Chamonix Classic Running Trails

Trip Code: CTR

Version:

TRAIL RUNNING	GUIDED GROUP	MODERATE
		6



HIGHLIGHTS

- Perfect your skills with expert guides
- Run between 15 - 25 km every day, along incredible trails
- Experience four 'classic' trails runs around Chamonix
- Stunning hotel with pool and spa

AT A GLANCE

- 4 days guided running and tuition
- Join at Chamonix Valley

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Chamonix is now often referred to the 'running capital of the world', and on this fantastic 6-day guided running break we will get to explore many of the trails here - including sections of the UTMB, incredible ridge lines and we'll get off the beaten track surrounded by awe-inspiring vistas. At the end of each day we'll will have time to relax and soak up the Alpine environment from our beautiful hotel on the outskirts of Chamonix. This holiday is designed for those who run on a regular basis and want to maximise holiday time on the trails. There are options to shorten your running day by taking a train, bus or cable car, allowing you to choose either an Intermediate level run, or shorter Moderate option.

Views of sparkling glaciers, the history and conquest of Mont Blanc, easy access and vast choice of trails are just a few of the reasons trail runners from all over the world seek to explore Chamonix's 'Classic Trails

Is this holiday for you?

Designed for those who run on a regular basis and want to maximise holiday time on the trails.

You will be expected to cover from 20km - 25km (12.5-15.6 miles) per day, and we would expect this to take you about 4-5 hours. The routes gradually build on the distance and height gained per day. There are options to shorten your running day by taking a train, bus or cable car, allowing you to choose either an Intermediate level run, or shorter Moderate option.

Our routes will be mostly on good paths and tracks, but may include narrower paths, rocky and steeper uphill and downhill sections.

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

4 full days of guided running by an International Mountain Leader, who is also an experienced trail runner,

All accommodation as described,

Meals as described in the Meal Plan,

Guest card; free use of local trains and buses in Chamonix (not airport transfers),

What's not Included

Montenvers Train/Cable cars which you choose to take to shorten the run,

Travel insurance,

Tips for local staff,

Airport transfers,

Some meals as described in the Meal Plan,

Miscellaneous personal expenses

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on Travelling by Train.

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as **Water-to-Go**, which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Accommodation

During this trip, the group will spend 5 nights at the Aiguille du Midi hotel near Chamonix.

The 3* Hotel Aiguille du Midi, is a traditional French mountain hotel perfectly situated at the foot of the famous Glacier des Bossons with stunning views to the mountain. It is within easy reach of the centre of Chamonix with a bus and train stop just a few minutes away. It has a spa area with jacuzzi and sauna, and in summer an outdoor heated pool in the garden grounds with a lovely terrace area to enjoy a drink while watching the mountains.

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.

Spending Money

The package price includes all accommodation, guiding and all breakfasts and 5 dinners. You should make an allowance for lunches, 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).

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

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.

Equipment Information

ATR 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 knowledge of this area and more specifically of running this the Chamonix Valley - this holiday really does show off the best bits! Stunning views and expert tuition along the way - the perfect place to advance those trail running skills.

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