



# Compagnie des Guides de Chamonix

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## TRAIL RUNNING - ENDURANCE WEEKEND IN CHAMONIX

Duration: 3

Level: ▲▲▲▲▲

Price from: 280 €

In the heart of the mountains of the Chamonix Valley, this endurance weekend will boost your motivation and boost your training. It is the essential step in preparing for an Ultra Trail because it will allow you to get closer to real racing conditions and test your endurance. It will also be an opportunity to discover the legendary spots (Jonction, Mer de Glace, Signal, Lac Blanc, Posettes, Refuge Albert ler) which have made Chamonix the world capital of trail running. Throughout this intensive weekend, which involves significant elevation gains, we delve into the three fundamental pillars of trail running: running technique, nutrition, and mental fortitude. The small group size, limited to just 8 participants, ensures a high-quality training experience, guaranteeing your progression to the next level.

This program is part of a series of programs we have developed thanks to the unique experience of our trail team, composed of specialized mountain guides who are multi-finishers in major races. Challenge yourself with our [day Tour of the Aiguilles Rouges](#), develop endurance during our [intensive weekend](#), and complete the full [Tour du Mont Blanc in only 5 days](#).

### ITINERARY

#### Day 1

##### Running technique

Trail running in the mountains requires excellent running technique to know how to adapt to the great diversity of terrain and not waste energy unnecessarily. This first day will take a particularly varied circuit to familiarize you with all types of terrain and allow you to optimize your gestures and technique. It will also be an opportunity to find the right pace because each change of pace uses energy and inevitably penalizes your endurance.

*Elevation gain : 6,500 feet to 8,200 feet - Distance : between 15 to 20 miles*

#### Day 2

##### Food

Food is the essential subject when tackling ultra endurance. If the main basic principles must be absolutely respected, the perfect alchemy is more on a case-by-case basis. Based on their racing and coaching experience, your guide will help you calibrate your diet perfectly. You will also have the opportunity to test different food products to find the formula that is right for you.

*Elevation gain : 6,500 feet to 8,200 feet - Distance : between 15 to 20 miles*

#### Day 3

##### Mindset

With the accumulated fatigue of the first two days, this last day will allow you to reproduce the sensations of the end of a race or of a day where nothing seems to go as planned. By confronting the unpleasant feelings of fatigue and weary muscles learning what your capabilities are. You will also be introduced to the technique of positive visualization, allowing you to push your barriers to improve your stamina.

*Elevation gain : 6,500 feet to 8,200 feet - Distance : between 15 to 20 miles*

### GROUP BOOKING

Group session associates several people who don't 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** : 280€ per person - based on a minimum of 5 participants

This price includes :

- the organization and supervision by a state qualified trekking guide

Not included in the price :

- Accommodation in Chamonix

- Food during the day

- repatriation insurance (compulsory). Cancellation Insurance highly recommended

## PRIVATE BOOKING

A private booking is the historical relationship that binds a mountain leader to their clients. It allows you to be alone or in your own group with your mountain leader who will meet your specific needs. It is undoubtedly the ideal formula to realise your projects because it guarantees you a maximum amount of comfort. You are free to choose your departure date. Depending on the weather conditions, the proposed route can be adjusted according to your level and expectations, the professional can suggest alternatives to the itinerary.

**Prices 2024** :

1 person : 1680€ per person | 5 people : 370€ par person

2 people : 860€ par person | 6 people : 315€ par person

3 people : 585€ par person | 7 people : 275€ par person

4 people : 450€ par person | 8 people : 245€ par person

This price includes :

- the organization and supervision by a state qualified trekking guide

Not included in the price :

- Accommodation in Chamonix

- Food during the day

- repatriation insurance (compulsory). Cancellation Insurance highly recommended

## 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 8.30am in front of the Compagnie des Guides in Chamonix.

**Ability level** : 4/5 - The Endurance weekend Trail tour is of a sustained difficulty. A minimum of 2000m (6561ft) to 2500m (8202ft) vertical gain during the day or 5 to 7h of daily running. Running on generally well-maintained mountain trails, sometimes including out-of-trail sections. An intensive regular weekly running and trail experience are essential.

**Guiding policy** : minimum 5 and maximum 8 people per state qualified guide. The Compagnie des Guides de Chamonix's guiding policy is one of the strictest in the mountain guiding business. It guarantees a better level of comfort and a high-quality personalised advice.

*Important : Registration possible from 16 years of age. Registration is not permitted to anyone under the age of 18 without a legal guardian.*

**Accommodation** :

Benefit from preferential prices from our partner hotels in Chamonix.

**Documentation** :

- 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.

- Participants must also take valid ID with them.

**Preparing for the trip** : Your guide will contact you a few weeks before your departure to answer any question that you may have.

## EQUIPMENT

The content of your trail backpack is quite close to the mandatory equipment required on an Ultra Trail. Take special care in choosing your equipment because it contributes greatly to the success of your trip, lightening the load is paramount to a successful trip ! Lunches will be in a refuge or inn. All equipment must be protected against the rain (zip loc type freezer bags)

### Equipment

- A trail backpack
- A pair of trail shoes in good condition

### Clothes

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 day :

- 1 running shorts
- 1 under t-shirt
- 1 pair of leggings
- 1 very light waterproof overtrousers
- 1 t-shirt
- 1 light warm layer
- 1 additional warm jacket (sufficiently compressible)
- 1 lightweight gore-tex jacket
- Lightweight beanie
- Cap
- Buff neckband
- Light gloves
- 1 pair of socks

### Accessories

#### For the day :

- 1 pair of sunglasses index 3 minimum
- Sun protection cream
- Toilet paper and a lighter (to make it disappear)
- A reduced pharmacy (Ibuprofen, double skin, elastoplast-type bands, etc.)
- Survival Blanket
- Handkerchief
- Hydroalcoholic gel to clean your hands.
- 1 pair of poles
- Flasks or camel bag with a capacity of 1.5 litres
- Mini frontal light
- Energy food for the day
- Money for your personal expenses
- Nok-type anti-friction cream

**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](#)