



# Compagnie des Guides de Chamonix

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## MULTI-ACTIVITIES - SUMMER CHAM TEEN

Duration: 1 day

Level: ▲▲▲▲▲

Price from: 109 €

For more than 15 years, the Compagnie des Guides de Chamonix has been developing an offer exclusively dedicated to teenagers aged 13 to 16. Supervised by mountain professionals, your teenagers will enjoy a resolutely sporting program: mountaineering, climbing, via ferrata, mountain biking, rafting, canyoning.

For your children over 16, most of our group [mountaineering](#) and [outdoor](#) outings are accessible to them.

### The advantages of Cham teen Compagnie des Guides

- A different sport activity every day
- Registration for the week or the day
- Supervision by professionals for each activity

### Weekly schedule

NB: For all whitewater activities, your child must be able to swim 25 m and immerse their head in the water

#### Monday : canyoning & zip line

Canyon de Barberine then zip lines of the Acropark des Gaillands: thrills guaranteed!

#### Tuesday : mountaineering

Discovery of the use of crampons and ice axe on the Mer de Glace

#### Wednesday : climbing & mountain biking

Climbing in Les Gaillands then mountain biking on the balcony trails: an invigorating day!

#### Thursday : via ferrata & rafting

Via ferrata at Flégère then rafting on the Arve

The Evettes via ferrata is open to beginners and children. Nonetheless, climbers must be over 1.4 metres tall, not afraid of heights, and be able to pull themselves up by their arms.

#### Friday : canyoning

Chalamy (Italy - ID), Angon or Montmin Canyon (Annecy)

**The day canyon is intended for people who practice regularly a sporting activity and who have already done Canyoning**

*Program subject to change at the discretion of professionals*

## GROUP BOOKING

The collective formula brings together children in groups of 4 to 8 children. In the current context, specific health rules have been established. To make an online reservation, choose the day below. To book several days and benefit from the sliding scale rate, add each day to your basket (the reduction is visible at the time of payment). Registration for the half-day is not possible.

**Dates :** Monday to Friday in July and August (school holidays)

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

**Supervision :** Minimum 4 and maximum 8 teenagers per guide.

All outdoor activities are supervised and managed by qualified mountain professionals (either mountain guide or specialised

rafting instructor).

**Prices 2023 :**

- Full-day: 119 €
- From 3 days : 109 € per day

This price includes :

- professional and certified guiding service
- private transfer
- specific technical equipment for each outdoor activity
- lift pass when required

This price does not include :

- *the lunch that you must provide*

## 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 4.00pm

**Location :** In the Chamonix valley and in the Aosta Valley

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

Children should be able to swim 25m and submerge their head in water

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

Authorization to leave the territory (Cerfa 15646 \* 01) and identity document required on Fridays

**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 outdoor sports activity, children must have the following equipment :

- Rain jacket
- Cap
- Sunglasses
- Solar cream
- Backpack
- Mini bottle 1L
- Lunch / snacks

Children must also have the following specific material :

**Monday :** canyoning & zip line

- Swimsuit
- Towel
- Sneakers for walking in water
- Spare shoes for the return trip

**Tuesday :** mountaineering

- Windbreaker jacket
- Waterproof pants
- Fleece or sweater
- gloves
- Backpack 20 liters minimum (for technical equipment)
- **Sunglasses**

**Wednesday** : climbing & mountain biking

- Climbing shoes
- Hiking boots
- gloves
- Glasses
- Cyclist if possible or shorts / pants depending on the weather

**Thursday** : via ferrata & rafting

- Running shoes
- swimsuit
- towel

**Friday** : canyoning

- ID
- Swimsuit
- Towel
- Sneakers for walking in water
- Spare shoes for the return trip

**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](#)