Compagnie des Guides de Chamonix

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CHAMONIX TO ANNECY IN 4 DAYS

Duration: 4 | Fitness: ▲▲▲▲▲ | Technique: ▲▲▲▲▲ | Price from: 1 350 €

4 days to travel from Chamonix to Annecy.
Running from Annecy to Chamonix—an obvious choice? For this trip, designed for experienced trail runners, we've decided to go against the grain: leaving our base camp in Chamonix to head toward Annecy and its turquoise-blue lake. It's a 4-day immersion through the Aravis mountain range.

Accommodation that balances comfort and authenticity.
Enjoy 2 nights in a hotel—in a double or twin room—before heading deep into the mountains for a final night in a mountain refuge. It's the perfect way to savor long summer evenings and watch the sunrise over the Aravis while you have breakfast.

Focus on the moment—we'll handle the logistics.
Thanks to our luggage transfer service, for the first two days you'll only need to carry what you need for the day's run. For the final leg—from La Clusaz to Annecy—you'll carry just the bare essentials to remain self-sufficient. Your expert trail-running guide will lead the way along the trails and take care of all the logistics, allowing you to focus entirely on the experience of running and the stunning landscapes you pass through.

ITINERARY

Day 1

Chamonix - Sallanches
Starting from the church square in Chamonix, we head toward the Col du Brévent, then cross over toward the Pont d'Arlevé and the Moëde Anterne mountain hut, located within the Passy Nature Reserve.
At the foot of the imposing Fiz mountain range, we descend toward Plaine Joux and the Refuge de Varan, before reaching the valley floor and our first base camp in Sallanches. We will enjoy dinner while facing the Aravis range—our destination for the following day. It's the perfect opportunity to relax and share our impressions of this first day!
Overnight stay at a hotel (double room); luggage transfer included.
Distance: 39.5 km, Elevation gain: 2,230 m

Day 2

Sallanches - La Clusaz
From Sallanches, our adventure takes us toward the legendary Aravis mountain range, which we must cross. We head for a passage known as "La Combe des Fours," ascending it to reach the Col de la Grande Forclaz—the gateway to a descent toward La Clusaz. The surrounding peaks, including the Pointe Percée—which rises to 2,750 meters—immerse us in a landscape that is entirely mineral. A true delight!
Overnight stay at a hotel (double room); luggage transfer included.
Distance: 27.5 km, Elevation gain: 1,816 m

Day 3

La Clusaz - Serraval
Today our bag is getting heavier, we are leaving for 2 days of self-sufficiency. Starting from La Clusaz, a magnificent day of mountain immersion awaits, taking us between the Aravis range and La Tournette. Our route leads through lush, green alpine meadows toward the Praz d'Zeures mountain hut, passing by the heights above Manigod and the tiny village of Les Clefs—home to a medieval structure perched above the hamlet. Our final ascent takes us through a forest that serves as a refuge for red deer, gradually giving way to rocky, rugged terrain—a sanctuary for ibex.
Overnight stay in a mountain hut (dormitory); no luggage transfer provided.

Distance: 24.9 km, Elevation gain: 1,912

Day 4

Serraval - Annecy

Sunrise over the Aravis mountain range sets the tone for a sublime final stage, leading us to the shores of Lake Annecy. From the summit of La Tournette—reached after a short hour's hike—the lake's blue hues are sure to enhance our souvenir photos. We find ourselves in an exceptional setting, a stronghold for ibex and marmots. A final ascent of Mont Baret and Mont Veyrier offers a view over the prefecture town of Haute-Savoie, before we descend toward the lake—figuratively, or perhaps even literally for the more daring, depending on the water temperature!

Well done! We have made it from Chamonix to Annecy over four days of trail running, each one offering a completely different, immersive landscape.

Distance: 30 km, Elevation gain: 1,684 m

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 Rate: €1,350 per person

This price includes:

- Trip organization.
- Guidance by a mountain leader specializing in trail running.
- Accommodation: 2 nights in a 2- or 3-star hotel (double room) and 1 night in a mountain refuge (dormitory).
- Meals (lunches, dinners, and breakfasts) throughout the trip (a set menu for the entire group; please notify us of any specific dietary requirements or allergies).
- Luggage transfer (one bag, max. 15 kg per person) on days 1 and 2.
- Return transport from Annecy to Chamonix.

This price does not include:

- Personal expenses (souvenirs, drinks, etc.).
- Any costs resulting from a participant's personal decision to alter the itinerary or an inability to complete a stage (e.g., additional transfers, ski lifts, or extra accommodation).
- Mandatory repatriation insurance; 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 7:00 AM from the Compagnie des Guides office, 190 Place de l'Eglise, 74400 Chamonix-Mont-Blanc.
An information meeting is held the evening before at 6:00 PM at the reception desk. This is an opportunity to meet your group, review your gear, and finalize any remaining details with your guide. Please let us know if you are unable to attend.

Level: 4/5. For experienced trail runners who regularly engage in running and other endurance sports (mountain hiking, cycling, swimming, cross-country skiing, etc.).
Technical level: The route may include technical sections, such as steep terrain, snow patches, scree slopes, exposed/airy passages, or ladders.

Physical level: This trip is designed for experienced trail runners capable of covering 25 to 40 km per day for several consecutive days. It is an ideal choice for a first long-distance endurance challenge or as training for an ultra-trail event. If you are unsure about your fitness level, please contact our advisors before registering.

Accommodation: 2 nights in a double or twin room at a 2- or 3-star hotel. Solo travelers will share a room with another member of the group. Depending on the group composition, we cannot guarantee that you will share a room with someone of the same gender. Additionally, there is one night in a mountain hut (refuge) in a mixed-gender dormitory.

⚠ The planned accommodations may be replaced by an establishment of an equivalent standard, subject to availability. This may necessitate additional transfers at the beginning or end of the day. Meals: Breakfasts, picnics, and dinners are included, starting from lunch on the first day through to lunch on the last day. Please specify any special dietary requirements or allergies in your registration file.

Luggage: Luggage transfer between accommodations is provided on days 1 and 2. You will carry your own gear during the day. On days 3 and 4, you will be fully self-sufficient, carrying all the items you need for those two consecutive days.

⚠ Only one piece of soft-sided luggage, weighing a maximum of 15 kg per person, is permitted. Hard-shell suitcases are not accepted.

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

Guidance: The trip is led by a state-certified mountain leader specializing in trail running. Group sizes are limited to between 4 and 8 participants to ensure good group cohesion and personalized supervision. Open to participants aged 18 and over.

Formalities: You must have insurance that covers search, rescue, and repatriation costs, and you must carry a valid form of identification. Cancellation insurance is highly recommended. We offer an "assistance, repatriation, and cancellation" insurance policy, which can be purchased at the time of registration (available only to residents of the EU and the UK).
For European residents, a European Health Insurance Card (EHIC) is also strongly recommended.

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 footwear for the evening

Accessories
For the duration of your trip:
- 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
- Minimalist toiletry kit
- Small towel (terry cloth)
- Tissues
- Hand sanitizer (hydro-alcoholic gel) - Soft flasks or a hydration bladder with a 1.5-liter capacity
- Compact headlamp
- A sleeping bag liner and earplugs for overnight stays in mountain huts
- Nutrition tailored to your specific needs (energy bars, gels, electrolytes, etc.)
- Cash for personal expenses
- A small amount of laundry soap
- Charging cables for your watch and smartphone
- Anti-chafing cream (e.g., Nok)
- Waterproof bags (such as freezer bags) to keep your belongings dry
- Small trash bags to carry out your waste
- A swimsuit

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