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

TRAIL - NIGHT ESCAPE

Duration: 1 | Difficulty: ▲▲▲▲▲ | Price from: 75 €

Thanks to the unique experience of its trail division made up of mountain guides who are multi-finisher specialists in the biggest races, the Compagnie des Guides de Chamonix has developed trail programs to improve your skills and allow you to enjoy the exceptional playground of the Mont Blanc country.

- Endurance training in Chamonix, 2 days : To get to know each other better and learn to last
- Tour du Mont Blanc, 5 days : The mythical loop of the Northern Alps in semi-autonomy

From dusk to dawn, enjoy the unique experience of a whole night spent in the mountains under the light of your headlamp, accompanied by a professional ultra-trail specialist.
Under the moonlight, we offer you an ode to nature, coupled with an introduction to night running management that differs from daytime running.
Specific equipment, circadian rhythm management, nutrition and hydration planning will all be covered during our night outing.
During our hike, we'll be tackling the key themes of ultra-trail running, with a particular focus on the night section, which is sometimes responsible for abandonment. Becoming one with the night rather than trying to conquer it.
From sunset to sunrise, this unusual outing offers a new way of contemplating the mountains, while at the same time challenging your physical and mental capacities, key elements of ultra-trail.
The use of poles is highly recommended on our alpine trails.
Distance: 18 - 25 km / Positive elevation gain : D+ 1250 - 2000 m

This program may be modified at any time by the supervising professional based on weather conditions and/or the technical and physical level of the participants.

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 (group booking) : See online booking

Meeting point (group booking) : 9pm at the Compagnie des guides in Chamonix

Supervision (group booking) : Group from 5 to 8 people maximum per guide

Departure : Confirmed departure with a minimum of 5 people

Price 2026 : 75€ per person, minimum of 5 participants

This price includes :
- mountain leader service
- transfer to the starting point

Not included in the price :
- food during the day

PRIVATE BOOKING

A private booking is the historical relationship that binds a mountain leader to their clients. It allows you to be alone or in your

own group with your mountain leader who will meet your specific needs.It is undoubtedly the ideal formula realise your projects because it guarentees you a maximum amount of comfort. You are free to choose your departure date. Depending on the weather conditions, the proposed route can be adjusted according to your level and expectations, the professional can suggest alternatives to the itinerary.

Prices 2026 :
Group from 1 to 4 people: 350€
Group from 5 to 6 people : 365€
Group from 7 to 8 people : 380€

This price includes :
- the organization and supervision by a state qualified trekking guide

Not included in the price :
- accommodation in Chamonix
- food during the day

FURTHER INFORMATION

In this section, find all the information about this activity. For further information, please contact our advisor (contact details above).

Meeting point : meet at 9pm in front of the Compagnie des Guides in Chamonix.

Ability level : 5/5. The Trail - Night escape is unlike any other of our outings, and is of sustained difficulty, particularly in terms of mental strength.
From 4,101ft to 6561ft of ascent for 18 to 25 kilometers. Sustained running and good experience of hiking and trail running are essential.

Guiding policy : minimum 5 and maximum 8 people per state qualified guide. The Compagnie des Guides de Chamonix's guiding policy is one of the strictest in the mountain guiding business. It guarantees a better level of comfort and a high-quality personalised advice.
Important : Registration possible from 16 years of age. Registration is not permitted to anyone under the age of 18 without a legal guardian.

Accomodation : Benefit from preferential prices from our partner hotels in Chamonix

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 : Short preparation meeting by telephone or face-to-face the day before the outing (often at 6:00pm) at the Compagnie des Guides to go over the equipment and give you all the tips you need to make the most of your outing.

EQUIPMENT

The content of your trail backpack is quite close to the mandatory equipment required on an Ultra Trail. Take special care in choosing your equipment because it contributes greatly to the success of your trip, lightening the load is paramount to a successful trip ! Lunches will be in a refuge or inn. All equipment must be protected against the rain (zip loc type freezer bags)

Equipment

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

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 day :
- 1 running shorts
- 1 under t-shirt
- 1 pair of leggings

- 1 very light waterproof overtrousers
- 1 t-shirt
- 1 light warm layer
- 1 additional warm jacket (sufficiently compressible)
- 1 lightweight gore-tex jacket
- Lightweight beanie
- Cap
- Buff neckband
- Light gloves
- 1 pair of socks

Accessories
For the day :
- 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
- Handkerchief
- Hydroalcoholic gel to clean your hands.
- 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
- 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