



Compagnie des Guides de Chamonix

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MULTI ACTIVITÉS - GRAND PARADIS ADO

Duration: 5

Fitness: ▲▲▲▲▲ Technique: ▲▲▲▲▲

Price from: 1 200 €

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 National Park of the Grand Paradiso, followed by 2 days to hike to the summit. It ensures your child daily physical activities and a unique high-mountain experience.

Throughout this trip, 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 trip is led by two mountain professionals specialized in activities with minors, complemented by two additional professionals during the mountaineering activities. This summer multi activities trip for teenagers is suitable for both beginners and experienced athletes. Regular practice of endurance sports is necessary.

ITINERARY

Day 1

Thumel, Val de Rhêmes - Refuge Benevolo

We begin our trip in Thumel, located at the end of the Val de Rhêmes valley. The ascent takes us to the moraine of the Tsanteleina Glacier, where we enjoy spectacular views of the surrounding glacial cirque. At the end of the day, a short descent leads us to the Refuge Benevolo, where we will spend the night.

Positive elevation gain: 2952ft - Negative elevation gain: 1640ft - 5.3 miles

Day 2

Refuge Benevolo - Refuge Savoia

The hike starts with an ascent to Col Rosset (3,013 m). From there, the landscape opens up to breathtaking views of Gran Paradiso and the surrounding peaks. The descent to Refuge Savoia passes through the stunning Rosset Lakes, with their deep blue waters offering a truly spectacular sight.

Positive elevation gain: 2625ft - Negative elevation gain: 1804ft - 6.2 miles

Day 3

Refuge Savoia - Tetras Lyre

We explore the Dora del Nivolet valley, following the river and encountering typical alpine wildlife such as marmots, chamois, and ibex. After climbing to Gran Collet (2,832 m), we admire the majestic peaks of the massif. A descent then takes us to the Tetras Lyre refuge, where we will spend the night. **Access to the luggage.**

Positive elevation gain: 1640ft - Negative elevation gain: 3280ft - 6.2 miles

Day 4

Refuge Tetras Lyre - Refuge Vittorio Emanuele II

Accompanied by two mountain guides, we make our way to the base camp for the Gran Paradiso climb: Refuge Vittorio Emanuele II. If we arrive early, we may take an optional excursion to the Chabot Refuge, another potential starting point for the ascent. In any case, rest and preparation will be essential as tomorrow brings the major challenge of the trip.

Positive elevation gain: 2460ft - Negative elevation gain: 0ft - 2.5 miles

Day 5

Gran Paradiso ascent: Return to Chamonix

A day dedicated to mountaineering, with the ascent of Gran Paradiso (4,061 m). After waking up in the middle of the night, we climb by the light of our headlamps to reach the summit. The descent takes place in the morning, and we return to Tetras Lyre refuge by early afternoon. From there, we head back to Chamonix.

Positive elevation gain: 4265ft - Negative elevation gain: 6889ft - 8.7 miles

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 2025 : 1200€ 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 : 4/5 - This teen multi activity trip 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

Physical Level 4: For individuals who engage in regular endurance activities, positive elevation gain up to 1400m or distance up to 25km or multi-day routes with carrying personal belongings.

Hiking Technical Level 4: For individuals who engage in regular endurance activities, positive elevation gain up to 1400m or distance up to 25km or multi-day routes with carrying personal belongings.

Mountaineering Technical Level 2: For experienced hikers wishing to discover mountaineering. The route includes short, steep sections and may involve scree or rocky ridges, requiring surefootedness.

Itinerary: The guide may need to adjust the itinerary based on weather conditions and/or the physical and/or technical abilities of the 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 the Grand Paradiso ascention.

Accommodation : 4 nights in refuges in dormitories. Luggage access on day 4

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

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