

EMOTION ALPINE
TRAIL & TREKKING
- CHAMONIX -

Chamonix Mont-Blanc
1 to 4 hours of activity

SNOW TRAIL-RUNNING EXPERIENCE



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From 1 to 4 hours to experience the fun of running in the snow!

This adventure is perfect for sporty people looking for a new way to explore the mountains in winter. It's a great activity to treat yourself while enjoying the beauty of nature.

Highlights

- An adventure far from the crowds of Chamonix, in a magical setting!
- A passionate guide and coach who knows all the best mountain spots.
- Personalized support: whether you're a beginner or an experienced runner, your coach will tailor the pace and route to your abilities.
- A sporty experience to recharge and connect with nature.



FULL DESCRIPTION

Explore the mountains in winter with a running coach in Chamonix!

Come experience a winter trail running session with an experienced guide and coach. Surrounded by snowy peaks and nature, this half-day adventure is perfect for active people looking to recharge and try something different.

Beforehand, you'll chat with your guide to choose a route that matches your goals and fitness level. Your coach will meet you at the designated spot, walk you through the day's plan, and check your gear (proper shoes, technical clothing, light crampons if needed) to ensure safety and comfort.

Then, it's off to explore at your own pace! You'll alternate between running and hiking along Chamonix's snow-covered trails, lined with snowy evergreens. Experience the joy of winter running: soft snow cushioning your steps, the peaceful silence of the season, and the beauty of nature all around.

Your guide will also share tips to help you run efficiently on snow and adjust your technique based on the terrain.

Free carpooling with the guide from Chamonix for up to 4 people.

KEYS INFORMATIONS

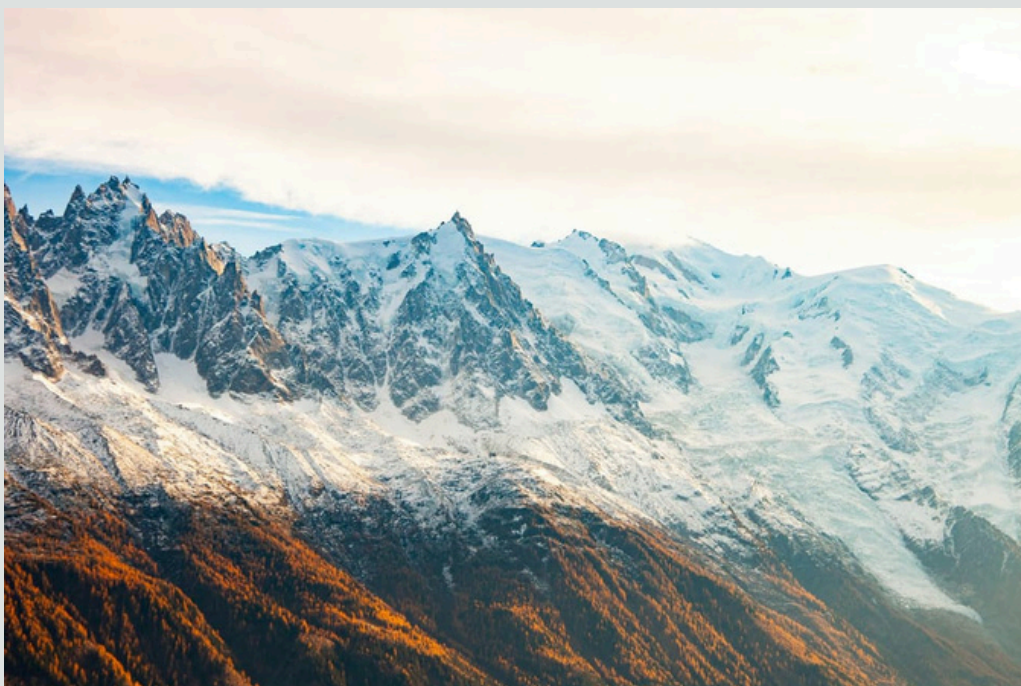
To bring:

- Trail running shoes with good grip
- Small crampons depending on conditions (can be rented)
- Water (at least 0.5L)
- Warm running clothes (gloves, hat, windbreaker, fleece, running tights or pants)
- Snacks
- Sunglasses (mandatory)

Required level

- Physical: 3/5
- Technical: 3/5

This activity is for anyone who regularly practices endurance sports, preferably running. Being used to mountain trails is obviously a bonus.



Price

- €220 for 1 to 4 people + €25 per additional person.
- Private groups: 1 to 6 people max.

What's Included

- A guided running session with a mountain professional, specialized in trail running, sharing their expertise and knowledge.

What's Not Included

- Transport from Chamonix (carpooling available for free, up to 4 people).
- Snow crampons if needed (rental available).