



SPINAL RESEARCH ALPINE CHALLENGE
(28 MAY – 1 JUNE 2025)



EXAMPLE ITINERARY – ALPINE THREE PEAKS

The Alpine Challenge includes routes that take in the mountains behind the mountains, exploring Chamonix's more remote valleys, while also climbing peaks around twice the height of Mt Snowdon and Ben Nevis, in breathtaking scenery.

28 May – Arrive in Chamonix late afternoon to enjoy an evening in the chalet, discussing the upcoming challenge over a delicious meal

29 May – After breakfast, we will set off for a warm-up hike in the Chamonix Valley. The route has a good amount of climbing & stunning scenery with a great spot for lunch on our first peak, before making our way back to Chamonix and the chalet for dinner. A chance to test our kit... and legs!

30 May – Leave the chalet after breakfast for a transfer to the start of a two day route. We will hike uphill, to Monts Jovet (2,368 metres) and Lacs Jovets, before heading to the refuge for drinks, dinner and a well-deserved rest in solitude, looking at the stars.

31 May – After breakfast, we head over the higher part of the steep col and the summit of Tete de la Cicle (2,552 metres), which requires taking a small scramble to get to the top. We then descend a long way from the peak before a short transfer back to the Chamonix Valley, and the comfort of the chalet and dinner!

1 June – Breakfast and depart Chamonix to return home.



Although no specific experience is needed, a good level of fitness is required, and you must be comfortable with some exposure for this trek. You will also need a good sense of adventure (and humour) for overnight in the refuge!

You will need to carry your own pack including snacks, lunch & water as well as your own overnight kit for the stay in the refuge.



Guides:

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

Accommodation:

You will stay in a luxury chalet in the Chamonix Valley. 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. This trip also includes 1 night in mountain refuge accommodation, which is much more basic but is also a very special experience.

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: appropriate clothing & good quality hiking boots are required

Included:

- 3 nights fully-catered in luxury chalet in Chamonix valley
- 1 night in mountain refuge accommodation
- Guiding costs with English-speaking, local mountain guides
- CHX staff on-hand to support you throughout, including a pre-event meeting

Contact:

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

“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

“Everyone at CHX was brilliant from the very beginning. They provided me with really good information. I was so nervous about whether I could do such a challenge but CHX’s support, encouragement and professionalism helped me no end. I went on to have the most transformational experience of my life.”

Charity Fundraiser,
Alpine Challenge 2023

“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 the entire CHX team for two wonderful days. We will be back!”

Managing Partner,
Latham & Watkins

