



Compagnie des Guides de Chamonix

90 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

HIKING - CHAMONIX VALLEY VIA THE GRAND BALCON SUD - 3 DAYS

Duration: 3 days

Level: ▲▲▲▲▲

Price from: 330 €

Hiking on the trails of the natural reserve of the Aiguilles Rouges. Overlooking Chamonix valley, our hike offers the most beautiful views of the Mont-Blanc range. We will spend both nights in huts to spice up our adventures and fully immerse ourselves in the special atmosphere of our mountains.

We carry all our belongings in our backpacks, and use local buses for transfers. We sleep in huts in dormitories. Food and snack supplies are available from mountain villages and huts.

For any further information, feel free to contact Anaïs +33 4 50 53 92 78 or anais@chamonix-guides.com

ITINERARY

Day 1 : Les Houches - Refuge of Bel Lachat

Departure from the Bettey above Les Houches village located in the Chamonix valley. We will join the Aiguillette des Houches (2285m) going through Pierre Blanche. We are now in the natural reserve of Carlaveyron. The trail continues along the ridge to the Aiguillette du Brévent, those are the first ledges of the Aiguilles Rouges that will allow us to reach the pass of Bellachat and finally the hut of the same name. We will sleep facing Mont-Blanc and its imposing Glacier des Bossons.

Elevation gain: 960m - Elevation drop: 180m

Day 2 : Brévent - Lac Blanc hut

We will continue our journey over the Aiguilles passing through the summit of Brévent (2525m) which offers a magnificent panorama ! The trail then descends to the altitude of 2000m, in Plan Praz, then crosses to the Flégère. The trail offers some very nice views across the Mont-Blanc. The scenery is great. A beautiful climb in the rhododendrons leads us to the Lac Blanc. Once again, the show is unique. We spend the night at the Lac Blanc hut facing the Mer de Glace (2352m).

Elevation gain: 1065m - Elevation drop: 800m

Day 3 : Cheserys Lakes - Argentière

We will continue to the Perseverance lake. Surely, we will cross a few mountain goats. Then, continuing our traverse to the Cheserys lakes to fully enjoy the different panoramas that the trail offers. Argentière Glacier, summit of the Aiguille Verte ... We descend to the Col des Montets, then to the Argentière village. We will have crossed the entire Aiguilles Rouges range facing Mont-Blanc massif.

Elevation gain: 300m - Elevation drop: 1200m

The guide may have to adapt the route to weather conditions and/or to group physical and/or technical ability.

GROUP SESSION

DATE 2019

From Monday to Wednesday

July 8th to 10th - August 26th to 28th.

PRICE 2019

330 €/person (minimum 5 people)

INCLUDED :

- The organization and supervision by a state qualified trekking guide
- Half-board accommodation in mountain hut (**dormitory**)
- Picnic lunches

- Lift passes
- Transportation throughout the trek

NOT INCLUDED:

- Drinks and personal expenditure (souvenirs...)
- Repatriation insurance (**mandatory**)

FURTHER INFORMATION

RENDEZ-VOUS

At **8.00 am** in front of the Compagnie des Guides de Chamonix.

You are welcome to come and meet your guide the evening before at our office at 6pm.

ABILITY LEVEL

2/5 - Chamonix Valley hiking trip is a moderate trek. A minimum of 700m (2350ft) vertical gain and about 5 to 7 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including easy out-of-trail sections. For active people who don't mind training to prepare for the hike. A great multiday hike for people with trekking experience.

Recommended minimum age: 10 years old (children accompanied by parents).

GUIDING POLICY

Minimum 6 and maximum 10 people per guide.

No booking accepted in our scheduled groups for people under the age of 18 without a legal guardian.

ACCOMMODATION

2 nights in a hut (small dormitory).

Each hiker carries all his personal belongings, and the picnic along the entire trek.

DOCUMENTATION

Participants must have an insurance with repatriation cover. Cancellation insurance is highly recommended. You can take out insurance offering both of these types of cover when you sign up. Participants must also take valid ID with them.

EQUIPMENT

Hiking boots

- Ankle supporting boots with notched technical rubber sole (i.e. VIBRAM).
- We strongly recommend wearing new boots (several days and preferably hiking) to break them in before the hike.
- To avoid blisters, try rubbing baby talc on dry feet before using boots (sprinkling talc inside boot works too)

Back-pack

- Minimum size recommended 40 L (bigger is better than too small).
- Take out lunch should fit AFTER packing all your personal belongings.
- Bad weather precaution: pack covers are great to protect pack from rain or snow. We also recommend packing your belongings in a large and solid plastic bag (i.e. garbage bag) for a better protection in case of heavy rainfall.

Clothing

Avoid using cotton underwear. Compared to technical synthetic material, it is heavier and it dries slowly. Wool is also getting popular amongst sportswear brands. Synthetic and wool are warmer; they dry fast, and allow you to pack light (you can easily wash a piece of underwear in the sink as you arrive at the mountain inn/hut. It'll be dry before you finish your first beer!)

Carrying weight

Taking enough time to pack is essential, as you are going to carry every item for several days in a row. Avoiding extra weight can easily be done by packing your clothes tightly, placing heavy items at the bottom of the pack, and avoiding empty spaces. As a result weight is better spread throughout your back and weight impression diminished. Your back pack should not exceed 19 pounds (9kg).

DAILY NEEDS

- 1 long-sleeve shirt + 1 Tshirt (both synthetic)
- 1 polar fleece + 1 light down jacket (or a second fleece)
- 1 pair of shorts + 1 pair of hiking pants
- 1 pair of synthetic hiking socks

- 1 Goretex jacket (waterproof windbreaker)
- 1 poncho (large rain cover that fits over your pack) or 1 pack cover
- 1 pair of rain pants (although light Gore-tex pants are expensive, other types of light rain pants work too)
- 1 water bottle (1.5 quart, to 2 quarts minimum)
- 1 pocket knife + 1 « spork »
- Sun hat or ball cap, sunscreen, sun glasses, lip protection.
- 1 warm hat and a pair of gloves
- 1 pair of telescopic poles

FOR THE ENTIRE HIKE

- changes of clothes: (T-shirt, underwear and socks) prefer synthetic to cotton
- 1 pair of long underwear (synthetic recommended)
- 1 pair of ultra-light shoes (i.e. flip flops, slippers)
- 1 pocket light or head-lamp
- Personal first aid kit **
- 1 one-person sleep-sheet (silk is the most comfortable and remains the lightest)
- Ultra-light shower kit (feel free to customize ...) + synthetic « dry fast » towel
- ID card or valid passport + small change/ bills for personal expenses.
- A small amount of laundry detergent
- Optional : low gaiters (early season trekking), camera, binoculars, umbrella, etc ...

*** Elastoplast (stretchable strapping tape), band-aids, second skin, medicine for common aches and pains (diarrhea, headaches, sore throat..) Don't forget to bring your personal prescription treatment if you have one. Mountain leaders also carry a complete first aid kit. Remember that packing light is essential.*

PRIVATE GUIDING

You are a private group, you can ask for a customized trip.

ADVANTAGES :

- Exclusive guide

A more individualized relationship between your group and the professional.

- Choose your date of departure

You can choose your date of departure within the limit of the hut availabilities.

- Flexibility all along the trip

Depending on weather conditions, your level and your expectations, the guide can suggest you some different options of itinerary.

For any further information, please contact **Anaïs** :

Tel : +33 4 50 53 92 78 or Email : anaïs@chamonix-guides.com

PHOTOS



Compagnie des Guides de Chamonix Mont-Blanc. 190, place de l'église 74400 Chamonix
SAS au capital social de 364 400€ - R.C.S Anancy - SIRET 448 519 306 000 14 - Code APE 7911 Z
TVA intracommunautaire FR 23 448 519 306 - Immatriculation ATOUT France IM074 150011
Responsabilité civile professionnelle : MMA IARD - 14 Bd Marie et Alexandre Oyon - 72 000 Le Mans - Police 125 901 025
Garantie financière : GROUPAMA ASSURANCE - 5, rue du Centre - 93199 Noisy le Grand Cedex - Contrat #4000713874/1