



Compagnie des Guides de Chamonix

190 place de l'église - 74400 Chamonix – France - Tél : + 33 (0)4 50 53 00 88

www.chamonix-guides.com - e-mail : info@chamonix-guides.com

ROCK CLIMBING - ROCK CLIMBING COURSE AGES 4-5

Duration: 4

Difficulty: ▲▲▲▲▲

Price from: 310 €

Immerse your children aged 4 to 5 in a world of vertical discoveries with our 4- long 1/2 days rock climbing course in the Chamonix Valley! Through specially designed games and workshops, your little ones will gradually build confidence and experience the excitement of heights. Treasure hunts on the crag, monkey bridges, and zip lines—everything is designed to ensure a fun and educational adventure.

The course is led by a state-certified climbing instructor specialized in working with young children, ensuring a safe and enriching activity through an adapted pedagogical approach. To provide a fully immersive experience, registration is exclusively available for the full 4 mornings, from Monday to Thursday. For children aged 6 and above, please refer to our course tailored for 6- to 8-year-olds.

The objectives of this introduction to verticality

- The development of motor skills through activities such as “Simon Says” and traversing
- Managing fear of heights and related apprehensions with games like hide-and-seek
- Descending in an appropriate position and with confidence, through workshops including zip lines and swings

GROUP BOOKING

Group booking associates children who do not necessarily know each other. It is ideal for enjoying the dynamics of the group

Dates (group booking) : See online booking. The mentioned day corresponds to the first day of the course

Supervision (group booking) : Group from 4 to 6 children per state-certified instructor

Departure (group booking) : The course is guaranteed with a minimum of 4 children enrolled

Prices 2025 (group booking) : 310€

This price includes :

- State-certified instructor services
- technical gear : harness, helmet, carabineer, belay device, rope

This price does not include :

- rock climbing shoes
- Picnic
- snack and water

FURTHER INFORMATION

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

Schedules : 9am - 2pm, Monday to Thursday

Meeting time and place : Every day at the climbing crag

The sites will be defined and communicated the day before from 6.00pm on this [LINK](https://www.programme-du-jour.com/escalade/) : <https://www.programme-du-jour.com/escalade/>

Level : This climbing course is intended for children aged 4 to 5, regardless of their skill level

Formality : Make sure you have valid individual liability insurance for the practice of this activity without any location or altitude restrictions, including assistance, search and rescue, and repatriation

EQUIPMENT

Find in this section all the information about the different equipment that is required

Equipement

- Back pack to store the clothes
- Rock climbing shoes recommended

Clothing

- Classic clothings adapted for sport

Accessories

- A pair of sun glasses
- Hat
- High protection sun cream
- A water bottle that contains a minimum 1,5 L
- Picinic
- Snacks

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](#)