



# Compagnie des Guides de Chamonix

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## MULTI-ACTIVITY COURSE - CHAMONIX BASE CAMP

Duration: 6 days

Level: ▲▲▲▲▲

Price from: 750 €

Mont-Blanc, Mer de Glace, Aiguilles Rouges... for centuries, these fabulous names have given birth to the Chamonix legends and modern mountaineering. This unique alpine environment continues to fascinate and attract the curiosity of all outdoor activity lovers.

Based out of the village of Vallorcine, this program was specifically designed to suit the interests and activity level of teenagers in a full mountain lifestyle experience. During 6 days, they will enjoy hiking, climbing, sleeping in a hut, canyoning and white water rafting.

### ITINERARY

#### Day 1 : Canyon de Barberine

From the Guide Company office we reach by foot the Compagnie des Guides Outdoor whitewater center. We pick up wetsuits and other necessary equipment to fully enjoy Barberine's canyon descent. After a good pic-nic lunch we start our climbing session in Vallorcine one of the village of Chamonix's valley. That is also where we will establish our base camp for the week.

#### Day 2 : Barrage d'Emosson - Refuge de Loriaz

We set off for a 2-day hiking trip around the Loriaz mountain hut (2 020m). Between the Emosson dam and the alpine pastures we will find tons of great things to see and experience. We hike up the easy and gradual trail through the spruce forest. As we are gaining altitude the ground is covered with flowered rhododendrons, just below the charming Loriaz hut. Recently renovated and transformed into a mountain hut, Loriaz's architecture witnesses the ancient alpine farming lifestyle. The panoramic view over l'Aiguille Verte and the Mont-Blanc range is exceptional. Night at the hut.

*Elevation gain : 850m - Elevation loss : 100m*

#### Day 3 : Col de la Terrasse - Val de Tré les eaux

Today's hike is amazing. We hike up into the alpine bowl above the hut and over Terrace mountain pass (2 648m). Then we reach the high plateaux of Cheval Blanc from the top of which the views are outstanding! If it is our lucky day we will meet ibex, our local star... Then we hike down the quiet and remote Tré les Eaux alpine cirque and bowl, leading to the bottom of the valley and our base camp.

*Elevation gain : 800m - Elevation loss : 1300m*

#### Day 4 : Vallon de Bérard - Mont Buet

We start our second hiking outing and our objective is to reach the top of the Mont Buet the day after. Today, our approach hike we lead us to La Pierre à Bérard mountain hut (1 924m). We take advantage of the afternoon to discover Bérard valley and its natural reserve. Night at the hut.

*Elevation gain : 700m - Elevation loss : 300m*

#### Day 5 : Vallon de Bérard - Mont Buet

It is now time to hike up to reach our goal, the top of Mont-Buet (3 096m). This is the highest peak in the Aiguilles Rouges range and in the nearby Chablais and Fiz ranges. We will be back to our campsite in Vallorcine by the end of the day.

*Elevation gain : 1 100m - Elevation loss : 1200m*

#### Day 6: Rafting

After our last breakfast together, we break camp. We are heading back to Chamonix to the white water rafting base and are finishing our outdoor activity week with a rafting session down the Arve River. End of the activity at 4.30pm.

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

## GROUP BOOKING

### **Date 2020 :**

- From Sunday July 12th to Friday July 17th
- From Sunday August 9th to Friday August 14th.

**Price 2020 :** 750€ per person, based on minimum 8 participants.

Included in the package :

- The organization and supervision by two state qualified trekking guides
- All nights and dinners during the course
- The picnic lunches
- Transfers throughout the trek
- All described activities (canyoning, climbing, rafting)

Not included :

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

## FURTHER INFORMATION

**Meeting point :** at 8.30 am at the Compagnie des Guides office, 190 Place de l'Eglise, 74400 Chamonix Mont-Blanc.

**Ability level :** 3/5 - Our Chamonix Base Camp is a moderate program. It is designed for energetic teenagers in good physical shape. 6 days to share and live the outdoors. It is adapted to all skill levels, beginners to experts in search of fun and friendly times.

**Guiding policy :** by two state qualified trekking guide with a minimum of 8 and a maximum of 15 people in the group. The Compagnie des Guides de Chamonix's guiding policy is one of the strictest in the mountain guiding business. The two trekking guides supervising childrens on the field are dedicated to junior tours. The other activities are supervised by mountain guide or qualified rafting guide from our Company.

**Accomodation :** 3 nights under tents in a campground and 2 in mountain huts. Our camp is set with 3/4 people tents and a large group tent is used for meals and meetings.

**Meal :** Our guiding team prepares healthy hearty meals daily, using fresh local products as much as possible. Naturally, young people food preferences are taken into consideration.

### **Documentation :**

- For teenager between 13 to 17 years old
- Participants must also take valid ID with them
- Signed parental permission
- Authorization to leave the country (cerfa document)
- 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.

**Preparing for the trip :** you are welcome to come and meet guides the evening before at our office at 6 pm.

## EQUIPMENT

**ID card + parental authorisation to leave the country (documents will be in mountain leader's hands during the trip). Please hand out the documents on Day 1.**

### **Hiking Boots**

Avoid boots that are too heavy or too high. We recommend Vibram or Contagrip soles. Synthetic hiking socks. New boots should be broken in to avoid blisters. Stretchable tape can be applied on sensitive areas prior to hiking .

### **Back pack**

It is advised to make sure that the pack is properly adapted to juniors morphology. The pack should be comfortable, adjusted, able to fit all needs for a day hike and a takeout lunch. Using a large plastic bag (i.e. garbage bag) as a pack- liner will protect its content from getting wet in case of heavy rain. Keeping the pack as light as possible is essential to make the hike enjoyable to juniors.

## **Luggage**

A solid and compact travel bag weighing 33 lbs (15 kg) maximum, tagged with the child's name. A big sleeping bag should be placed in a separate bag.

## **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 dry fast and are warmer.

## **For hiking**

- 1 T-shirt + 1 long sleeve shirt
- 1 polar fleece
- 1 short + 1 pair of hiking trousers
- 1 pair of synthetic hiking socks
- 1 Goretex jacket
- 1 "poncho" rain protection ( covers the pack too)
- 1 bottle (1.5 quarts to 2 quarts min) one pocket knife and a « spork »
- Ballcap or sun hat, sunglasses, sunscreen and lip balm
- 1 warm hat and gloves
- 1 pair of telescopic poles
- *Optional : camera, pocket money ( for souvenirs, drinks,... ), binoculars etc ...*

## **Change bag in the minivan**

- 6 pairs of socks, 5 underpants, 5 T-shirts
- 3 shorts, swimsuit
- 1 sweat pants and sweater
- 1 sweater + 1 warm pull-over + 1 bottle neck shirt
- 1 warm set of clothe for the evening ( down jacket or thick fleece, warm sweat pants)
- 1 sleeping bag + optional: 1 camping mattress
- 1 pair of comfortable shoes for the evening + flip flops
- Personal shower kit and towel, large swim towel.
- Pocket light or headlamp
- Games, books...
- Individual first aid kit : *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.*

**Compagnie des Guides de Chamonix Mont-Blanc.** 190, place de l'église 74400 Chamonix

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