Compagnie des Guides de Chamonix

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MOUNTAINEERING INTRODUCTION COURSE FOR TEENAGERS

Duration: 4 | Difficulty: | Price from: 560 €

This mountaineering course has been specially designed to introduce you to the basic techniques of mountaineering. Each day, our programme explores new sites, guaranteeing a varied and stimulating experience while allowing young people to push their limits, creating lasting memories. The emphasis is on being part of a team, requiring communication and coordination. The young people are invited to co-construct the week's programme by choosing routes from the topo.

There are some essential prerequisites for enrolment: participants must have completed the "multi-pitch climbing" course.

Teaching methods used
- Application of long route climbing techniques at altitude
- Introduction to mountaineering techniques (specific knots, rope and belay management, hauling techniques)
- Snow and ice school to discover cramponing and the use of ice axes and crampons.

GROUP BOOKING

The group option brings together children who don't necessarily know each other. It's the ideal way to get the most out of the group experience.

Dates (group package) : See group booking module. The day mentioned corresponds to the first day of the course

Supervision (group option) : Group of 4 children supervised by a qualified professional.

Departure (group option): The course is guaranteed from 4 children onwards.

Price 2027 (group package): 560€

This price includes :
- supervision by a qualified professional
- technical equipment: harness, helmet, karabiners, belay system, rope, etc.

This price does not include :
- ski lifts
- Technical equipment (climbing shoes, mountaineering boots, crampons, ice axe, etc.)
- picnic lunches
- snacks

FURTHER INFORMATION

This section contains all the information you need about this activity. For further information, please contact one of our advisers (see contact details above).

Timetable: 9am to 4pm, Monday to Thursday

Meeting point: 9am at the Compagnie des Guides de Chamonix on the first day.

Level: This climbing course is aimed at children aged 12 to 16 who want to improve their climbing skills and learn the basics of mountaineering. To enrol, you need to be a lead climber and have experience of multi-pitch long routes.

Formalities: Make sure you have individual civil liability insurance valid for this activity with no restrictions on location or

altitude, including assistance, search, rescue and repatriation.

EQUIPMENT

Find in this section all the information about the different equipment that is required

Equipement
- Back pack to store the clothes
- Rock climbing shoes
- Bring the gear you have

Clothing
- Classic clothings adapted for sport

Accessories
- A pair of sun glasses
- High protection sun cream
- A hat
- A water bottle that contains a minimum 1,5 L
- Picnic
- Snacks

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