Compagnie des Guides de Chamonix

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TRAIL - BEGINNER'S COURSE LEVEL 1

Duration: 3 | Fitness: ▲▲▲▲▲ | Technique: ▲▲▲▲▲ | Price from: 860 €

This three-day course, designed **for amateur runners who have already participated in a 15 km trail run or a half marathon,** offers a complete immersion in the world of mountain trail running, supervised by a specialized professional.
Participants explore the technical fundamentals (foot placement, managing elevation changes, using poles) during practical workshops and iconic outings in Chamonix on suitable trails (10 to 20 km, 300 to 1,000 m elevation gain).
The program includes progressive learning, lectures on ultra-endurance and mental preparation, nutrition and sleep management, and the discovery of magnificent landscapes, all in a friendly and safe atmosphere.
The package includes full board, meals adapted to athletes, and personalized coaching to ensure optimal progress.

Ideal for combining performance, safety, and a passion for the mountains!

ITINERARY

Day 1

Immersion and first steps
The course begins at 9:00 a.m. at the Compagnie des Guides de Chamonix, where there will be a comprehensive presentation of the essential equipment for trail running.
This session will familiarize participants with the specific terminology used in the discipline, in order to better understand the techniques and vocabulary that will be covered later on.
The morning continues in the field with a practical workshop dedicated to the fundamentals: foot placement, body positioning, and use of poles. These elements are essential for effective and safe practice.
After a convivial meal together in Chamonix, the afternoon is devoted to a first jog on the legendary Petit Balcon Sud, an ideal route for applying the techniques learned in an inspiring setting.
The return to the hotel at the end of the day is an opportunity to rest before an evening conference dedicated to sharing knowledge with an ultra-endurance specialist: how to approach an ultra trail (training, mental preparation, equipment), etc.
Approximately 10 km and 300 m of elevation gain.

Day 2

Exploration and technique at altitude, mastering steep trails.
This day is entirely dedicated to discovering the magnificent landscapes of the Chamonix valley. We will leave from the village of Les Houches for a gradual climb to an iconic summit (Prarion, Aiguillette des Houches, Mont Lachat, etc.).
The guide will adapt the itinerary according to your level on the first day in order to offer you an emblematic route that provides the opportunity to work on your climbing technique and strengthen your endurance.
Once at the summit, you will enjoy a spectacular view of the Mont Blanc massif.
The descent, which is technical and demanding, will allow you to perfect your stride and adapt to uneven terrain.
The return to the hotel at the end of the day is an opportunity to rest before an evening conference on the history and challenges of ultra-trail running, led by a specialist.
Approximately 20km and 800m of elevation gain.

Day 3

Contemplation and conclusion of the course
On this final day, the focus will be on what drives us all in trail running: the pleasure of enjoying exceptional natural surroundings while getting some exercise.
On the iconic trails of the Aiguilles Rouges, we will put what we have learned over the previous two days into practice during a

friendly and technical outing, facing the legendary mountains of the Mont Blanc massif.
We will run to review some technical elements, but above all to have a lot of fun.
The course will end in the middle of the afternoon with a return to the hotel, where a final moment of conviviality over a drink will allow us to discuss the progress made and talk about the return journey.
Approximately 20km and 1000m of elevation gain.

GROUP BOOKING

The group package brings together several people who may not necessarily know each other. It allows participants to enjoy an attractive price for a given program on fixed dates. This package is ideal for people looking for the camaraderie of a group.

Dates: See below for the group package booking module.

2026 price: €860 per person - based on a minimum of 4 participants

This price includes:
- Organization of the trip
- Supervision by a mid-mountain guide specializing in trail running
- Accommodation in a triple or quadruple room in a 3* hotel in Chamonix (for individuals registering alone, we cannot guarantee that you will share a room with someone of the same sex)
- Meals (breakfast, lunch, and dinner) from lunch on the first day to lunch on the last day.
- Any ski lifts and/or public transportation included in the itinerary

This price does not include:
- Specific trail running equipment (shoes, poles, backpack, etc.)
- Snacks during the event (energy bars, gels, or drinks) specific to each individual
- Drinks (bring euros)
- Transportation and/or ski lifts in the event of personal inability to complete a stage
- Repatriation insurance (mandatory). Cancellation insurance is strongly recommended
- Accommodation before and after the trip. You can benefit from preferential rates with our hotel partners
- Transportation to the meeting point
- Anything not mentioned in “the price includes”

PRIVATE BOOKING

Want to go running with family or friends? Want the freedom to choose your departure dates*, enjoy a tailor-made itinerary adapted to your desires, and benefit from guidance specifically suited to your level? 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

Meeting point: 9:00 a.m. at the Compagnie des Guides office, 190 Place de l'Eglise, 744000 Chamonix Mont-Blanc. A preparatory meeting will be held the day before departure at 6:00 p.m. at the Compagnie des Guides to review the equipment and give you all the tips you need to get the most out of your trip.

Level: 4/5. For athletes who regularly participate in endurance activities, with an elevation gain of up to 1,400m or a distance of up to 25km over several consecutive days.
You will be walking on rough mountain trails with boulders, large steps, or aerial passages.

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

Supervision: Supervision is provided by a mountain guide specializing in trail running, who accompanies participants throughout the course to ensure progressive and safe learning.
Groups of 4 to 8 people maximum to ensure a more comfortable dialogue and a truly friendly atmosphere. *Registration is open*

to those aged 16 and over. Minors must be accompanied by a legal guardian.

Accommodation: 2 nights in a triple or quadruple room in a 3* hotel in Chamonix *(for individuals registering alone, we cannot guarantee that you will share a room with someone of the same sex).*

Formalities:
- Compulsory repatriation insurance. Cancellation insurance is strongly recommended. You can take out both types of insurance when you register.
- ID required.

Objectives and benefits: By the end of this course, participants will have acquired:
• Basic trail running techniques (foot placement, managing elevation changes, using poles).
• A better understanding of the specificities of mountain running.
• Theoretical knowledge about ultra-trail running, thanks to the evening lecture.
• An immersive experience in an exceptional natural setting, conducive to motivation and progress.
• Participants will receive their Level 1 trail running certification, paving the way for Level 2 courses.

EQUIPMENT

The content of your trail backpack is quite close to the mandatory equipment required on an Trail. Take special care in choosing your equipment, lightening the load is paramount to a successful trip !

Equipment

- A trail backpack
- A pair of trail shoes in good condition

Clothes

For added comfort regarding underwear, (t-shirts, boxers, socks), avoid cotton which is heavy, cold and dries very slowly. Opt for synthetic technical fabrics or wool, which is making a comeback. They are warmer and dry quickly.

For the entire trip :
- 1 running shorts
- 2 under t-shirt (wear one, one spare)
- 1 pair of leggings
- 1 very light waterproof overtrousers
- 2 t-shirt
- 1 light warm layer
- 1 additional warm jacket (sufficiently compressible)
- 1 lightweight gore-tex jacket
- Lightweight beanie
- Cap
- Buff neckband
- Light gloves
- 2 pairs of socks (wear one, one spare)

Accessories

For the entire trip :
- 1 pair of sunglasses index 3 minimum
- Sun protection cream
- Toilet paper and a lighter (to make it disappear)
- A reduced pharmacy (Ibuprofen, double skin, elastoplast-type bands, etc.)
- Survival Blanket
- A toiletry bag reduced to its bare minimum (sample of toothpaste, toothbrush, small soap, dry shampoo, moisturizer, etc.)
- A small terry towel
- Handkerchief
- Hydroalcoholic gel to clean your hands
- Sleeping bag liner (cotton or silk)
- Earplugs for the dormitory
- 1 pair of poles
- Flasks or camel bag with a capacity of 1.5 litres
- Mini frontal light
- Energy food for the day
- Money for your personal expenses

- A little laundry soap
- Charger for watch and smartphone
- Nok-type anti-friction cream

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