

# Chamonix Family Adventure

Chamonix Family Adventure

£995

Moderate

France's Chamonix valley, with its spectacular backdrop of Mont Blanc, the highest mountain in Western Europe, is the perfect setting for a family holiday. From our comfortable chalet base in the village of Argentière be sure that your family gets the most out of the area.

The Chamonix Family Adventures are designed to involve the whole family and with these fun packed itineraries you will all definitely be kept busy. That way you will enjoy a relaxing soak in the chalet hot tub of an evening! Our local guide will escort you on your activities as well as leading the day hikes along the famous alpine trails.

- Hike from France to the Swiss Frontier
- Stay in a remote mountain hut
- All meals included
- Chalet Style Accommodation
- Ride Europe's highest cable car
- Optional Activities: Rock Climbing, Canyoning, White Water Rafting or Hydrospeed!

Still have free time? We promise to provide you with an action-packed week of fun and adventure in the heart of the French Alps but if you find yourself still full of energy and time to spare then we can also help you arrange mountain biking, swimming, ice-skating or the summer 'luge'!

[Departures Chamonix Family Adventures](#)

## Family Adventures

### Itinerary

*We always aim to complete the itinerary as outlined below, however, the following itinerary will be followed only when conditions and weather make it appropriate, both in terms of safety and enjoyment. Your guide will make a decision on your route and activity based on those conditions.*

### Day 1 Arrive in Argentière

Rendez-vous at the group chalet in Argentière just a few kilometres from Chamonix. The accommodation we use for the Chamonix Family Adventure is at Yeti Lodge. The chalet has bright and airy rooms, south-facing sun-decks with views to Mont Blanc, and a hot tub and sauna. In the evening, we will have an informal chat about the week ahead where you will meet your guide for the week.

## Day 2 The Valley of the Bears & Swiss Frontier

We begin our week with an easy acclimatisation trek. Starting from your accommodation we walk through the old town of Argentiere and through the neighbouring hamlets of Frasserands and Monroc to reach the Col des Montets at 1461m. Here we can visit the Nature Reserve des Aiguilles Rouges and discover the rich and diverse flora and fauna of the region. We continue over this historic pass into Vallorcine, the valley of bears, all the bears have long since gone, but this beautiful valley provides opportunities for a variety of walks depending on your families experience. Walking on good trails we follow the 'Route des Diligences' and find a meadow stop for our picnic lunch before reaching our destination today, the Swiss frontier where there's an opportunity to buy Swiss chocolate! We complete our day by taking the historic Mont Blanc train back to France. Distance: 10km. Ascent: 250m Descent: 330m. Walking time: 4 hrs.

## Day 3 Aiguille du Midi and River Arve

The Aiguille du Midi cable car leaves from the centre of Chamonix. It is a journey of two stages. The first brings visitors to the Plan de l'Aiguille at 2300m. The second stage traverses Les Pelerins glacier before rising up the North Face. Often in summer it is possible to spot climbers on their way up this face towards the summit of the Aiguille. From the top station at 3842m the view of the Alps is incredible with several terraces from where visitors can take in the spectacular views of the Swiss, French and Italian Alps. On a clear day it is possible to see the Matterhorn, Monte Rosa and the Grand Combin. An elevator inside the rock rises the final 42m to the top terrace at 3842m. This is the closest you can get to Mount Blanc without climbing!

We then descend to the mid station at Plan de l'Aiguille and have our picnic lunch. After our final descent, we head off to get wet with a fun, fast and furious journey on white water along the river Arve through the centre of Chamonix itself. Choose from Rafting or 'Hydrospeed' which is swimming with a helmet, flippers and a block of plastic as a float! To raft you must be 10 yrs old or 1m 20 in height and for 'Hydrospeed' at least 12 years old and 1m50 in height and that you can all swim. Please note that the price of the Aiguille du Midi cable car and rafting are not included in the trip price allowing you to benefit from a family tarif.

## Day 4 Mont Blanc Panorama Trek

This walk visits the Aiguilles Rouge Nature Reserve with a landscape of granite cliffs, wildlife, and often old snow left over from the winter. Our route begins at the Flégère cable car where we take advantage of a ride up to our trail at 1877m! This lovely balcony walk gives us impressive views of Mont Blanc and the Chamonix Valley - a fantastic way to view Western Europe's largest mountain and surrounding peaks. After arriving at the next cable car, Plan Praz at 2000m, we will stop for our picnic lunch. From here the views of the glaciers and mountains are simply incredible and in fine weather we can watch the paragliders taking off and playing on the warm air. We then save our knees by taking the cable car down right into the heart of Chamonix where we can visit one of many ice cream shops! If time allows it's then possible to walk a little more along the by the glacial River Arve back towards your accommodation. Distance: 10-12km Ascent: 180m Descent: 100m. Walking time: 4-5hrs.

## Day 5 Canyoning or Rock Climbing / Free Afternoon

Canyoning involves wearing protective gear whilst descending deep gorges/rivers often abseiling down cliffs, jumping and sliding over waterfalls and swimming through hidden pools. Professional guides will give you detailed instruction and equipment to allow you to enjoy the thrills of one of the region's best canyons. To canyon you need to be 1.5m in height, over 12 years old, keen for an adventure and be a confident swimmer.

Or if you would prefer a dryer experience challenge yourself with rock climbing. Join a professional guide at Chamonix's lakeside crag to learn the skills and techniques to scale a rock face and abseil by yourself back to 'terra firma'!

Lunch today is in one of the town's many cafés and the afternoon is then free for you to explore. You may wish to relax or if you are in need of more adventure your guide will help you organise another activity - you can take the train up to the Mer de Glace Glacier and Ice Grotto, hire bikes, ride the Chamonix 'Luge', or check out the flumes at the swimming pool. The activities today are optional and not included in the trip price.

## Day 6 Two day trek with overnight in a mountain chalet

Today we need to be organised and ready to leave early as this is our most challenging walk. We pack our bags along the world famous trail the 'Tour du Mont Blanc'. We set off for our two day adventure from Les Houches and make use of a cable car to gain 900m. We cross under the Bionnassay glacier and head up to the Col de Tricot, 2120m, before a steep descent to the delightful Chalet Miage & alpine pastures. Here we have the afternoon to explore this hidden valley with its farm animals, river and views to the glacier. We spend the night in an alpine meadow in characterful accommodation hosted by the Orsett family. Please note that this walk can be adapted to suit most fitness levels and age groups. Depending on the time of booking accommodation could be in a non-segregated mixed dormitory. Distance: 8.5km Ascent: 700m Descent: 560m. Walking time: approximately 6 hrs.

## Day 7 Walk to Les Contamines Adventure Park

After our breakfast in the chalet we make the short climb up to the Truc alpage where we have the option of climbing the Truc peak for 360 degree views before heading downhill through the forest to the small town of Les Contamines. Distance: 8km Ascent: 150m Descent: 600m. Walking time approximately 4hrs.

We then walk a little further to the adventure park where we have our picnic lunch by the lakeside. Here we can experience the 'high life' travelling from tree to tree through the forest, using rope bridges, Tarzan swings, Tyrolean wire slides, rope ladders & cargo nets. The height for this

is a minimum of 120cm and is designed for over 8yrs. Thanks to a technique taken from mountain climbing and Via-Ferrata, the journey through the trees is completely secure but we do ask adults to stay with their children at all times. To ensure your family benefits from the family tariffs at the adventure park this cost is not included in the trip price. From here we meet our transport back to Argentiere for a well deserved rest and final dinner.

## Day 8 Departure Day

The family package ends after breakfast. For those with afternoon or late flights there are plenty of options for sightseeing in Chamonix.

## Price

**Included:** ~~Hotel, transfers for 6 nights, international flights~~ [Hotel](#) mountain refuge. The services of local, professional guides and instructors unless otherwise stated as unsupervised. The Flegere and Les Houches cable car lifts as part of the itinerary, valley transport and all meals: breakfast, picnic lunch and 3 course evening meal.

**Not included:** International flights, travel Insurance, airport transfers, the various activities suggested in the itinerary, miscellaneous personal expenses ? drinks, wine/soft drinks with meals, daytime snacks, souvenirs etc.



## Spending Money

Activities such as: rock climbing or canyoning, rafting or hydrospeed, the adventure park and Aiguille du Midi cable car are also not included in the trip price. This enables families to have more flexibility in their week and benefit from individual family tariffs. We suggest you allow approximately 200 Euros per adult and 175 Euros per child to take part in all the activities as per the itinerary. The activities will be arranged in advance and paid for locally in Euros.

ACTIVITY PRICES. All prices are per person:

Aiguille du Midi lift: ?50 or ?175 for a family of 4

Rafting 2hrs: ?40

Hydrospeeding 45mins: ?50

Half-day Canyoning: from ?75

Half-day Rock Climbing: ?75

Tree Tops Adventure, Les Contamines: ?16 to 22 depending on course

An additional sum of min ?50 per person should be allowed for entrance charges to swimming baths, ice rink etc. and a few drinks, tipping and personal expenses. There are ATM's in Argentiere and Chamonix. All prices are approximate and based on previous years and are subject to change without prior notification.

## Weather

In mountainous terrain the weather can vary considerably. Temperatures can reach over 30°C in the height of the summer (July/August), but can be as low as 5°C on the passes. It is often sunny with good clear days, but it can rain and snow (even in July or August) so you should be prepared for any eventuality. The average temperatures range from 15-25°C in the valleys and 5-15°C on the passes.

## Minimum numbers

These trips will run once a minimum number of 6 clients have booked. We will take a maximum of 10 clients. We advise you not to make your travel arrangements until the trip is guaranteed to run. This week is designed for active families from 8 years and over. Chamonix has plenty to offer for all abilities so we can adapt the week to suit a variety of ages and enthusiasm! We can run these trips with a smaller group size but an additional supplement would apply. Please contact us directly about this option.

## Further Information

During the week, there is a wide range of activities available, some of which are offered as optional extras. Safety is our main concern on this kind of trip and the rafting, adventure-park and climbing options are taken by highly qualified instructors. The walks undertaken on this trip are on

good and well-marked trails and they are suitable for children of 8 years and upwards providing they are used to walking in the hills and uneven footpaths. Upon booking a list of the necessary suitable clothing will be provided.

## Accommodation



Our chalet accommodation is located in the village of [The Yeti Lodge](#) Argentière, near Chamonix. The chalet has a sauna, hot tub and wonderful views of Mont Blanc. The rooms are twin or triples with either en suite or shared bathrooms depending on the availability. The group also has the use of the comfortable lounge area which has a real fireplace, satellite TV & DVD and free WIFI. There is a secure underground car park and overnight shoe dryers in the basement.

## Travel

Chamonix is easily reached from other European & Worldwide destinations by road, rail, coach or plane. For suggested travel links please refer to our [Booking & Information](#) pages for further details. Geneva is the closest international airport, only 1 hour 15 minutes away by road, making shared transfers, buses or trains easy to arrange. Please contact us if you need further advise on your specific travel requirements.

## Our Partners

As our niche trips such as Chamonix Family Adventure are of a specialised nature we work with

our partner companies to attract sufficient clients to reach the minimum number of participants to allow these trips to go ahead, meaning you are more likely to have your chosen holiday 'guaranteed'. Tracks and Trails in these instances may, in collaborating with our associates, make use of their guiding services. If you have any queries with regard to this please contact us

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White Water Rafting