



Compagnie des Guides de Chamonix

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HIKING - JUNIOR MONT-BLANC TOUR

Duration: 6 days

Level: ▲ ▲ ▲ ▲ ▲

Price from: 690 €

Hiking around Mont Blanc is a perfect approach for a first trekking. Filled with discovery, it is a step into the world of outdoor adventures. During one week, kids will camp under the stars, hear mountain tales, play and have great fun in the evenings, enjoy mountain hiking and much more... They will also sleep in a mountain hut and check out a farming operation in the Alps. We even suggest a visit to Courmayeur, eating ice cream and shopping for little souvenirs. Each hiking day is designed to suit young hikers' ability and expectations. Our minibus driver takes care of group luggage and sets up camps each day, leaving children plenty of time to play and relax before dinner. Our staff members are certified mountain leaders, they have a very good experience of working with youth in the outdoors. So, come and join us soon!

Group transfers, luggage transportation and lunch preparation are taken care of by the mountain leader team. Kids just need the hiking necessary to fully enjoy the hike !

ITINERARY

Day 1 : Chamonix - Trient

We start our beautiful hike from the village of Le Tour. We hike up to the Col de Balme and the Swiss border. After saying goodbye to Chamonix Valley and the Aiguilles Rouges range, we enjoy our descent towards the Swiss village of Trient (1326m). Night at Col de la Forclaz campsite.

Elevation gain : 800m - Elevation drop : 800m

Day 2 : Trient - La Fouly

Starting from the Forclaz pass (1526m), the hike meanders into the forest above the upper Rhone valley and the old roman town of Martigny. Lunch will take place nearby a herd of black Swiss cows, at the "Bovine" alpine meadows (1987m). After lunch, we hike down to Champex (1482m) where we'll meet our minivan and drive to the campground in La Fouly.

Elevation gain : 460m - Elevation drop : 500m

Day 3 : La Fouly - Val Veny

We leave the Swiss Val Ferret for a hike up and across beautiful Swiss alpine pastures, where we meet a shepherd and his herd of sheep. At the Grand Ferret pass (2490m), we walk across the Italian boarder, enjoying the stunning views of the Italian side of Mont Blanc. Mont Dolent stands proudly on the right with the 3 alpine boarders meeting on its summit. The descending trail allows great views of Pré de Bar and Miage glaciers. We spend the night in a campsite at Planpincieux.

Elevation gain : 700m - Elevation drop : 800m

Day 4 : Val Ferret - Courmayeur

Today a nice traverse of the Saxe Mountain is waiting for us. From the hamlet of Lavachey (1650m) we reach the famous Walter Bonatti mountain hut. The small valley of Malatra lead us to the pass "d'Entre deux sauts" (2521m) followed by the pass "Col des sapins" (2435m). The follow Sapin valley's path to reach the hamlet of Villair Superiore where we stop our hike for the day. It is now time to enjoy nice 'gelati' in Courmayeur. Night in a campsite in Val Veny.

Elevation gain : 1150m - Elevation drop : 1300m

Day 5 : Val Veny - Les Mottets mountain hut

Starting from the Visaille hamlet (1659m), we heading towards the cold waters of Combal lake. Step by step we reach the Italian-french border the "Col de la Seigne" pass (2516m). It is time to say goodbye to the Italian side of Mont Blanc. On our way down we walking through the Beaufortin mountain pastures full of goats and the famous Tarine cows. We spend the night in Les Mottets mountain hut.

Elevation gain : 900m - Elevation drop : 700m

Day 6 : Les Mottets mountain hut - Les Contamines

Today we are doing the Col du Bonhomme pass (2433m), a nice hike up through the mountain pasture where we might have surprising encounters and surely a nice lunch on a natural terrace. Step by step we are heading down to Notre Dame de la Gorge. This is the end of our hike. Transfer back to Chamonix around 5p.m, it will be time to say good bye ... until our next junior trip in the Alps together!

Elevation gain : 900m - Elevation drop : 1200m

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

GROUP BOOKING

Date 2020 :

- From Sunday 19th to Friday 24th of July
- From Sunday 2nd to Friday 7th of August

Price 2020 : 690€ per person, based on minimum 10 participants.

Included in the package :

- The organization and supervision by two state qualified trekking guides
- All nights and dinners during the trek
- The picnic lunches
- Transfers throughout the trek
- Lift passes
- Luggage transportation throughout the trek

Not included :

- Drinks and personal expenditure (souvenirs...)
- Repatriation insurance (mandatory)

FURTHER INFORMATION

Meeting point : meet at 8.30 am from the Compagnie des Guides in Chamonix.

Ability level : 3/5 - Junior Tour du Mont-Blanc hiking trip is a moderate trek. A minimum of 700m (2350ft) vertical gain and about 5 to 7 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including easy out-of-trail sections. For active people who do not mind training to prepare for the hike. A great multiday hike for people with trekking experience.

Guiding policy : by two state qualified trekking guide with a minimum of 10 and a maximum of 15 kids in the group. The Compagnie des Guides de Chamonix's guiding policy is one of the strictest in the mountain guiding business. The two trekking guides supervising childrens on the field are dedicated to junior tours.

Accommodation : 4 nights under tents in a campground and 1 night in a mountain hut. Our camp is set with 3/4 people tents and a large group tent is used for meals and meetings.

Meal : our guiding team prepares healthy hearty meals daily, using fresh local products as much as possible. Naturally, young people food preferences are taken into consideration.

Documentation :

- Participants must have an insurance with repatriation cover. Cancellation insurance is highly recommended. You can take out insurance offering both of these types of cover when you sign up.
- Participants must also take valid ID with them.

Parents also need to provided us the following documents signed and filled up:

- Parental permission
- Authorization to leave the country

Preparing for the trip : you are welcome to come and meet guides the evening before at our office at 6 pm.

EQUIPMENT

ID card + authorisation to leave the country (documents will be in mountain leader's hands during the trip). Please hand out the documents on Day 1.

Hiking Boots

Avoid boots that are too heavy or too high. We recommend Vibram or Contagrip soles. Synthetic hiking socks. New boots should be broken in to avoid blisters. Stretchable tape can be applied on sensitive areas prior to hiking .

Back pack

It is advised to make sure that the pack is properly adapted to juniors morphology. The pack should be comfortable, adjusted, able to fit all needs for a day hike and a takeout lunch. Using a large plastic bag (i.e. garbage bag) as a pack- liner will protect its content from getting wet in case of heavy rain. Keeping the pack as light as possible is essential to make the hike enjoyable to juniors.

Luggage

A solid and compact travel bag weighing 33 lbs (15 kg) maximum, tagged with the child's name. A big sleeping bag should be placed in a separate bag.

Clothing

Avoid using cotton underwear. Compared to technical synthetic material, it is heavier and it dries slowly. Wool is also getting popular amongst sportswear brands. Synthetic and wool dry fast and are warmer.

For hiking

- 1 T-shirt + 1 long sleeve shirt
- 1 polar fleece
- 1 short + 1 pair of hiking trousers
- 1 pair of synthetic hiking socks
- 1 Goretex jacket
- 1 "poncho" rain protection (covers the pack too)
- 1 bottle (1.5 quarts to 2 quarts min) one pocket knife and a « spork »
- Ballcap or sun hat, sunglasses, sunscreen and lip balm
- 1 warm hat and gloves
- 1 pair of telescopic poles
- *Optional : low gaiters (early season hiking), camera, pocket money (for souvenirs, drinks,...) etc ...*

Change bag in the minivan

- 6 pairs of socks, 5 underpants, 5 T-shirts
- 3 shorts
- 1 sweat pants and sweater
- 1 sweater + 1 warm pull-over + 1 bottle neck shirt
- 1 warm set of clothe for the evening (down jacket or thick fleece, warm sweat pants)
- 1 sleeping bag + optional: 1camping mattress i.e. Thermarest)
- 1 pair of comfortable shoes for the evening + flip flops
- Personal shower kit and towel, large swim towel.
- Pocket light or headlamp
- Games, books, Teddy, ...
- Individual first aid kit **

*** Elastoplast (stretchable strapping tape), band-aids, second skin, medicine for common aches and pains(diarrhea, headaches, sore throat...) Don't forget to bring your personal prescription treatment if you have one. Mountain leaders also carry a complete first aid kit. Remember that packing light is essential.*

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