



Compagnie des Guides de Chamonix

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MONT-BLANC - DUO PACKAGE

Duration: 5 days

Level: ▲▲▲▲▲

Price from: 1 830 €

Mont Blanc is unquestionably the most famous peak in the Alps. Its first ascent, in 1786, marked a turning point in the development of the Chamonix valley, which after this time was geared towards catering to the flourishing tourist market. Since its creation in 1821, the Compagnie des Guides de Chamonix (Chamonix Guides Company) has been intimately linked to Mont Blanc. Over the years the Compagnie has developed a unique expertise for guiding mountaineers to its summit. Despite its huge reputation, the ascent of Mont Blanc is a genuine challenge requiring a high level of physical fitness and technical skills in crossing rocky and icy terrain.

We strongly advise you not to overestimate your abilities, and we highly recommend that you take an introduction to mountaineering course (Beginner mountaineering course, Aiguille du Tour, Pyramide Vincent,...) before embarking on this adventure.

The originality of this package lies in the small group size. You progress over five days in groups of two (one guide for two clients). Personalised advice from your guide and the flexibility of this package guarantee a high-quality trip and optimise your chances of success. To avoid problems caused by participants not knowing each other, sign up is restricted to pre-existing teams of two only. For solo reservations please see our "Mont Blanc - Premium package".

ITINERARY

Your stay consists of 2 days of acclimatization and 3 days of ascent. The main purpose of the acclimatization period is to allow your body to adapt to altitude. Through the acclimatization races carried out, this period is also the way to acquire the essential basic technique and to test your physical capacities. The ascent of Mont Blanc is then carried out by the normal route of Goûter.

Day 1 and day 2: Day routes - acclimatisation

This first two days are 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), the Petite Aiguille Verte (3512m), and the Traverse of the Pointes Lachenal (3613m).

At the end of this acclimatisation period your guide will organise a debriefing. Based on your experience he or she may steer you towards a route other than Mont Blanc, if he or she judges that you are not sufficiently ready at that stage.

Day 3. 'Ecole d'escalade' with night in Tête Rousse hut

We spend the morning at one of the valley's rock climbing areas (école d'escalade) fine-tuning our technique on rocky terrain. 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 (3167m), and takes around 2½ hours.

Day 4 and day 5. Ascent of Mont Blanc with night in Goûter hut

We leave the Tête Rousse hut in the middle of the night at around 04:00. The ascent of the Aiguille du Goûter is partially equipped with cables and leads to the Goûter hut (3835m), rebuilt in 2013. 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 Bosses. We reach the summit in the middle of the day. From an altitude of 4808.7m (as measured in 2017) 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.

The next day 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.

Mont Blanc: a high-mountain ascent

As with all climbs in the high-mountain environment, the ascent of Mont Blanc is dependent on weather conditions.

The high-mountain environment is directly impacted by global warming. The rise in temperatures leads to a reduction in snow cover, which causes more frequent rock fall. The normal route on Mont Blanc, and the climb to the Goûter hut in particular, is no exception. **The mountains impose their own rules and, owing to bad weather or an unsatisfactory level of danger, the climb may not be possible. If this is the case, we will suggest an alternative objective depending on the conditions, such as the Gran Paradiso or Monte Rosa.**

The program described above is a guide only and may change depending on the group's abilities, opening times for the cable cars, weather conditions and conditions in the mountains. Refunds will not be made for changes to this program.

PRIVATE BOOKING

In order to avoid any problem related to the association of people who do not know each other, only duos can register. If you are alone, you can book the "[Premium package](#)".

Dates 2022 : Find all the dates available in the drop-down list below.

The managing body for the Mont Blanc normal route refuges has imposed a system on everybody that does not permit any refuges to be reserved before the spring of the current year. The number of places are limited; we may be forced to ask you to modify the initial dates of your ascent which you have selected in our online planning.

Price 2022: 1830€ per person, based on 2 people.

Included in the package:

- IFMGA English speaking mountain guiding service,
- 2 nights with dinner & breakfast (Day 3 & 4)
- Lift access as per programme,

Not included in the package :

- Accommodation on Day 1 & 2,
- Personal drinks and other personal expenses (we recommend you bring Euros),
- Take out lunches and daily snacks,
- Cost of getting to meeting point,
- Personal technical equipment including your mountaineering shoes.

If you are a group of 3 people:

The guiding policy is 2 people per guide; 2 mountain guides will be necessary.

Price 2022: 2400€ per person based on 3 people.

To book, thank you to send an email to [Célia](#)

FURTHER INFORMATION

Find in this section, all the information about this activity. For any further information please contact our advisors

Meeting point: Meet on the first day at 08:30 at the Compagnie des Guides office at 190 place de l'Eglise in Chamonix.

Ability level: An appropriate choice of peak is essential for you to properly enjoy your holiday. To get the most out of your trip we recommend you take regular exercise throughout the year and, where necessary, undertake specific training a few months before you leave. Try to avoid last minute training that can lead to injury. Do not to overestimate your abilities, and do be aware that the weight of your pack and higher altitudes reduce your usual strength and stamina.

This program is aimed at experienced walkers who regularly take part in activities requiring stamina. Ten to 12 hours physical effort per day. Previous mountaineering experience is strongly recommended.

Physical Preparation: Your physical training should begin several months before the ascent. You will find below our suggestions depending on the environment where you live :

- Alpine environment: Trekking with progressive elevation gain (500m - 800m - 1000 m...); you should be able hike a 1500m ascent/descent trip without encountering any problems or difficulty. Regular training in endurance sports (2 to 3 times per week).
- Flat & Urban environment : Focus on running and cycling and where possible incorporate a repetitive elevation gain/drop, even on a short distance. Regular training in endurance sports (2 to 3 times per week).

Altitude Acclimatization: If the physical preparation starts several months before, acclimatization should take place just a few days before the ascent. This allows your body to acclimatize gradually to the difference in altitude and limits any undesirable effects that might occur. Our program was specifically designed for this with 2 days of acclimatization and 3 days for the ascent.

Guiding policy: 2 people per guide for 5 days. The level of supervision, specific to the Compagnie des Guides de Chamonix, optimises your chances of success.

Accommodation: Two nights half-board in a hut (evening meal, breakfast and overnight accommodation).

Documentation: Participants must have mountain sports insurance with repatriation cover. We strongly recommend that this also includes cancellation cover. You can take out insurance when you sign up. Participants must also take valid ID with them.

EQUIPMENT

We recommend you take particular care over your 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 20°C on the approach route to the hut, to -15°C 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

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](#)

Our Equipment Partners : [Millet](#), [Dynastar](#), [Julbo](#), [Grivel](#) & [Monnet](#)