



Compagnie des Guides de Chamonix

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MOUNTAINEERING - MONTE ROSA FOR TEENS

Duration: 6

Fitness: ▲▲▲▲▲ Technique: ▲▲▲▲▲

In an exceptional setting, your teenagers will experience a unique adventure with the goal of climbing the Pyramide Vincent, an iconic peak of over 4,000 metres. The trip begins with a 4-day itinerant trek in the Aosta Valley, followed by the ascent itself. Supervised by professionals specialised in guiding young people in high-mountain environments, your children will follow a progressive programme designed to ensure the ascent is completed in optimal conditions. This guarantees an unforgettable and enriching adventure, built on mutual support, solidarity, respect, and pushing one's limits.

To meet the needs of your teenagers, the trip is led by two mountain professionals specialised in activities for minors. Their supervision is reinforced by three additional professionals during the ascent of the Vincent Pyramid. This trip requires regular practice of an endurance sport and prior mountaineering experience. It is therefore the natural next step after our [summer camp for teenagers](#), which includes an outing on the Tour Glacier.

ITINERARY

Day 1

From Chamonix to the alpine pastures of Cheneil

Our adventure begins in the Valtournenche Valley.

Leaving from Chamonix, after a journey of about 2h30, we reach Buisson, the gateway to the wild peaks of the Aosta Valley. A cable car takes us up to Chamois (1800 m), a car-free village where time seems to stand still. From there, the hike begins toward Pointe Fontana Freida (2530 m), offering a breathtaking first view of the Matterhorn, the legendary peak, and the surrounding summits. We then descend to Cheneil (2100 m), nestled in a lush green basin, for a night in a welcoming mountain inn.

Elevation gain: +750 m / -450 m - Distance: ~7 km

Day 2

Between high peaks and mountain refuges

From Cheneil, several routes open up before us. The most ambitious can climb Mont Roisetta (3334 m), an exceptional lookout over the Monte Rosa massif, while others may choose the Bec de Nannaz (3010 m) or a traverse to the Grand Tournalin Refuge (2534 m). Each option reveals rocky mountain landscapes and breathtaking views over the Aosta Valley. The day ends at the refuge, where warm mountain hospitality awaits us.

Elevation gain: +950 to +1300 m / -550 to -850 m (depending on the route) - Distance: ~8 to 11 km

Day 3

Wild traverse to St-Jacques and the Ferraro Refuge

We leave the Grand Tournalin Refuge to cross the narrow Col du Palon de Nannaz (2650 m), where a steep descent awaits us toward St-Jacques at the bottom of the Ayas Valley. Beautiful balcony trails then lead us gently to the Ferraro Refuge (2072 m), perched above the larch forests. The contrasts between grassy slopes and rugged rocky sections give rhythm to this varied stage.

Elevation gain: +450 m / -850 m - Distance: ~9 km

Day 4

Toward the Gabiet Refuge, between lakes and mountain passes

After a beautiful traverse dotted with lakes and alpine pastures, the morning continues with the ascent of the Col Saleroforko (2689 m), offering sweeping views of the surrounding glaciers. We are now on the route of the Tour of Monte Rosa. The descent toward Stafal (1820 m) brings us into the Lys Valley, which we cross before climbing again toward Lake Gabiet, where

our refuge (2360 m) is located. A demanding stage, rewarded with magnificent scenery.
Elevation gain: +1250 m / -950 m - Distance: ~14 km

Day 5

Ascent to the Mantova Refuge

From Gabiet, we gain altitude to reach the Mantova Refuge (3430 m), an isolated haven at the foot of the 4000-metre peaks of the Monte Rosa massif, where ice takes over from rock. Today, we do nothing but climb! The air grows thinner, but the effort is quickly forgotten in the face of the vast glaciers and towering summits surrounding us. A variant via Alta Luce Peak (3185 m) is possible. Here we meet up with our high-mountain guides along with all the necessary technical equipment.
Elevation gain: +1100 m - Distance: ~6.5 km

Day 6

Legendary peaks and return to Chamonix

To conclude this journey, two options are available: the ascent of the Vincent Pyramid (4215 m) or Ludwigshöhe (4341 m, on the Italian-Swiss border). Departure is early at night by headlamp, equipped and roped together, united by a common goal to maximize our chances of success and fully enjoy the day. The descent to the Stafal parking area using the ski lifts marks the end of this unforgettable alpine adventure. Return to Chamonix by minibus (approximately 3h15).
Elevation gain: +800 to +1050 m / -950 to -1200 m (depending on the route) - Distance: ~7 to 9 km

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 the booking module below for group option dates.

Price 2026: 1240€ - based on a minimum of 9 participants.

This price includes:

- Organisation and supervision by certified mountain leaders and high-mountain guides
- Half-board accommodation in mountain huts (dormitory)
- Loan of technical equipment: crampons, ice axe, helmet, harness
- Picnics
- Transfers during the trip

This price does not include:

- Souvenirs and drinks (plan to bring euros)
- Repatriation insurance (mandatory)

FURTHER INFORMATION

In this section, you will find all the information related to this activity. For further details, please contact our advisor (contact information above).

Meeting point: Departure at 8:00 a.m. from the Compagnie des Guides office, 190 Place de l'Eglise, 74400 Chamonix.

Physical level - This teen camp includes hikes on trails and glaciers with 750m (2,460ft) to 1300m (4,265ft) of positive elevation gain, and an average of 6 to 7 hours of walking per day. Participants must be athletic, have prior experience with multi-day trekking (at least 2 days / 1 night in a mountain hut), be able to follow instructions, and be capable of living autonomously within a group. The itinerary spans several consecutive days and requires carrying personal belongings.

Technical level - For experienced hikers capable of hiking rugged mountain trails with boulders, large steps, or exposed sections. The glacier route is not very steep and is well defined, but previous mountaineering experience is required.

Itinerary: The route may be modified at any time by the supervising professional depending on weather conditions and/or the technical and physical level of participants.

Supervision: The professionals supervising your children form a team dedicated to junior camps. The group consists of 9 to 14 participants maximum, supervised by two certified mountain leaders. High-mountain guides join the team for the ascent of the Pyramide Vincent.

Accommodation: 5 nights in mountain huts in dormitory. No access to luggage.

Meals: Meals are balanced and prepared with fresh, local products, taking into account the preferences of the teenagers as

much as possible.

Requirements:

- Be between 15 and 18 years old
- Valid passport or ID card
- Mandatory assistance-repatriation insurance. Cancellation insurance is strongly recommended. Both can be purchased at the time of registration.

Organisation: An information meeting is offered the day before departure at 5:30 p.m. in our offices.

For the legal guardian of the registered minor: The legal guardian acknowledges the athletic and risky nature of the activities included in this program. Failure to comply with safety instructions and skill requirements may lead to accidents. You must return the completed forms: Parental Authorization, Authorization to Leave the Country, and 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

- A 30L backpack
- A pair of sturdy high-cut hiking boots
- A pair of telescopic trekking poles
- A hat or cap
- A beanie
- Category 4 sunglasses
- Breathable long- and short-sleeved T-shirts
- A lightweight fleece jacket
- A warm down-style jacket
- A waterproof jacket (Gore-Tex type)
- A rain poncho
- Hiking trousers
- A pair of gaiters
- Waterproof trousers (Gore-Tex type)
- Shorts
- A pair of lightweight gloves
- A pair of ski gloves
- Hiking socks
- A water bottle (minimum 2L)
- A pocket knife and a spork-style fork
- A flashlight or headlamp
- Sunscreen and lip balm
- A sleeping bag liner
- Toiletry kit, towel, earplugs, and toilet paper
- Small personal first-aid kit: blister plasters (e.g. Compeed), basic medication for common issues (diarrhoea, constipation, sore throat, headache, pain, allergies)
- ID and money for personal expenses
- Flip-flops or sandals for huts with no access to luggage
- Spare clothes as needed

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](#)