Compagnie des Guides de Chamonix

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ROCK CLIMBING - SUMMER ROCK CLIMBING COURSE AGES 4-5

Duration: 4 | Difficulty: | Price from: 330 €

ROCK CLIMBING COURSE IN CHAMONIX FOR AGES 4-5

Children aged 4 to 5 discover the world of **verticality** with our 4-session rock climbing course in the Chamonix Valley. Through specially designed games and activities, they gradually develop their motor skills and confidence while discovering the sensations of height. Treasure hunts on the crag, monkey bridges and zip lines: everything is designed to provide a fun and progressive introduction to verticality.

The course is led by a state-certified professional, using a teaching approach specially adapted to young children. To allow them to make real progress from one session to the next, registration is for all 4 days, from 9:00 am to 2:00 pm.

The objectives of this introduction to verticality
- Develop motor skills through games and simple movements, such as "Simon Says" and traversing.
- Gradually learn to manage their apprehension about heights through playful activities such as hide-and-seek.
- Learn to be lowered in an appropriate position and with confidence through activities such as zip lines and swings.

WHICH ROCK CLIMBING COURSE SHOULD YOU CHOOSE FOR YOUR CHILD'S AGE?

Ages 4-5: introduction to verticality
Ages 6-8: kids' rock climbing course
Ages 9-12: kids' rock climbing course
Ages 11+: multi-pitch rock climbing course

GROUP BOOKING

Group booking brings children together in a small group, creating a fun and motivating atmosphere throughout the course.

Dates for Group Booking
Check the available dates in the group booking module. The date shown corresponds to the first day of the course

Supervision for Group Booking
Groups of 4 to 6 children per state-certified professional

Departure for Group Booking
The course is guaranteed to run with a minimum of 4 children enrolled

2027 Price for Group Booking
€330

The price includes
- Supervision by a state-certified professional
- Technical equipment: harness, helmet, carabiners, belay device and rope

The price does not include
- Rock climbing shoes
- Picnic lunch

FURTHER INFORMATION

Find all the practical information about this course here. For any further information, please contact our advisors using the contact details above.

Schedule
From 9:00 am to 2:00 pm, Monday to Thursday

Meeting point
Meet at 9:00 am each day directly at the climbing site. The site is selected according to weather conditions and communicated the day before from 6:00 pm on the **Daily Program**

Level
This course is designed for children aged 4 to 5. No previous rock climbing experience is required

Insurance
Make sure you have valid individual liability insurance covering this activity without geographical restrictions, including assistance, search and rescue, and repatriation

EQUIPMENT

Find all the information about the equipment required for this course in this section.

Equipment
- Backpack to store belongings at the climbing site
- Rock climbing shoes are recommended

Clothing
- Comfortable clothing suitable for outdoor sports

Accessories
- Sunglasses
- Cap
- Sunscreen
- Water bottle of at least 1 L
- Picnic lunch
- Snacks

Our Rental Partners
You can rent your equipment at preferential rates from our partner shops: Millet (excluding crampons, ice axes and helmets), Ravanel & Co, Sanglard Sports & Concept Pro Shop

Our Equipment Partners
Millet, Dynastar, Julbo, Grivel & Monnet