



# Compagnie des Guides de Chamonix

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## MULTI-ACTIVITIES - SUMMER CAMP FOR TEENS

Duration: 6

Level: ▲▲▲▲▲

Price from: 960 €

In a stimulating and supportive environment, your teenagers will benefit from a mountain program focused on sports. Although the main outlines of the program are already defined, the daily activities are collaborative, developed in partnership with your children to grant them enough freedom while guiding them in decision-making. This summer mountain camp for teenagers consists of 3 days of trekking in the Aiguilles Rouges massif, followed by 3 days in the heart of the Mont-Blanc massif on the Glacier du Tour. It ensures your child daily physical activities and a unique high-mountain experience.

Throughout this stay, a real group cohesion will be established, allowing your child to fully experience teamwork during glacier hiking. Values such as trust, mutual assistance, encouragement, respect for others, and risk awareness will be at the core of this experience, representing a significant step towards adulthood! To meet the needs of your children, this camp is led by two mountain professionals specialized in activities with minors, complemented by two additional professionals during glacier activities. This summer camp for teenagers is suitable for both beginners and experienced athletes. Regular practice of endurance sports is necessary.

### ITINERARY

#### Day 1

##### Servoz - Chalets de Pormenaz - Refuge de Moede Anterne

From the welcome of the Guide Company, we reach the village of Servoz (800m) by train. We head towards the Chalets de Pormenaz. The ascent is steady, and gradually, Mont-Blanc reveals itself behind Aiguillette des Houches. Upon reaching the chalets, we engage in conversation with the shepherd before crossing the alpine meadow to reach Lake de Pormenaz (1,945m). With a final push, we arrive at the Moede Anterne refuge (2,002m), where we spend the night.

*Positive elevation gain: 1,150m*

#### Day 2

##### Refuge de Moède Anterne - Mont Buet - Refuge de la Pierre à Bérard

After ascending the wild Villy Valley, we turn towards the Col de Salenton (2,526m). At the pass, Mont Buet reveals itself, and we quickly transition through landscapes of scree and desolate areas, where only a few animal and plant species persist. At the summit of Mont Buet (3,098m), the panorama is breathtaking, overlooking the Mont-Blanc Massif. After lunch, we set off again to begin the descent towards the welcoming refuge of la Pierre à Bérard (1,924m). We enjoy a good meal and spend the night at the refuge.

*Positive elevation gain: 1,100m - Negative elevation gain: 1,200m*

#### Day 3

##### Refuge de la Pierre à Bérard - Le Tour

We begin our day in the early morning for a picturesque descent along the Bérard torrent. Once we reach the Village du Buet (1,350m), we take the trail leading to the Col des Posettes (1,997m). From this point, the panorama of the majestic Mont Blanc massif and the Tour glacier unfolds before us in all its splendor. The descent then takes us through the Ardoisières towards the charming village of Le Tour (1,450m), where we spend the night. Luggage access.

*Negative elevation gain: 1,100m - Positive elevation gain: 500m*

#### Day 4

##### Le Tour - Refuge Albert 1er

## Le Tour - Refuge Albert 1er

This morning, we meet the guides who will accompany us for the next two days. After taking the ski lifts to the Col du Balme, we begin the ascent to Refuge Albert 1er (2,704m), located on the edge of the Glacier du Tour. In the afternoon, we step onto the glacier to familiarize ourselves with the use of crampons, ice axes, and ropes. This day promises total immersion in essential preparations, adding a practical and secure dimension to our mountain adventure.

*Negative elevation gain: 0m - Positive elevation gain: 600m*

## Day 5

### Tête Blanche - Refuge Albert 1er

We set out in the dark, leaving the refuge shortly before sunrise! Quickly stepping onto the Glacier du Tour, we strap on our crampons. Ascending the glacier gently, we reach the summit of Tête Blanche (3,502m). After enjoying the magnificent panorama of Aiguille du Chardonnet (3,824m) and the Glacier de Trient (3,200m), we return via the same route to the refuge, where we spend the rest of the day.

*Positive elevation gain: 715m / Negative elevation gain: 715m*

## Day 6

### Return to Chamonix via Pierre à Bosson

In the early morning, we leave the refuge, beginning our descent towards the village of Le Tour. Following the picturesque trail of the Petit Balcon Nord, we journey to the iconic site of Pierre à Bosson, where the Argentière Glacier stretched across its vast expanse 150 years ago, just a few steps away. From this vantage point, a real awareness unfolds regarding the impressive glacial melting that has split the glacier into two distinct parts over time. Continuing our hike, we reach Les Tines, where we opt for public transportation to return to Chamonix and the Guide Company. The arrival is scheduled for 4:00 PM.

*Positive elevation gain: 0m / Negative elevation gain: 1070m*

## 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** : See below for the group booking module

**Price 2024** : 960€ per person - based on a minimum of 10 participants

This price includes :

- the organization and supervision by 2 state qualified trekking guides,
- half-board accommodation in mountain huts (dormitory)
- picnic lunches
- technical gear : crampons, ice axe, helmet, harness
- 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** : 3/5 - This teen camp includes trail and glacier hikes with a positive elevation gain ranging from 750m to 1200m, averaging 6 to 7 hours of walking per day. Participants should be athletic, capable of following instructions, and able to live independently within a group

**Guiding policy** : The professionals supervising your children form a dedicated team for junior camps. The group consists of a maximum of 10 to 12 children, with two state-certified mountain guides as supervisors. High mountain guides complement the supervision for glacier activities

**Accommodation** : 5 nights in refuges in dormitories. Luggage access on day 3

**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 and 18 years old
- Participants must also take valid ID with them.
- 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**

Weight is a hiker's adversary, so it is crucial to carefully select your equipment as it plays a key role in ensuring the success of your trip.

#### **Your gear**

- A 40L backpack
- A compact and sturdy travel bag, maximum 15 kg
- A pair of top quality hiking boots
- A pair of telescopic poles
- A hat or cap
- A warm hat
- Category 4 sunglasses
- Breathable long and short-sleeved T-shirts
- A polar fleece
- A warm down jacket
- A Gore-Tex waterproof jacket
- A rain poncho
- A hiking trouser
- Gaiters
- A Gore-Tex waterproof trouser
- A short
- A pair of thin gloves
- A pair of skiing gloves
- Hiking-appropriate socks
- A minimum 2L water bottle
- A pocketknife and a spork
- A flashlight or headlamp
- Sunscreen and lip balm
- A sleeping bag liner
- Toiletry kit, towel, earplugs, and toilet paper
- Minimal personal pharmacy: blister pads like Compeed, medications for common ailments such as diarrhea, constipation, sore throat, headaches, pain, allergies
- ID, money for personal expenses
- Flip flops for the hut
- Spare clothes as per your preference

**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](#)