Chamonix Running Camp

Trip Code: ATR

Version:

TRAIL RUNNING	GUIDED GROUP	MODERATE
		5



HIGHLIGHTS

- Explore the stunning trails of the Chamonix Valley
- Expert advise throughout the week
- Learn (or improve) skills for running up and down hills and navigation
- Beautiful accommodation with swimming pool and spa

AT A GLANCE

- 6 days running,
- Join at Chamonix

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Our week long camp is a trail runners dream holiday. Spectacular scenery of snowy peaks, glaciers and granite spires. Each day of the holiday is designed to improve your form, confidence and efficiency to run in the mountains whilst exploring and having fun along the way. At the end of each day relax and soak up the Alpine environment in our mountain hotel perfectly situated in Chamonix town centre.

Is this holiday for you?

This holiday is suited to regular runners who love the freedom of getting out and exploring new places. If you can comfortably run for 1 hour 30 or 15kms (9.5 miles) and are looking to develop your mountain running experience and skills then this trail camp is for you.

It is our aim to complete the proposed itinerary outlined above, however, it may be necessary for our guides/instructors to adjust the daily itinerary based on the weather conditions, group safety and enjoyment.

Itinerary

Version:

Holiday Information

What's Included

An experienced professional leader,

All accommodation as described,

Meals as described in the Meal Plan,

Mountain railway and valley transport (not airport transfers),

What's not Included

Travel insurance,

Tips for local staff,

Airport transfers,

Some meals as described in the Meal Plan,

Miscellaneous personal expenses

Joining Arrangements & Transfers

You should arrange to meet the group Hotel, Chamonix on Day 1. The welcome meeting will be at approximately 19:00 followed by the evening meal, so you should aim to be there for this time.

For clients arriving by air, the easiest way to get to Chamonix is to fly to Geneva Airport and make use of an airport transfer service. We recommend Mountaindropoffs.

Please note that transfers are subject to availability and your flight details are required a minimum of 72 hours before your arrival in Geneva. Please find more information here:
http://www.mountaindropoffs.com/en/home/

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Accommodation

For this holiday we aim to use the Hotel le Refuge des Aiglons, where we will stay for all seven nights. The hotel has a spacious lounge, fitness studio, cocktail bar and restaurant that has access the pool and terrace. After a day in the mountains hotel guests have free access to the Deep Nature Spa. Free slippers and bath robes are provided.

This holiday is based on two people sharing a bedroom, if you are booking as a single traveller you will share with someone of the same gender. A single room is available for a supplementary fee, but these can be in short supply and require early booking.

Group Leader & Support Staff

The trail running guide will be a fully qualified and experienced International Mountain Leader.

Any extra classes/sessions, such as yoga, will be run by appropriately qualified professionals.

Spending Money

The package price includes all accommodation, guiding and all breakfasts and 7 dinners. You should make an allowance for additional snacks, drinks etc. Beer, wine and soft drinks are available every night.

We estimate that approximately 300 Euros should adequately cover typical personal spending requirements.

Baggage Allowance

For this holiday you should take one piece of luggage (you should be able to comfortably carry / move this bag yourself) and a running day pack (see equipment list for specific details).

Meal plan

All meals are included, apart from lunches, from dinner on Day 1 to breakfast on Day 7.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through our international partner. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

Equipment Information

Equipment List

Equipment

- Trail running shoes - for a variety of trails
- Running poles - highly recommended for long climbing and mixed terrain
- Running pack/vest - maximum 10 litres, ideally with a chest and waist strip. Test your pack for comfort once full
- Rucksack cover/liner/bags - to keep contents dry
- Water - container 1 litre/2 x soft flasks

Clothing

You must be able to cover yourself with 3 full layers on your upper body and 2 full layers on your legs

- Waterproof jacket with hood - waterproof and breathable membrane designed for mountain use
- Waterproof over trousers
- Mid length tights and longs socks or long running tights to cover the legs completely
- Thermal top – long sleeves
- Thin fleece/lightweight down jacket
- Running shorts/skort
- Breathable t-shirt/vest
- Warm hat
- Ear/headband
- Baseball cap/sun hat
- Gloves - 1 thick pair & 1 thin pair
- Running socks
- Recovery socks/compression socks - optional
- Scarf/buff for neck
- Fleece/wind stopper waistcoat - optional

Comfort

- Lip salve
- Sunscreen

- Sunglasses - essential
- Tissues/Toilet paper - biodegradable bags to dispose of rubbish
- Snacks - running food such as bars/gels/energy drinks/trail mix/recovery drinks etc

Personal First Aid

- Personal Medication - if required
- Space blanket
- Blister plasters
- Normal plasters
- Blister tape eg Strappal
- Pain relief/anti-inflammatories
- Glucose tablets
- 2 x Re-hydration sachets
- A few throat lozenges
- Anti-chaffing cream/Vaseline
- Antiseptic cream/spray
- Bandage/Knee support - recommended

Documentation

- Cash - Euros
- Credit card

- Passport
- Waterproof bag for documents
- Mountain Rescue Insurance - compulsory

Additional Items

- Camera
- Phone that will function in the countries you are visiting
- Clothing for use in accommodation
- Clothing for any classes - such as yoga/stretching
- Slippers for use in accommodation
- Swimwear for pool/hot tubs if available
- Ear plugs – recommended if room sharing
- Head torch - also useful when sharing a room
- Maps can be bought locally - not essential
- Heart rate monitor – optional
- GPS watch/phone to track your route - if owned
- Toiletries: soap/shower gel as not all accommodations supply this
- Book/notepad & pencil for talks

We suggest you look at the Ultra Trail Du Mont Blanc website, 'Runners' section for further advice on:

- weight saving ideas

- how to waterproof your kit
- ideal trail shoes for the route
- nutrition advice

Why Choose KE

Why KE

With expert local knowledge, this holiday has been created to make the most of this incredible area. Along with the incredible views and wonderful trails, you also get advise and information about everything from running techniques to nutrition, navigation and equipment. All from our beautiful accommodation in the Chamonix valley.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change