# Compagnie des Guides de Chamonix

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## TRAIL RUNNING - MONT BLANC IN A DAY

Duration: 1 | Fitness: ▲▲▲▲▲ | Technique: ▲▲▲▲▲ | Price from: 1 900 €

### MONT BLANC IN A DAY: AN EXTRAORDINARY ASCENT

Combine trail running and mountaineering to reach the most iconic summit of the Alps in just one day. Starting from the valley, without the use of lifts, you will progress from a comfortable trail to high-altitude glaciers and the summit dome. Throughout the climb, our guides will ensure that all essential safety standards are maintained for this demanding high-mountain adventure: The guide remain fully responsible for decision-making and may decide to turn back if they judge that the client is no longer able to continue the ascent due to physical and/or technical limitations.

### MONT BLANC IN A DAY: A DEMANDING CHALLENGE

With nearly 4,000 meters of elevation gain, Mont Blanc in a day is an exceptional sporting challenge. Proper acclimatization is essential to cope with both the physical effort and the effects of altitude. It should be an integral part of your preparation; without it, you risk serious difficulties and may be forced to turn back. Our formula does not include acclimatization, but we can adapt it to your specific needs if required. Please feel free to contact our team for advice.

⚠ **In the event of personal failure, no refund will be issued**

## ITINERARY

**Mont Blanc in a Day | Round trip from Les Houches via the Goûter Route**

**Section 1.** Mairie des Houches (1000m) - Mont Lachat pass (2100m)
Steep trail section | Total vertical drop: 1100m

**Section 2.** Mont Lachat (2100m) - Nid d'Aigle (2372m)
Trail section along the railway | Total elevation gain: 1372m

**Section 3.** Nid d'aigle (2372m) - Refuge de Tête Rousse (3167m)
Rocky trail section. Snack break at the hut | Total elevation gain: 2167m

**Section 4.** Refuge de Tête Rousse (3167m) - Refuge du Goûter (3850m)
Mountaineering - Scrambling | Total elevation gain: 2850m

**Point 5.** Refuge du Goûter (3 850m) - Mont Blanc (4 809m)
Mountaineering - Glacier walk with some steep sections: Goûter Dôme, Vallot hut, Bosses ridge | Total elevation gain: 3810 m

## GROUP BOOKING

There is no group booking on this activity. Only private booking

## PRIVATE BOOKING

The private option allows you to climb Mont Blanc with your own group and benefit from a guide dedicated exclusively to you. You can choose your departure date according to availability, and the ascent can be adapted to your pace and the conditions on the mountain.

**Dates 2027**
Thursday late evening, from June to September

**Prices 2027**
- 1900€ for one person
- 2090€ for two persons

**Included in the price**
- Guiding services
- Technical equipment : Crampons, helmet, harness, ice axe

**Not included in the price**
- Food and drinks
- Transfer to the meeting place

## FURTHER INFORMATION

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

**Meeting point**
Les Houches church square — between 9:00 p.m. and midnight (time confirmed by your guide)

**Ability Level**
For trained athletes only. Regular training (running, cycling, hiking, etc.) and experience with very long efforts (12+ hours) are essential. Previous mountaineering experience is required

**Guiding policy**
1 to 2 people

**Climbing Schedule**
Ascent : 8-10 hours
Descent : 5-7 hours

**Food**
Participants must bring their own food. Snacks can be bought at Tête Rousse and Goûter huts. No water available

**Equipment**
Our partner Grivel provides light-range gear at Tête Rousse hut: crampons, ice axe, helmet, and harness

**Cancellation / Rescheduling**
If conditions are deemed unfavorable by your guide, you can choose an alternative objective, reschedule, or cancel

## EQUIPMENT

We recommend you take particular care over you choice of equipment, as it plays a large role in the success of your trip. Weather conditions can be extremely variable: from 20ºC on the approach route to the hut, to -15ºC on the summit. 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.

⚠ **Use trail gear for the trail sections and mountaineering equipment for the high-mountain sections**

**Equipment**
- 35-litre backpack
- 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 (provided by our partner GRIVEL)

**Clothing**
- 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
- 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 Millet (excluding crampons, ice axes and helmet), Sanglard Sports, Ravanel & Co & Concept Pro Shop
**Our Equipment Partners :** Millet, Dynastar, Julbo, Grivel & Monnet