



ALPINE THREE PEAK CHALLENGE  
3 PEAKS - 3 COUNTRIES - 3 DAYS

• spinal  
• research

# ALPINE THREE PEAK CHALLENGE ITALY – SWITZERLAND – FRANCE



## 3 peaks in 3 countries in 3 days – over 3,000 metres!

Day 1 – Arrive in Chamonix in the evening for welcome drinks and snacks while we settle in to the chalet and run through the next two days, before heading to bed for a good night's sleep.

Day 2 – Breakfast and travel to Courmayeur, Italy to hike high above Val Veny and Val Ferret. This trek offers views of the dramatic, ridges of Mont Blanc as well as beautiful trails below the Miage Glacier. A likely summit would be Testa Bernarda (2,534 metres). A long descent takes us back to Courmayeur, before returning to the chalets in Chamonix for some rest and relaxation before dinner together.

Day 3 – An early start to take in a summit in Switzerland, likely to be Bel Oiseau (2,652 metres) standing twice the height of Ben Nevis and overlooking the pristine waters of Lac Emosson with views to Mont Blanc and the Matterhorn.

Day 4 – Departing the chalet for the final day in the Chamonix Valley, we will trek on the Aiguilles Rouges with Mont Blanc right in front of us. We will summit Aiguillette des Posettes (2,323 metres), have lunch and descend back to the valley and return to the chalet for a celebratory meal and drinks together in the evening.

Day 5 – Breakfast together & depart Chamonix to head home.



### *An example day...*

*8.00am – Breakfast*

*9.00am – Depart chalet*

*9.15am – Start hike*

*1.00pm – Lunch on the summit together*

*4.30pm – Return to chalet*

*5.00pm – Free time (hot tub / recovery)*

*7.00pm – Dinner & drinks*

*9.00pm – Free time*

*All routes and summits are subject to weather conditions and guides' assessment of the group's safety.*



## Guides:

In addition to experienced CHX staff, we also work with the very best, world-class local guides from the Chamonix Valley. The guides will plan the routes, ensure everyone's safety at all times and teach you about the surrounding environment.

## Accommodation:

You will stay in a 5\* luxury chalet not far from Chamonix centre. The chalet is the perfect place to relax after an exhausting day in the mountains, including a hot tub for tired legs. Our resident chef will provide 3 course meals, catering for dietary preferences and requirements.

## Logistics & Details:

- Day pack to be carried by participants
- Picnic lunches provided on trek plus breakfast and an evening meal each day
- Full kit list provided: warm clothing & good quality hiking boots are required
- CHX staff on-hand to support you throughout, including a pre-event meeting

## Cost:

Includes all accommodation, in-valley transfers, guiding costs as well as food and drink. Not including flights and transfers.

## Contact:

[robbie@chxchallenge.com](mailto:robbie@chxchallenge.com)





## WHAT PEOPLE HAVE SAID AFTER A CHX CHALLENGE...

“The stories, camaraderie and fun have been great and the setting and location could not have been bettered... As echoed by everyone at dinner last night, this truly has been the trip of a lifetime.”

Group CEO,  
The RPA and Restart

“As the sun sets on an incredible week in our lives, I just wanted to thank you all once more. Put simply, it is one of the very best things a Bridgepoint group has ever done – at least in my 18 years. This week you gave us many gifts including your time, expertise, humour, energy and patience.”

Partner,  
Bridgepoint Capital

“I highly recommend CHX. It is a life changing experience. Thanks to Damien, Ali and the entire CHX team for two wonderful days.

We will be back!”  
Managing Partner,  
Latham & Watkins