Compagnie des Guides de Chamonix

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DISCOVERY COURSE LEVEL 1

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

Your first steps into trail running in the Chamonix Valley.
This three-day training camp—designed for **amateur runners who have already completed a 15 km trail race or a half-marathon**—offers a full immersion into the world of mountain running. With Mont Blanc as a backdrop, you will be guided by a specialized professional.

Expert guidance for steady progress.
Participants will explore technical fundamentals—such as foot placement, navigating elevation changes, and using trekking poles—through practical workshops and iconic Chamonix-area outings on carefully selected routes (10-20 km in length, with 300-1,000 meters of elevation gain).
The program features progressive skill-building, seminars on topics like ultra-endurance, mental preparation, nutrition, and sleep management, all set against a backdrop of magnificent scenery—delivered in a friendly, secure environment.

Focus on the experience; we'll handle the logistics.
The package includes accommodation in a 3-star hotel, meals tailored for athletes, and personalized coaching to ensure you make the most of your training.

ITINERARY

Day 1

Immersion and First Steps
The course begins at 9:00 AM at the Compagnie des Guides de Chamonix with a comprehensive overview of the essential gear required for trail running.
This session introduces the specific terminology used in the discipline, helping participants better grasp the techniques and vocabulary that will be explored later on.
The morning continues outdoors with a practical workshop focused on the fundamentals: foot placement, body positioning, and the use of trekking poles—all of which are vital for efficient and safe trail running.
Following a relaxed, communal lunch in Chamonix, the afternoon features an initial run along the iconic "Petit Balcon Sud"—an ideal route for putting the newly learned techniques into practice within an inspiring setting.
The day concludes with a return to the hotel to rest, followed by an evening presentation—a knowledge-sharing session with an ultra-endurance specialist covering how to approach an ultra-trail (including training, mental preparation, and equipment).
Approximately 10 km with 300 m of elevation gain.

Day 2

Altitude exploration and technique; mastering steep trails.
A day dedicated to discovering the magnificent landscapes of the Chamonix Valley. We will set off from the village of Les Houches, making a gradual ascent toward an iconic summit (such as Le Prarion, Aiguillette des Houches, or Mont Lachat).
The route will be tailored to your ability level, ensuring an emblematic path that offers the perfect opportunity to refine your climbing technique and build your endurance base.
Once at the summit, take in the spectacular views of the Mont-Blanc massif before tackling a technical and demanding descent—an ideal chance to perfect your stride and learn to navigate uneven, rugged terrain.
You will return to the hotel in the late afternoon for some well-earned rest, followed by an evening presentation focused on the history and challenges of ultra-trail running.
Approximately 20 km with 800 m of elevation gain.

Day 3

Reflection and Conclusion of the Training Camp
On this final day, the focus is on what drives us all in trail running: the joy of experiencing exceptional natural surroundings while getting a great workout.
Traversing the iconic trails of the Aiguilles Rouges, we will put into practice what we've learned over the previous two days during a fun yet technical outing, set against the backdrop of the legendary mountains of the Mont-Blanc massif.
It's a perfect opportunity to brush up on a few technical skills—but, above all, to enjoy the experience to the fullest.
The camp will conclude in the mid-afternoon as we return to the hotel. We'll share a final drink together, offering a chance to reflect on the progress made and discuss your future running goals.
Approximately 20 km with 1,000 m of elevation gain.

GROUP BOOKING

The group option brings together several individuals who may not necessarily know one another. It offers an attractive rate for a specific program on set dates—an ideal choice for those who enjoy the camaraderie of a group setting. Are you already a group of friends looking to share a special experience just among yourselves? Consider our private option!

We have been honing our expertise in mountain guiding since 1821.

Benefit from the guidance of professional hiking experts who are attentive to your needs.

Travel in a small group of no more than 8 people.

Dates
Please refer to the booking module. Departures are confirmed once the minimum number of participants (4 people) is reached by the trip confirmation date.

2027 Price: €860 per person

This price includes:
- Trip organization.
- Guidance by a mountain leader specializing in trail running.
- Accommodation in triple or quadruple rooms at a 3-star hotel in Chamonix.
- All meals (breakfast, lunch, and dinner) from lunch on the first day through lunch on the final day.
- Any ski lifts and/or public transport included in the itinerary.

This price does not include:
- Specialized trail running gear (shoes, poles, backpack, etc.).
- Personal snacks for use during activity (energy bars, gels, or sports drinks).
- Personal expenses, such as souvenirs or drinks.
- Any costs arising from a participant's personal decision to alter the itinerary or an inability to complete the scheduled program (e.g., additional transfers, extra ski lift tickets, or extra accommodation).
- Mandatory repatriation insurance; trip cancellation insurance is highly recommended.
- Booking/administrative fees.
- Anything not explicitly listed under "This price includes."

PRIVATE BOOKING

Want to go running with 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: Departure at 9:00 AM from the Compagnie des Guides office, 190 Place de l'Église, 74400 Chamonix-Mont-Blanc.

An information meeting is held the evening before at 6:00 PM at the reception desk to review equipment and provide tips to help you get the most out of your experience. Please let us know if you are unable to attend.

Level: 3/5.
Technical level: The route may include moderately technical sections, such as narrow or occasionally steep trails featuring rocks or roots.

Physical level: This trip is designed for regular runners capable of covering between 10 and 20 km per day for several consecutive days. If you are unsure about your fitness level, please contact our advisors before registering.

Accommodation: 2 nights in a triple or quadruple room at a 3-star hotel in Chamonix. Participants registering individually will share a room with other group members. Depending on the group composition, we cannot guarantee that you will share a room with someone of the same gender.

⚠ The planned accommodation may be replaced by an establishment of an equivalent standard, subject to availability.

Meals: Breakfasts, packed lunches, and dinners are included, from lunch on the first day through lunch on the last day. Please specify any special dietary requirements or allergies in your registration file.

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

Guidance: The trip is led by a mountain leader specializing in trail running, who will accompany participants throughout the program to ensure a progressive and safe learning experience. Groups are limited to 4-8 participants to ensure strong group cohesion and personalized instruction. Registration is open to anyone aged 16 and older; minors must be accompanied by a legal guardian.

Requirements: You must have insurance that covers search, rescue, and repatriation costs for the duration of your stay, and you must carry a valid form of identification. Trip cancellation insurance is highly recommended. We offer an "assistance, repatriation, and cancellation" insurance policy that can be purchased at the time of registration (available only to residents of the EU and the UK).

Objectives and Benefits: By the end of this training camp, participants will have gained:
• Fundamental trail running techniques (foot placement, managing elevation changes, and using trekking poles).
• A better understanding of the specific demands of mountain running.
• Theoretical knowledge regarding ultra-trail running, provided through an evening lecture.
• An immersive experience in an exceptional natural setting, ideal for fostering motivation and personal progress.
• Participants will receive certification for "Trail Level 1," qualifying them for Level 2 training camps.

EQUIPMENT

The contents of your trail running backpack should be quite similar to the mandatory gear required for a race. Choose your equipment wisely—every gram counts!

Equipment
- Trail running backpack
- A pair of trail running shoes in good condition
- A pair of trail running poles

Clothing
Opt for technical synthetic fabrics or wool.
- Sports undergarments
- Running shorts
- Long running tights
- Lightweight, compact waterproof over-trousers
- Short-sleeved T-shirt
- Lightweight warm layer (long-sleeved T-shirt or softshell)
- Additional warm jacket (must be highly compressible)
- Lightweight waterproof jacket (e.g., Gore-Tex)
- Lightweight beanie
- Cap
- Neck gaiter
- Lightweight gloves

- Trail running socks
- Change of clothes and shoes for the evening

Accessories
- Sunglasses (category 3 or higher)
- Sunscreen
- Toilet paper
- Basic first-aid kit (ibuprofen, blister pads/second-skin dressings, adhesive bandages/athletic tape, etc.)
- Emergency survival blanket
- Toiletry kit
- Soft flasks or hydration bladder (1.5-liter capacity)
- Compact headlamp
- Nutrition tailored to your specific needs (energy bars, gels, electrolytes, etc.)
- Cash for personal expenses
- Charging cables for your watch and smartphone
- Anti-chafing cream (e.g., Nok)
- Waterproof bag (such as a freezer bag) to keep your belongings dry
- Small trash bags to carry out your waste

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