Compagnie des Guides de Chamonix

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TRAIL RUNNING - AIGUILLE DU TOUR IN A DAY

Duration: 1 | Fitness: ▲▲▲▲▲ | Technique: ▲▲△△△ | Price from: 910 €

The Aiguille du Tour in a day is the best summit for a first experience combining trail running and mountaineering. The route offers varied terrain conditions making it a fun and varied route. The ascent starts in the Tour village. A steep path along the old moraine leads us to the Albert premier hut. From there, we start walking on the Glacier du Tour finally arriving at the bottom of Aiguille du Tour. A last easy section on rocky terrain leads us to the summit where the views over the Mont Blanc Massif and the distant Swiss peaks is stunning. We return to the Tour village by the same route.

We guarante you the security standards adapted to this ascent that partially takes place in the high mountains on glacier. No previous mountaineering experience is required. Thanks to our partnership with Grivel, light mountaineering gear is provided (ice axe, crampons, harness, helmet).

ITINERARY

Climbing Aiguille du Tour round trip from the village of Le Tour

Point 1 : Car park of Le Tour (1450m/ 4 785 ft) - the glacier moraine 2130m (6988ft): Trail section: steep path. Vertical drop: 680m (2230ft).

Point 2 : The glacier moraine 2130m (6988ft) - Refuge Albert 1er (2706m/ 8 929 ft): We hike directly up the glacier moraine. Steep yet no technical difficulty to access the hut. Lunch break at the hut. We leave our trail equipment at the hut. Vertical drop: 1250m (4 125ft).

Point 3 : Refuge Albert 1er (2706m/ 8 929 ft) - Bottom of the Aiguille du Tour 3400m (11155 ft): Mountaineering - route on glacier. Col supérieur du Tour 3289m (10790 ft)
Vertical drop: 1950m (6397 ft).

Point 4 : Bottom of the Aiguille du Tour 3400m (11155 ft) - Summit of Aiguille du Tour 3540m/ 11 682ft. Vertical drop : 2100m (6890ft).

GROUP BOOKING

There is no group formula for this activity. We do not mix people who do not know each other.

PRIVATE BOOKING

A private formula is the historical relationship that binds a mountain leader to their clients. It allows you to be alone or in your own group with your mountain leader who will meet your specific needs. It is undoubtedly the ideal formula realise your projects because it guarentees you a maximum amount of comfort.

Dates 2027 : On request, from June to September

Prices 2027 :
910€ for a group of 1 to 2 people

Included in the package :
- guiding services
- technical equipment: we supply **light technical GRIVEL** equipment (crampons, ice-axe, helmet and rope)

Not included in the package :
- personal mountaineering equipment rental
- cancellation and repatriation insurance
- accommodation before and after the ascent
- energy snacks and drinks

FURTHER INFORMATION

In this section, find all the information about this activity. For further information, please contact our advisor.

Meeting point : It will be fixed by your guide, depending on conditions.

Ability level : For people in excellent physical shape. Climbing from Le Tour village to the summit entails a 2090m vertical gain. No mountaineering experience requested

Guiding policy : 1 to 2 people. *Exclusively for people who know each other*

Food - provisions : Your responsibility. During the ascent breakfast and lunch can be taken at the hut Refuge Albert premier. Participants must bring energy snacks (dry fruits, energy gel, chocolate…). Bring small change in euros for extra drinks.

EQUIPMENT

We recommend you take particular care over you choice of equipment, as it plays a large role in the success of your trip. Weight is critical, and you must always evaluate the weight-to-comfort ratio to find the best compromise. Generally speaking, it is better to put on several thin layers than to have one bulky item of warm clothing, and it is vital that you remain dry at all times.

Equipment
- A 30 liter back-pack,
- High-altitude mountaineering boots that are not too tight,
- Gaiters, if needed for your trousers
- Telescopic trekking poles
- **Crampons with anti-balling plates; helmet, harness and straight ice axe**

Clothes
- Warm hat that can be worn under a helmet
- Sun hat or cap
- Neck protection such as a ‘Buff’
- ‘Micro-fibre’ style long-sleeve base layer
- Fleece
- ‘Gore Tex’ style shell jacket with hood
- Down jacket
- Base layer leggings
- A trekking trousers,
- ‘Gore Tex’ style over-trousers
- Warm specialist walking socks
- Lightweight specialist walking socks
- Ski gloves or good quality mitts
- Leather or fleece gloves
- Change of clothes at your discretion

Accessories
- Category 4 sunglasses
- Ski goggles
- Headtorch plus spare batteries
- Sheet sleeping bag

- Water bottle (minimum 1.5l) and thermos bottle
- Personalised first aid kit with a minimum of: sun cream, lip balm, cotton buds, blister kit, antisickness medication
- Watertight bag to contain your ID/passport and Euros

Our Rental Partners : You can rent your equipment with our rental shops partners and benefit from special price Sanglard Sports, Ravanel & Co & Concept Pro Shop
For clothes, you can contact our partner Millet
Our Equipment Partners : Millet, Dynastar, Julbo, Grivel & Monnet