



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

MULTI-ACTIVITIES - WINTER CHAM TEEN

Duration: 1 day

Level: ▲▲▲▲▲

Price from: 125 €

Over the past 15 years, the Compagnie des Guides de Chamonix has developed a dedicated programme for children aged 13 to 16. We offer a programme of sports activities focusing on mountain safety and run by mountain professionals. The Winter 'Cham Teen' scheme is the ideal complement to your skiing holidays.

Most of our adult group [mountaineering](#) and [skiing](#) activities are accessible for children aged over 16.

Advantages of the Compagnie des Guides de Chamonix Winter 'Cham Teen' programme

- Different sports activities each day
- Programme focused on mountain safety
- Professional supervision for each activity

Weekly programme

NB: For the off piste and ski touring activities your child must be able to ski black runs.

Tuesday: mountain safety

Day learning about the dangers of the mountains. Learn basic avalanche rescue techniques using the trio of avalanche transceiver + shovel + probe. Introduction to crevasse rescue: knots, walking while roped up, and rope techniques.

Wednesday: off-piste skiing

Discover the off-piste ski routes in the valley and learn more about the basic techniques of off-piste skiing. Our mountain professional will use all their expertise to make your teenagers be aware of the dangers in the mountains.

Thursday: ice climbing

Introduction to ice climbing in Vallorcine's Bérard valley. With crampons on our feet and ice axes in our hands, this is the perfect opportunity to take on a wall of ice! This day is also a great way to learn belaying techniques.

Friday: ski touring

Introduction to ski touring along a fun route. How to use equipment such as touring bindings, climbing skins, and ski crampons, plus basic techniques including how to walk with touring skis and how to do kick turns. And as a reward for all our efforts a magnificent descent awaits us!

Programme may be subject to change at the discretion of the professionals involved

GROUP BOOKING

The collective formula brings together children in groups of 4 to 6 children (except ice climbing, max 4). In the current context, specific health rules have been established. To make an online reservation, choose the day below. To book several add each day to your basket. Registration for the half-day is not possible.

Dates : See online booking

Meeting point : 8.30am at the Compagnie des Guides de Chamonix, 190 place de l'église

Supervision : All outdoor activities are supervised and managed by qualified mountain professionals. Minimum 4 and

maximum 6 teenagers per guide.

Price 2022 :

- Full-day: 125 €

This price includes :

- Professional and certified guiding service
- Safety gear: probe, shovel, beeper
- Ice climbing gear: crampons, helmet, harness, ice axes
- Private transfer

The price does not include :

- *The lunch that you must provide*
- Lift pass when required
- Off-piste skiing gear (skis, boots...)
- Ski touring gear (skis, boots, skins...)
- High mountain boots (rigid soles) suitable for ice climbing

FURTHER INFORMATION

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

Duration : 8.30am to 3.30pm

Location : In the Chamonix valley

Level : The Cham teen is aimed at children aged 13 to 16 able to follow instructions, live independently in a group and practice sporting activities normally.

NB: For the off piste and ski touring activities your child must be able to ski black runs.

Formality : Make sure you have valid repatriation insurance for this activity

For the attention of the legal guardian of the registered minor : The legal guardian is aware of the sporting and risky nature of the activities offered as part of this service. Failure to comply with safety instructions and level requirements can lead to accidents

EQUIPMENT

In addition to the usual clothes for the practice of an winter outdoor sports activity, children must have the following equipment :

- **Sunglasses**
- **Solar cream**
- Backpack
- Mini bottle 1L
- Lunch / snacks

Children must also have the following specific material :

Tuesday: mountain safety

- Warm hiking boots

Wednesday: ski touring

- Off-piste skiing gear

Thursday: ice climbing

- High mountain boots (rigid soles) suitable for ice climbing

Friday: ski touring

- Ski touring gear

Our Rental Partners : You can rent your equipment with our rental shops partners and benefit from special price [Sanglard Sports](#), [Ravanel & Co](#) & [Concept Pro Shop](#)

Our Equipment Partners : [Millet](#), [Dynastar](#), [Julbo](#), [Grivel](#) & [Monnet](#)