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

HIKING TRAINING COURSE - LEVEL 1 : SAFETY AND AUTONOMY IN MOUNTAIN HUTS

Duration: 3 | Fitness: ▲▲▲△△ | Technique: ▲▲▲△△ | Price from: 450 €

Level 1 Training Course – Autonomy and Safety in Mountain Huts

Duration : 3 days / 2 nights in moutain hut.

For whom ? Beginner or intermediate hikers wishing to master the basics of self-reliance in the mountains.

Guiding : Certified mountain guide. Maximum 8 people per guide.

Learning objectives : This course will equip you with the essential skills to navigate independently in the mountains: map reading, orientation, natural resource management, knowledge of the mountain environment, and respect for other users.
Ideal for hikers wishing to gain confidence and safety on mountain hut routes.

PROGRAM / TOPICS COVERED :

Orientation : use and read the map, compass and altimeter to orient yourself on the ground.

Moutain environment : discover the geology of the mountains, explore topics such as edible flora and natural resources available while hiking.

Miscellaneous : management of natural resources, respect for other users.

The program is given for information purposes only. Your guide may modify it depending on the level of the group and the conditions of the mountain.

ITINERARY

Day 1

Plaine Joux - Col d'Anterne - Refuge Alfred Wills
We begin our hike at Plaine Joux (1,360 m), located in the commune of Passy. As a warm-up, we discover the famous Lac Vert (1,286 m) with its emerald-colored water. During our ascent towards the Ayères chalets (1,640 m), we leave the forest behind and reach the pastures, where the view of the Mont Blanc massif unfolds before us. We continue beneath the spectacular high cliffs of the Fiz range, including the peaks of Ayères (2,644 m) and Anterne (2,733 m). We skirt the Fiz to the southeast, crossing the Col d'Anterne (2,257 m). The atmosphere is magnificent: Mont Blanc as a backdrop, towering limestone walls above us, and vast wild spaces that we traverse to reach the splendid Lac d'Anterne (2,061 m). The Alfred Wills refuge (1,812 m) lies in a magnificent and serene setting, in the heart of green alpine pastures which contrast with the imposing verticality of the Fiz cliffs in the background.

This day will also be an opportunity to discover the geology of the mountains. We will hike between crystalline and sedimentary massifs. Geology plays a crucial role in accessing water and influencing the vegetation present. This allows us to explore topics such as edible plants and the natural resources available while hiking.
We will also use a map for the first time on an easy, well-traveled route to become familiar with map reading.

Positive elevation gain : 3280 feet - Negative elevation gain : 1970 feet - Distance : 8.7 miles

Day 2

Refuge Alfred Wills - Refuge de Sales
Crossing the Collet d'Anterne (1,790 m), we skirt the Fiz massif to the northeast and descend towards the Pleureuse and Sauffaz waterfalls (1,429 m). We then ascend the splendid Sales valley. Crossing the Pas de Sales, we discover the waterfall of the same name (1,839 m). Around midday, we reach the Sales alpine chalets and their refuge (1,870 m).

With light packs, we'll begin with compass orientation exercises. You'll learn how to take bearings. We'll also learn to read contour lines to understand terrain features and the concept of micro-relief.

Positive elevation gain : 1640 feet - Negative elevation gain : 1315 feet - Distance : 4.5 miles (minimum)

Day 3

Refuge de Sales - Col de la Portette - Plaine Joux
Today, we'll put everything we've learned so far into practice. **You'll be guided from point A to point B, as defined by your mountain guide, using a map.**
This will be an opportunity to navigate between paths and boulders, finding your way through map reading and our mountaineering skills, which are honed with each passing day.
We'll also have the chance to discuss the mountains and their uses during this day of sharing, as we'll encounter farmers in the high pastures.

At the end of this day, you will be able to independently hike on GR trails with staffed mountain huts.
If you wish to go further and learn how to be self-sufficient while bivouacking, you will need to take the level 2 course.

Positive elevation gain : 2135 feet - Negative elevation gain : 3775 feet - Distance : 6.8 miles

GROUP BOOKING

Group session associates several people who don't 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 2026 : 450 € per person based on minimum of 4 participants

This price includes :
- the organization and supervision by a state qualified trekking guide
- 2 nights half-board in mountain huts in mixed dormitory (diner, breakfast and night). ***No showers in the mountain huts***
- Picnic lunches

This price does not include :
- drinks and personal expenditure (souvenirs…)
- repatriation insurance (compulsory), cancellation insurance highly reccommended
- the transfer to the meeting point

PRIVATE BOOKING

Want to go hiking and learn with family or friends ? Want the freedom to choose your departure dates* and benefit from personalized guidance ? Choose the private package !
This is the traditional relationship between a guide and their clients. It allows you to be alone or in a group with your guide, who will respond to your specific needs. The ideal package for realizing your plans, as it guarantees maximum comfort.

Discounted rates based on the number of participants.
*Subject to availability of accommodation.
Contact us for a quote.

FURTHER INFORMATION

Find in this in this section, all the information about this activity. For any further information please contact our advisors (contact details above).

Meeting point : Meet at 8:30 am at the Plaine-Joux car park, in Passy (74190)

Ability level : 3/5 - Moderate difficulty. Good condition and physical preparation are desired. 500 m to 700 m of elevation gain

on average and 5 to 6 hours of walking. The terrain may have some steep passages requiring good technical ease. Hiking experience is desired Children minimum 16 years old accompanied by a parent.

Guiding policy : each mountain leader can guides a group from 4 to 8 people. The Compagnie des Guides de Chamonix's guiding policy guarantees a high level experience. Children minimum 16 years old accompanied by a parent.

Accomodation :
- During the trip : 2 nights in mountain huts (in mixed dormitories). Each hiker carries all their personal belongings and picnics throughout the entire trek. ***No showers in the mountain huts.***
- Before & after the trip : benefit from preferential prices from our partner hotels in Chamonix. If you wish to receive information just ask the Randonnée department.

Documentation :
- 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.
- Participants must also take valid ID with them.

Preparing for the trip : Few days before the trip, the mountain guide will be in contact to answer any questions you may have.

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. The weight of your backpack, including all your belongings, should not exceed 9kg.

Your gear
- A 40L backpack
- A pair of top quality hiking boots
- A pair of telescopic poles
- A hat or cap
- A warm hat
- Category 3 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
- A Gore-Tex waterproof trouser
- A short
- A pair of 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 (excluding crampons, ice axes and helmet), Sanglard Sports, Ravanel & Co & Concept Pro Shop
Our Equipment Partners : Millet, Dynastar, Julbo, Grivel & Monnet