



# Compagnie des Guides de Chamonix

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## ROCK CLIMBING - ROCK CLIMBING COURSE AGES 9-12

Duration: 4

Difficulty: ▲▲▲▲▲

Price from: 310 €

**This climbing course, designed for children aged 9 to 12**, offers an experience that combines adventure, safety, and the development of technical skills. The days are dynamic, filled with fun and stimulating workshops, providing a full immersion into the exciting world of climbing. Your children will have the opportunity to learn belaying, knots, and lead climbing, while developing technical skills such as coordination, foot placement, effort management, route reading, and anticipation. This course will also help them strengthen emotional control by overcoming their fears and learning to trust others.

**The organization and pedagogy are carefully tailored** to each child's level, fostering socialization within the group and team spirit. Sessions held at Gaillands will allow your children to enhance their practical skills in a natural environment. Registration is exclusively open for the four days of the course. For more flexible registration options, please refer to our climbing schools in [Chamonix](#) or [Argentière](#).

### Teaching approaches implemented

- Technical challenges, timing exercises, rappelling
- Routes of varying difficulty and profiles: slabs, dihedrals, arêtes, small overhangs
- Ground-based workshops followed by height-based activities: setting up quickdraws, managing the belay

## 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 8 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 - 4pm, Monday to Thursday

**Meeting time and place** : Every day at the climbing crag

Monday : Les Chavants - Les Houches

Tuesday : Servoz - Plaine St jean

Wednesday : Les Gaillands - Chalet accueil

Thursday : Compagnie des Guides office in Chamonix - Train to Vallorcine

**Level :** This climbing course is intended for children aged 9 to 12, 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

### Clothing

- Classic clothings adapted for sport

### Accessories

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

**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](#)