

# CHAMONIX IN THE SUMMER

Chamonix offers a fantastic range of activities in both summer and winter. With most of the snow gone in summer, an entirely new world of adventure awaits.



## The Compagnie des guides

Maison de la montagne - 190 place de l'Eglise - 74400 Chamonix

Tel. +33 (0)4 50 53 00 88 - [www.chamonix-guides.com](http://www.chamonix-guides.com)

We have close links with the Compagnie des Guides the oldest and largest guides' association in the world, therefore we can arrange guiding for your walks and climbs during your holiday. The Compagnie des Guides also run a comprehensive programme of activities for all ages throughout the summer from day hikes and treks, Tour du Mont Blanc, climbing and mountaineering courses, canyoning, rafting and Via Ferrata.

### Hiking & Walking

- Guided glacier walks and scenic hikes
- Group treks

### Rock Climbing

- Les Gaillands Climbing School (ideal for beginners). Two sessions daily in July & August. Harnesses & helmets are provided but you will need climbing shoes which can be rented from sports shops.

<https://www.chamonix-guides.com/en/activities/details/rock-climbing-lessons>

- Via Ferrata at Evettes (Italian for 'iron path' a climbing experience for those not afraid of heights, group size 4-6 per guide).

### Water Activities

- Rafting
- Hydrospeed
- Canyoning

### Mountain Biking

- Guided electric mountain biking tours.

## Chamonix Golf Course

35 Rte du Golf - 74400 - Chamonix

Tel: +33 4 50 53 06 28 - [www.golfdechamonix.com/en](http://www.golfdechamonix.com/en)

18 hole golf course located 3Km from Chamonix centre in Les Praz. The course is challenging with tricky water hazards and bunkers and was designed by the world-famous Robert Trent Jones Sr.



# CHAMONIX IN THE SUMMER



## Evolution 2 Adventure School

130 Rue des Moulins - 74400 - Chamonix (Mon-Fri 9-12)

Tel: +33 (0)4 50 55 53 57 <https://evolution2.com/en/chamonix>

Evolution 2 Chamonix is an outdoor activity provider offering a variety of adventure sports and guided experiences. They cater to all skill levels and provide professional guides for a safe and thrilling experience.

### Water Activities

- Rafting
- Hydrospeed
- Canyoning

### Mountain Activities

- Rock climbing
- Hiking
- Mountaineering

### Air Sports

- Paragliding
- Hot air ballooning

### Biking

- Electric and mountain biking tours

## Hiking and walking



Information on Self-guided hikes is available from;

- Mont Blanc Natural Resort
- Tourist Office Hiking Trails

There is also the option to book women-only discovery walks with Teresa Kaufman.

- Cross-border hiking to Switzerland via Vallorcine.

## Fishing

Fish in Local torrents and lakes. Note you must have a permit. They can be purchased by the day or fortnightly at the Gaillands chalet or at any of the local tourist offices.

- Lac des Chavants - Les Houches. They are open Wed-Sun. Rod rental available.
- Lakes and Rivers in Servoz include;
  - Diosaz, Souay & Lac Vert
- The "Société de pêche et protection du milieu aquatique des Houches" (SPPMAH) offer Fishing taster courses on Sundays. They can be booked on 06 80 36 70 76.

For more information;

<https://www.chamonix.net/english/summer-activities/water-sports/fishing>

# CHAMONIX IN THE SUMMER

## Bike hire



Intersport Chamonix Nord - 240 route du Bouchet - 74400 Chamonix

Tel: +33 (0)4 50 47 73 50 - [www.chamonix-intersport.com](http://www.chamonix-intersport.com)

Electric, mountain and road bike hire in the SUMMER.

Benefit from a 20% discount when you stay with us (Collineige)

LEGEND'CHX - 218 avenue de l'aiguille du midi - 74400 - Chamonix

Tel: +33 (0) 4 50 90 22 25 - [boutique@legend-chamonix.com](mailto:boutique@legend-chamonix.com)

Trail maps available (for all levels) at the Tourist Office ([Map](#))

Bike-friendly buses run to Les Houches, Le Tour & Servoz (see timetable in the folder)

## Swimming and Wellness



Centre Sportif Richard Bozon - 214 Av. de la Plage - 74400 Chamonix

Tel: +33 4 50 53 23 70

There is an indoor complex of pools and an outdoor 50m pool (swimsuits and speedos can be bought on site although men are allowed to wear board shorts. Prices are discounted with the Carte d'Hôte (Guest Card).

See opening times at;

<http://www.cc-valleedechamonixmontblanc.fr/sport/piscine-sauna-hammam.html>

QC Terme - 480 Prom. du Fori - 74400 Chamonix

Tel: +33 9 73 05 30 01 - [www.qc Terme.com](http://www.qc Terme.com)

There are wonderful views from its infinity pool up towards the mountains and glaciers. Here you can also enjoy sensory baths, saunas, steam baths, water massages, a salt room, relaxation rooms, treatments and more. Note entry is free on your birthday or for the 7 days after when accompanied by a full paying guest (excluding weekends).

Open 9am - 10pm Sun-Thurs, 9am - 11pm Fri-Sat.

Lac de Passy - Chemin de Mont-Blanc Plage - 74190 Passy.

Just a 30-minute drive from Chamonix.

The lake has a supervised swimming area in July & August, from 12pm - 4pm everyday.

There is parking nearby which is chargeable (€2 per day) from late June to late August.

## Paragliding / Hang-gliding



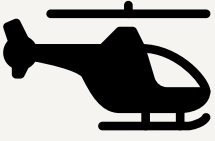
Les Ailes du Mont Blanc - 190 Pl. de l'Église - 74400 Chamonix

Tel: +33 6 20 46 55 57 - [www.lesaillesdumontblanc.com](http://www.lesaillesdumontblanc.com)

Flying over Chamonix, facing the Aiguille du Midi and Mont Blanc is an unusual experience! The Ailes du Mont Blanc team accompanies you on a tandem flight for an unforgettable aerial ride.

# CHAMONIX IN THE SUMMER

## Helicopter Tours



Chamonix Mont-Blanc Hélicoptères - 400 chemin de la Glacière - 74400 Argentière  
Tel: +33 (0)4 50 54 13 82 - [www.chamonix-helico.fr/en](http://www.chamonix-helico.fr/en)

Panoramic flights over Mont Blanc are really a once in a lifetime experience.

## Tennis



Tennis Club de Chamonix - 214 av. de la Plage - 74400 - Chamonix  
Tel: +33 06 72 96 56 17 - <https://tcchamonix.doinsport.club/home>

Chamonix Tennis Club have a variety of courts on offer bookable by the hour. These include 6 traditional clay courts, 2 artificial clay courts, 4 Covered courts (2 clay and 2 quicks) and 2 Squash courts.

## Go Karting



Karting du Mont Blanc - 618 Rte des Lacs - 74190 Passy  
Tel: +33 4 50 93 75 37 - [www.kartingdumontblanc.com](http://www.kartingdumontblanc.com)

Go-Karting is available at Lac Passy which is a 20 min drive from Chamonix. Booking is advisable.

## Suggested Day Trips

There are lots of fantastic day trips within easy reach of Chamonix, some of our favourites are below.

### France

- Anancy: Visit the charming lakeside city of Anancy, known as the "Venice of the Alps," with its canals, old town, and beautiful lake.
- Yvoire: Visit the picturesque medieval village of Yvoire on the shores of Lake Geneva.

### Italy

- Courmayeur: Explore the Italian side of Mont Blanc, known for its hiking and mountain biking trails.
- Aosta Valley: Discover the history, gastronomy, and activities of the Aosta Valley.

### Switzerland

- Martigny: Take a scenic train ride or drive to Martigny, the first city in the French-speaking Valais region of Switzerland, and explore the area.

# CHAMONIX IN THE SUMMER

## Suggested 7 Day Activity Itinerary

### Day 1

Hike up to the Argentière Glacier or Petit Balcon trail

### Day 2

Tennis in the morning, rock climbing at Les Gaillands

### Day 3

Aiguille du Midi cable car, hike down the Mer de Glace, stay at Refuge du Requin

### Day 4

Ice climbing and return via Montenvers train

### Day 5

Canyoning or whitewater rafting

### Day 6

Saturday Market shopping, train to Montroc, walk to Refuge La Boerne for lunch

### Day 7

Cable car to La Flégère, climb the Index (2595m)

