



# Compagnie des Guides de Chamonix

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## MULTI ACTIVITIES - HIGH MOUNTAIN EXPERIENCE

Duration: 6 days

Level: ▲▲▲▲▲

Price from: 990 €

Introduce your teenagers to the multitude of facets the mountain has to offer. A trip between mid and high mountain, fun and accessible, full of souvenirs to last a lifetime.

### ITINERARY

#### Day 1 : Servoz - Chalets de Pormenaz - Refuge de Moëde Anterne

We leave this morning from the village of Mont in Servoz (900m) to reach the chalets of Pormenaz by the South face. The climb is steady and little by little the Mont-Blanc takes shape behind the Aiguillette des Houches. Once we have arrived at the chalets, we take time to discuss mountain life with the shepherd before crossing the mountain pasture to reach Lac du Pormenaz (1945m). A little more effort and here we are at the Moëde Anterne refuge where we will spend the night.

*Elevation gain : 1000m - Elevation loss : 200m*

#### Day 2 : Refuge de Moëde Anterne - Mont-Buet - Refuge de la Pierre à Bérard

We set off to attack the Salenton pass (2526m) after crossing the wild Villy valley. At the pass, we see the Buet, we then quickly change the landscape to move between scree and desert areas where only a few animal and plant species remain. At Mont Buet (3098m), the panorama is breathtaking. We enjoy a good meal. After lunch, we set off again for the descent to the welcoming refuge of the Pierre à Bérard. We enjoy a good meal and a comforting night in a dormitory.

*Elevation gain : 1100m - Elevation loss : 1200m*

#### Day 3 : Vallorcine - Le Tour

Today, we take the direction of the Tour. We take the path towards the Col des Posettes. From there, the panorama of the Mont Blanc massif and the Tour glacier is sublime. We will descend through the slate quarries towards the village of Le Tour where we will spend the night.

*Elevation gain : 1100m - Elevation loss : 500m*

#### Day 4 : Le Tour - Refuge Albert 1er

We meet our guides this morning with whom we will spend the next 2 days. We begin our introduction to mountaineering with a morning of bouldering at the Col des Montets. After this fun morning, it's time to go up to the refuge and reach the gateway to the high mountains. Night at the hut.

*Elevation gain : 0m - Elevation loss : 1200m*

#### Day 5 : Tête blanche

We leave at night to watch the sunrise on the Tour glacier. We will walk to reach Tête Blanche (3429m). We will reach the summit by the end of the morning. After lunch, we will do some basic glacier exercises, before going back down to sleep at the refuge.

*Elevation gain : 750m - Elevation loss : 750m*

#### Day 6 : Retour à Chamonix et Rafting

We leave early in the morning to go back down to the valley. We will then surely observe some mountain animals on the trail. Returning to Chamonix by public transport, we head to the Compagnie des Guides White water base for a refreshing descent rafting down the Arve. What a way to end this week full of magical discoveries ! End of the activity around 4.30pm.

*Elevation gain : 1200m - Elevation loss : 0m*

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

## GROUP BOOKING

The collective formula associates several people who do not necessarily know each other. It allows for a planned program to benefit from an attractive price on fixed dates. This formula is ideal for people looking for the friendliness of a group.

**Dates :** Find all the dates available in the drop-down list below

**Price 2023 :** 990€ per person - based on a minimum of 10 participants

This price includes :

- the organization and supervision by 2 state qualified trekking guides - hiking activities
- the organization and supervision by 1 state qualified trekking guide & 1 state qualified high mountain guide - high mountain activities
- half-board accommodation in mountain huts (dormitory) and campsites (tents)
- picnic lunches
- transfers throughout the hike

Not included in the price :

- drinks and personal expenditure (souvenirs...)
- repatriation insurance (compulsory)

## FURTHER INFORMATION

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

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

**Ability level : 4/5.** 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 :** minimum of 10 and a maximum of 12 children per group. 2 state qualified trekking guides for each group are dedicated to our junior tours. The high mountain activities are supervised by mountain guides from our Company.

**Accommodation :** 5 nights in mountain huts

**Meals :** our guiding team prepares healthy balanced meals daily, using fresh local products as much as possible. Naturally, food preferences of the children are taken into consideration.

**Documentation :**

- For teenagers between 14 to 16 years old
- Participants must also take valid ID with them.
- **Authorization to leave the French country**
- Participants must have sports insurance with repatriation cover. We strongly recommend that this also includes cancellation cover. You can take out insurance offering both of these types of cover when you sign up.

**Preparing for the trip :** There is an information meeting with your mountain leader the day before departure at 6pm at the Compagnie des Guides Office.

**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

We recommend that you take special care in choosing your equipment because it contributes greatly to the success of your trip. As alpine conditions can be highly variable with sudden changes, it can get very cold in altitude, it is preferable to have numerous layers rather than one thick piece of clothing. It is not uncommon to have snow in the middle of summer, do not skimp on warm clothes even if the weather seems favourable. Contrarily, the sun can be scorching hot. Without weighing too much, you should always have sufficient equipment in your backpack to deal with the capricious and severe weather.

**Equipment**

- A comfortable backpack with sufficient volume for the days belongings which is properly adapted to the child's morphology. . Make sure you have enough space for the picnic. A small tip in case it rains : even if you have a backpack cover, always protect your belongings in a plastic bag (a big rubbish bag) inside your backpack.
- A compact and solid travel bag, maximum 15kg, with the child's name. If the sleeping bag is too large place it in another bag.
- A pair of hiking boots with Vibram or Contagrip soles. For new shoes, we strongly suggest that you wear them beforehand to mold them to the shape of your foot. If you are prone to blisters : talcum powder applied to dry feet and in your shoes before you start your days hiking. Provide elastoplast to put on their heels and sides of their feet.

### **Clothing**

For added comfort regarding underwear, (t-shirts, boxers, socks), avoid cotton which is heavy, cold and dries very slowly. Opt for synthetic technical fabrics or wool, which is making a comeback. They are warmer and dry quickly.

#### **For the hike :**

- 1 short-sleeved t-shirt
- 1 long-sleeved t-shirt (technical fabric)
- 1 polar fleece
- 1 pair of shorts
- 1 pair of hiking trousers
- 1 pair of hiking socks (technical fabric/terrycloth)
- 1 Goretex jacket (waterproof windbreaker)
- 1 poncho (large rain cover that fits over your pack) or 1 pack cover
- 1 pair of waterproof trousers (although light Gore-tex trousers are expensive, other types of light waterproof trousers will do)
- Sun hat or baseball cap
- 1 warm hat
- 1 pair of gloves

#### **For the entire trip (spare items for the luggage in the bus) :**

- 6 pairs of socks
- 5 underpants
- 5 T-shirts
- 3 shorts
- 1 pair of jogging trousers and sweater
- 1 sweatshirt
- 1 warm jumper
- 1 undershirt/jumper
- 1 warm outfit for the evening (down jacket or thick fleece)

### **Accessories**

For the day :

- Sunglasses
- Sun cream and lip salve
- 1 water bottle (minimum 1 litre but 1.5 litres is better)
- 1 knife
- 1 fork (type "spork")
- 1 pair of telescopic poles

#### **For the entire trip :**

- 1 bed linen
- 1 pair of comfortable shoes + running shoes
- Swimsuit
- 1 pair of comfortable shoes or flip flops
- Toiletries, hand towel, bath towel
- Flashlight or headlight
- Games, playing cards, book ....
- Personal pharmacy : elastoplast, (stretchable strapping tape), band-aids "second skin" kit, compresses, medicines for common ailments : diarrhea, constipation, sore throat, headaches, pain relief, allergies and any prescribed medication. The mountain leader always carries a first aid kit with them. Remember that packing light is essential.

**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](#)