



# Compagnie des Guides de Chamonix

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## MONT BLANC - PREMIUM PACKAGE

Duration: 4 days

Level: ▲▲▲▲▲

Price from: 2 760 €

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.

Season after season, global warming has resulted in substantial modifications of glaciers' morphology. The Goûter normal route is no exception. Since 2020, the upper section of the "arête des Bosses", located at about 4600m, has transformed. Today, it includes a very steep part demanding to be perfectly at ease with the use of crampons. **In this context, a minimum of two days of mountaineering experience - including the use of crampons - is now mandatory.** We invite you to check out our beginner programmes [Beginner mountaineering course](#), [Aiguille du Tour](#), [Pyramide Vincent](#).

Our Premium Package guarantees you optimal conditions to achieve your ascent of Mont Blanc. You progress over four days with your guide on a one-to-one basis. Your guide's professionalism is at your complete disposal and the program can be adjusted to respond to your specific needs.

### ITINERARY

Your stay consists of a day of preparation and 3 days of ascent. The ascent of Mont Blanc is carried out by the Gouter normal route.

#### 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. Rock climbing then night in the Tête Rousse hut

We spend the morning at one of the valley's rock climbing crags 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. *During the closing period of the Tramway du Mont-Blanc (in general before mid-June and after mid-September), this day is dedicated to the climb to the mountain hut, starting from Bellevue (1750m). 4 hours of effort to reach the hut.*

#### Day 3 and day 4. 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), 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 which includes a very steep section since 2020. 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. *During the closing period of the Tramway du Mont-Blanc (in general before mid-June and after mid-September), the return route goes all the way to Bellevue. 4-5 hours of effort in total.*

## 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 programme above is intended as a guide only. It could be modified according to group level, opening periods of cable cars, weather and mountain conditions... Except from the periods where - under exceptional circumstances - the Compagnie des Guides de Chamonix decides to suspend its ascents by the Goûter normal route, **no modification of the programme can be the object of a refund.**

## 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 2023 :** Find all the dates available in the drop-down list.

- In general, the Tramway du Mont-Blanc is closed before mid-June and after mid-September
- The booking process of the mountain huts on the Mont Blanc normal route does not allow us to guarantee the dates of your trip. Under exceptional circumstances, we could ask you to modify the dates of the trip that you had initially booked online.
- The dates displayed on our online booking calendar indicate the starting day of the programme.

**Price 2023 :** 2760€ per person

Included in the package:

- IFMGA English speaking mountain guiding service
- 2 nights half-board in a hut (evening meal, breakfast and overnight accommodation): Day 2 & 3
- lift access as per programme

Not included in the package :

- accommodation on Day 1
- 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

## 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 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. Previous mountaineering experience - including at least two days with crampons - is mandatory. Your booking will not be accepted if you do not meet this requirement.**

**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 1 day of acclimatization and 3 days for the ascent.

**Guiding policy** : 1 people per guide for 4 days. This level of supervision optimises your chances of success.

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

**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](#)

**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 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 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

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