# Compagnie des Guides de Chamonix

190 place de l'église - 74400 Chamonix – France - Tél : + 33 (0)4 50 53 00 88
www.chamonix-guides.com - e-mail : info@chamonix-guides.com


## MONT BLANC - PREMIUM PACKAGE

Duration: 4 | Fitness: ▲▲▲▲▲ | Technique: ▲▲▲▲▲ | Price from: 3 445 €

### MONT BLANC ASCENT: A TRUE CHALLENGE

Climbing Mont Blanc requires excellent physical fitness and solid mountaineering experience. Around 4,600 m, the route now includes a steep section that demands perfect mastery of crampon techniques. For this reason, at least two days of prior mountaineering experience with crampons are mandatory before signing up. Our Beginner mountaineering course, Aiguille du Tour, Vincent Pyramid programmes provide the ideal setting to acquire the necessary skills.

### THE COMPAGNIE DES GUIDES DE CHAMONIX: UNIQUE EXPERTISE

Founded in 1821, the Compagnie des Guides de Chamonix has always been closely linked to Mont Blanc and has developed, over generations, a unique expertise in guiding mountaineers to its summit. This 4-day programme includes one day of acclimatisation followed by a three-day ascent. During these four days, you share the experience exclusively with your guide, whose expertise is fully dedicated to you.

### WHEN IS THE BEST TIME TO CLIMB?

There is no such thing as a "perfect period" for Mont Blanc. Conditions vary from year to year. Global warming and frequent heatwaves can lead to excessive temperatures from mid-June to early September. Early in the season, abundant snow can make progress more difficult, while late in the season can bring early-autumn weather. Ultimately, the success of your ascent depends on your flexibility and your ability to adapt to the conditions at the time.

## ITINERARY

**Day 1**

**Route at altitude to acclimatise**

This first day is designed to help you settle in and get to know your guide. It also gives your body some time to adapt to physical effort at altitude. Examples of routes include: Traverse of the Aiguilles Crochues (2840m), Traverse of the Pointes Lachenal (3613m).

**Day 2**

**Walk up to the Tête Rousse hut**

We take the Bellevue cable car and Tramway du Mont Blanc to the Nid d'Aigle (2372m), from where we set off in the afternoon. A track leads us to the Tête Rousse Hut (3171m), and takes around 2½ hours, altitude difference: +799m. *During the closing period of the Tramway du Mont-Blanc (in general before mid-June), this day is dedicated to the climb to the mountain hut, starting from Bellevue (1796m). 4 hours of effort to reach the hut, altitude difference: +1375m.*

**Day 3**

**Ascent of Mont Blanc with night in Goûter hut**

We leave the Tête Rousse hut in the middle of the night at around 4am. The ascent of the Aiguille du Goûter is partially equipped with cables and leads to the Goûter hut (3835m), *altitude difference: +664m*. This takes around 2½ hours. We stop at the hut to lighten our packs and have something to eat. Our climb now continues via the shoulder of the Dôme du Goûter (4275m), the 'abri' Vallot (4362m) and the Arête des Bosseswhich includes a very steep section since 2020. We reach the

summit in the middle of the day. From an altitude of 4805.59 m (as measured in 2023) you are afforded exceptional panoramic views. It is now time to start the descent, which follows the same route. The round trip from the Goûter hut takes 6 to 7 hours, *altitude difference +-970m*.

**Day 4**

**Descent from the Goûter hut**

We leave the hut in the early morning and continue our descent to the Nid d'Aigle, which marks the end of our trip. This takes around 3 or 4 hours of walking. *During the closing period of the Tramway du Mont-Blanc (in general before mid-June), the return route goes all the way to Bellevue. 4-5 hours of effort in total.*

## PRIVATE BOOKING

This Premium package allows you to be alone with your guide that meets your specific needs. It is undoubtedly the ideal formula because it guarantees you a maximum of comfort.

**Dates**

See the booking module. The displayed dates always correspond to the first day of the trip

**Programme**

The programme may be adjusted depending on mountain and weather conditions

⚠ **By registering, you agree to accept an alternative ascent (Plan B) — such as Monte Rosa or Gran Paradiso — if Mont Blanc cannot be attempted**

**Mountain hut reservations**

Mountain huts confirm most of the bookings from February onwards. If there are any difficulties, we will contact you to offer one of the following options: wait for confirmation, choose another ascent or cancel free of charge

⚠ **Please do not call us regarding hut confirmations unless you have received a message from us**

**2027 price**

3445€ per person

**The price includes**

- Supervision by a UIAGM mountain guide
- 2 nights half board in mountain huts (dinner, breakfast, and overnight stay): days 2 & 3
- 2 bottles of water per day in the huts (days 2 & 3)
- Tea for the ascent and a meal at the Goûter hut after the climb on day 3
- Lift passes

**The price does not include**

- Accommodation in the valley (day 1)
- Lunches and snacks
- Drinks and personal expenses
- Transportation to the meeting point
- Personal technical equipment

## FURTHER INFORMATION

Find here all the practical information about this trip. For any additional details, please contact our advisors.

**Level**

This programme is intended for fit and experienced participants who regularly practise endurance-based activities. Minimum age: 18

⚠ **A minimum of two days of mountaineering experience using crampons is mandatory to register**

**Beginning of the season**

The Mont-Blanc Tramway is generally closed until mid-June. During this period, expect an additional 1.5 hours of ascent on days 3 and 5, making the climb more physically demanding

**Physical preparation**

Start training several months in advance with 2 to 3 endurance sessions per week. A monthly training plan is sent to you five months before your trip. Key benchmarks:

Urban training: running and cycling with repeated elevation gain
Goal: be able to run a half-marathon at your own pace without suffering → See our training tips
Mountain training: hikes with progressive elevation gain (500 m to 1,000 m)
Goal: be able to handle 1,500 m of ascent/descent comfortably → See our training tips

**Altitude acclimatisation**
Acclimatisation allows your body to adapt to altitude and helps reduce side effects (e.g. headaches). Your stay includes two days of acclimatisation followed by three days of ascent

**In case of a Plan B**
The ascent of Mont Blanc depends on your fitness level, the weather, and mountain conditions. If the ascent cannot be attempted, an alternative climb (Plan B) will be offered
⚠ **Price may be adjusted depending on the services not used (lift, hut, etc.)**
⚠ **No refund will be made if Plan B is chosen due to insufficient physical or technical level**

**Meeting point**
On day 1, at 8:30 am at the Compagnie des Guides de Chamonix, 190 place de l'Eglise, Chamonix

**Supervision**
One guide for one person

**Accommodation**
Two nights in a mountain hut with half board (dinner, breakfast, and overnight stay) on days 2 and 3

**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

**Formalities**
Rescue and repatriation insurance is mandatory. We offer a combined cancellation and rescue/repatriation insurance when booking
⚠ **A valid ID is required for registration**

## 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. Weather conditions can be extremely variable: from 20ºC on the approach route to the hut, to -15ºC on the summit (like a cold winter's day in a ski resort). 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**
- 35-litre backpack
- High-altitude mountaineering boots that are not too tight - *rentable*
- Gaiters, if needed for your trousers
- Telescopic trekking poles - *rentable*
- Crampons with anti-balling plates; helmet, harness and straight ice axe - *rentable*

**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 - *rentable*
- Down jacket
- Base layer leggings
- Durable summer mountaineering trousers (not ski trousers)
- 'Gore Tex' style over-trousers - *rentable*
- 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

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**Our Equipment Partners :** Millet, Dynastar, Julbo, Grivel & Monnet