent Rosset lakes, a breathtaking panorama. Following the Doire du Nivolet, we now arrive in a vast, deserted steppe landscape. Here we have to choose between continuing down the valley to the hamlet of Le Pont, or climbing back up to Grand Collet (2832 m), a formidable lookout point on the summit of Grand Paradis, where it's not unusual to come face to face with ibex. A beautiful descent takes us to the Tétras Lyre refuge (1991 m), where we spend the night. **Luggage access.**
Positive elevation gain: 2953ft - Negative elevation gain: 3937ft - 13 miles

Day 4

Refuge Tetras Lyre - Refuge Vittorio Emanuele II
Accompanied by two mountain guides and equipped with the appropriate mountaineering gear, we slowly make our way to the Gran Paradiso base camp: the Vittorio Emanuele II hut (2719 m). After dropping off our packs, our guides give us crampon

handling exercises and short rappels. It's time to rest up and get ready for tomorrow's big challenge!
Positive elevation gain: 2460ft - Negative elevation gain: 0ft - 2.5 miles

Day 5

Gran Paradiso ascent: Return to Chamonix
A day dedicated to mountaineering, with the ascent of Gran Paradiso (4,061 m). After waking up in the middle of the night, we climb by the light of our headlamps to reach the summit. The descent takes place in the morning, and we return to Tetras Lyre refuge by early afternoon. From there, we head back to Chamonix.
Positive elevation gain: 4265ft - Negative elevation gain: 6889ft - 8.7 miles

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 : 1370€ per person - based on a minimum of 9 participants

This price includes :
- the organization and supervision by 2 state qualified trekking guides and mountain guides for the Gran Paradiso ascent.
- half-board accommodation in mountain huts (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 : Meet at 8.00 am at the Compagnie des Guides office, 190 Place de l'Eglise, 74400 Chamonix

Fitness level - This teen camp includes trail and glacier hikes with a positive elevation gain ranging from 750m to 1300m, averaging 6 to 7 hours of walking per day. Participants should be athletic, and experienced with hut to hut trekking (mini 2 days with 1 overnight) and 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 but requires previous mountaineering experience with crampons.

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 9 to 14 children, with two state-certified mountain guides as supervisors. High mountain guides complement the supervision for the Gran Paradiso ascent. 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 : 4 nights in refuges in dormitories. Luggage access on day 3

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 between 15 and 18 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.

Preparing for the trip : An information meeting will be held at our offices at 5:30 pm on the day before departure. 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.

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
- A pair of telescopic poles
- Category 4 sunglasses
- A minimum 2L water bottle
- A lunchbox
- 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
- 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