



# Compagnie des Guides de Chamonix

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## MOUNTAINEERING - MY FIRST 4000M PEAK FOR TEENS

Duration: 5

Fitness: ▲▲▲▲▲ Technique: ▲▲▲▲▲

Price from: 1 200 €

**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

##### Thumel, Val de Rhêmes - Refuge Benevolo

We begin our trip in Thumel, located at the end of the Val de Rhêmes valley. The ascent takes us to the moraine of the Tsanteleina Glacier, where we enjoy spectacular views of the surrounding glacial cirque. At the end of the day, a short descent leads us to the Refuge Benevolo, where we will spend the night.

*Positive elevation gain: 2952ft - Negative elevation gain: 1640ft - 5.3 miles*

#### Day 2

##### Refuge Benevolo - Refuge Savoia

The hike starts with an ascent to Col Rosset (3,013 m). From there, the landscape opens up to breathtaking views of Gran Paradiso and the surrounding peaks. The descent to Refuge Savoia passes through the stunning Rosset Lakes, with their deep blue waters offering a truly spectacular sight.

*Positive elevation gain: 2625ft - Negative elevation gain: 1804ft - 6.2 miles*

#### Day 3

##### Refuge Savoia - Tetras Lyre

We explore the Dora del Nivolet valley, following the river and encountering typical alpine wildlife such as marmots, chamois, and ibex. After climbing to Gran Collet (2,832 m), we admire the majestic peaks of the massif. A descent then takes us to the Tetras Lyre refuge, where we will spend the night. **Access to the luggage.**

*Positive elevation gain: 1640ft - Negative elevation gain: 3280ft - 6.2 miles*

#### Day 4

##### Refuge Tetras Lyre - Refuge Vittorio Emanuele II

Accompanied by two mountain guides, we make our way to the base camp for the Gran Paradiso climb: Refuge Vittorio Emanuele II. If we arrive early, we may take an optional excursion to the Chabot Refuge, another potential starting point for the ascent. In any case, rest and preparation will be essential as tomorrow brings the major challenge of the trip.

*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 2025 :** 1200€ per person - based on a minimum of 10 participants

This price includes :

- the organization and supervision by 2 state qualified trekking guides,
- 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 8.30 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 1200m, averaging 6 to 7 hours of walking per day. Participants should be athletic, 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

**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 10 to 12 children, with two state-certified mountain guides as supervisors. High mountain guides complement the supervision for the Grand Paradiso ascention.

**Accommodation :** 4 nights in refuges in dormitories. Luggage access on day 4

**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 14 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 :** There is an information meeting with your mountain leader the day before departure at 6pm at the Compagnie des Guides Office.

**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.

### **Your gear**

- A 40L backpack
- A compact and sturdy travel bag, maximum 15 kg
- A pair of top quality hiking boots**
- A pair of telescopic poles
- A hat or cap
- A warm hat
- Category 4 sunglasses
- 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
- Hiking-appropriate socks
- A minimum 2L water bottle
- 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
- Flip flops for the hut
- Spare clothes as per your preference

**Our Rental Partners :** You can rent your equipment with our rental shops partners and benefit from special price [Millet](#), [Sanglard Sports](#), [Ravanel & Co](#) & [Concept Pro Shop](#)

**Our Equipment Partners :** [Millet](#), [Dynastar](#), [Julbo](#), [Grivel](#) & [Monnet](#)