Compagnie des Guides de Chamonix

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HIKING TRAINING COURSE - LEVEL 2 : SAFETY AND AUTONOMY IN BIVOUAC

Duration: 3 Fitness: Technique:

Level 2 Training Course - Autonomy and Safety in Bivouac

Duration : 3 days / 2 nights in bivouac

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

Guiding : Certified mountain guide (french & english speaker). Maximum 6 people per guide.

Learning objectives : This course will equip you with the essential skills to navigate independently in the mountains: preparing your hike and equipment, navigation, setting up camp, managing natural resources, and understanding the mountain environment.
Ideal for hikers wishing to become more self-reliant and safer during their bivouac treks.

PROGRAM / TOPICS COVERED :

Preparing for your hike : selecting the right equipment, packing your bag...

Autonomy in bivouac : setting up camp

Orientation : validate the skills acquired during the level 1 training course, further development of map reading (micro-relief)

Moutain environment : naturalist notions, respect for biodiversity

Miscellaneous : management of natural resources

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

Departure into the Unknown
We begin our day at the Chamonix Guides Company headquarters with a briefing to check the mandatory equipment. This allows us to ensure everything is in order and also to distribute the food prepared by your guide.
We then set off towards a less-traveled mountain range, such as the Aravis, Bauges, or Beaufortain, for a complete immersion in nature.
The first day is generally short, allowing us to quickly find a bivouac site where the guide will teach you the basics of tent and camp setup. We will also learn to find water and discuss the concept of natural resources and their management.
With our first night under the stars fast approaching, it will be time to prepare our first meal and quickly snuggle into our sleeping bags for the night.

Day 2

Getting Lost to Find Yourself
We pack up camp carefully and meticulously. The goal: to leave no trace.
Then we set off for a beautiful day during which we'll learn how to use our map. This is a Level 2 course, so the basic techniques have already been validated; we'll focus on the terrain and characteristic features of the landscape that we can identify on a map.
We'll navigate from point to point, guided by your instructor, who will assess your level of independence in map reading and

compass use.
During the day, your instructor will also share some naturalist knowledge to help you find edible berries and plants. Nature offers countless possibilities! This is also an opportunity to discuss environmental awareness and practical skills, and thus provide you with the foundations for respecting biodiversity, its needs, and how we use it.
In the late afternoon, a beautiful and long day comes to an end; it's time to prepare camp for the night.

Day 3

Back to reality
The night must have been beautiful and peaceful, judging by the first two days. It's time to return to the car we parked on the first day. We'll use the map again to retrace our steps, but not on the same path. We'll discover new areas and new learning opportunities. Once you reach the car at the end of the day, you'll be completely self-sufficient for your independent bivouac trek.

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

The departure is guaranteed with a minimum of 4 registered participants

Price 2026 : 450 € per person based on minimum of 4 participants

This price includes :
- the organization of the trip
- supervision by a state qualified trekking guide
- bivouac kit : tent, sleeping bag, stove
- picnic lunches, dinners and breakfasts
- transfers throughout the hike

This price does not include:
- Transportation to the starting point of the hike
- Accommodation before and after the hike
- Personal expenses: souvenirs, drinks, etc.
- Ski lifts or taxi transfers in case of personal inability to complete the planned stage
- Mandatory repatriation insurance. Cancellation insurance is strongly recommended. *(Residents of the following countries—Andorra, Austria, Belgium, Denmark, Finland, France, Germany, Gibraltar, Greece, Ireland, Italy, Liechtenstein, Luxembourg, Monaco, Netherlands, Norway, Portugal, San Marino, Spain, Sweden, Switzerland, and the United Kingdom—can purchase repatriation and cancellation insurance at the same time as their trip registration. This insurance is non-refundable in case of cancellation.)*
- Booking fees
- Anything not mentioned under "This price includes"

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 Compagnie des guides offices on the morning of the first day.

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 6 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 stay: 2 night in a tent (bivouac). You carry your personal belongings in your backpack throughout the trip.
- 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.

Your gear
- A 45L 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, earplugs, and toilet paper
- Minimal personal pharmacy: blister pads like Compeed, medications for common ailments such as diarrhea, constipation, sore throat, headaches, pain, allergies
- 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