



# Compagnie des Guides de Chamonix

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## TRAIL RUNNING - THE AIGUILLES ROUGES NATURAL RESERVE

Duration: 1

Level: ▲▲▲▲▲

Price from: 380 €

Thanks to the unique experience of its trail division made up of mountain guides who are multi-finisher specialists in the biggest races, the Compagnie des Guides de Chamonix has developed trail programs to improve your skills and allow you to enjoy the exceptional playground of the Mont Blanc country.

- Tour of the Aiguilles Rouges, 1 day: A particularly varied route to test yourself
- [Endurance training in Chamonix](#), 3 days: To get to know each other better and learn to last
- [Tour du Mont Blanc](#), 4 days: The mythical loop of the Northern Alps in semi-autonomy

With 3600m positive elevation and 50km, a test in nature to acclimatise and calibrate yourself to the type of effort needed in trail running. The course has several refueling points as well as an escape route in its second part. If you have doubts about your abilities, this flexible program is for you.

The tour of the Aiguilles Rouges takes place in an exceptional natural environment. It will allow you to enjoy the unspoiled nature of the Aiguilles Rouges, Sixt Passy and Carlaveyron nature reserves. You will pass in the early hours of the morning by the mythical Lac Blanc facing the Mont-Blanc Massif before continuing onto the wild valleys of Bérard and Villy. In order to guarantee you a high quality day, the size of the group is limited to 8 people. Your guide is at your service to allow you to surpass yourself and to fully enjoy your day.

### 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:

Group from 1 to 4 people : 380€

Group from 5 to 6 people : 400€

Group from 7 to 8 people : 400€

The price includes :

- the organization and supervision by a state qualified trekking guide

Not included in the price :

- food during the day

### 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 5am in front of the Compagnie des Guides in Chamonix

**Ability level : 5/5.** The Aiguilles Rouge Trail tour is of a sustained difficulty. A minimum of 3600m (11811ft) vertical gain and

50km or 10h - 12h of running during the day. 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** : 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.
- Participants must also take valid ID with them.

## 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](#)

