



# Compagnie des Guides de Chamonix

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## TRAIL RUNNING - MONT BLANC IN A DAY

Duration: 1 day

Level: ▲▲▲▲▲

Climbing Mont Blanc in a day is the opportunity to live an incredible human adventure. The climb starts on well-marked trails and finishes on the ice-cap at the summit. It represents a total vertical gain of almost 4000m (13 200ft).

The Compagnie des Guides de Chamonix guarantees you the security standards adapted to this ascent that partially takes place in the high mountains. A previous mountaineering experience is required.

Thanks to our partnership with [Grivel](#), light mountaineering gear is provided (ice axe, crampons, harness, helmet) from the Tête Rousse refuge.

### ITINERARY

**In Option : Practice hiking with crampons: Aiguille du Midi (3842m) or Pointe Helbronner (3462m).**

A day to get familiar with basic mountaineering techniques: walking on a glacier while roped-up, using crampons and ice-axe, learning elementary mountaineering knots, etc. During this first day, we will take some time to learn and master basic mountaineering techniques and test our physical skills in order to increase our chances of success and reach the summit of Mont Blanc in one day.

**Ascent of the Mont-Blanc : go & back from les Houches village through the normal route of Le Goûter.**

**Meeting point:** we meet in the center of the village of Les Houches, in front of the town hall. We will leave sometime around 21H00 and midnight.

**Point 1 :** Mairie des Houches- 1000 m (3300ft) - Mont Lachat pass- 2100m (6890ft).

Steep trail sections, with no technical difficulty.

Vertical drop : 1100m (3610ft).

**Point 2 :** Mont- Lachat to Nid D'Aigle 2372m (7782 ft)

Trail section along the railway.

Vertical drop: 1372m (4501ft).

**Point 3 :** Nid d'aigle cogtrain terminal, 2372m ( 7 827ft) + 1372 m (+ 4 527ft)

We hike along the tracks of « Tramway du Mont Blanc » cogtrain: no technical difficulty.

**Point 4 :** Refuge de Tête Rousse, 3167 m (10 450 ft) : 2167 m (+ 7151ft)

We follow the trail leading to the hunters' cabin "Baraque des Rognes", and meet Ibexes along the way.

**Point 5 :** Refuge du Goûter, 3850m (12 705 ft) : +2850 m ( 9400ft)

This section is long and technical, and obviously strenuous.

Mont-Blanc summit 4810m (15 873ft) : +3810m ( 12 573ft)

We follow the normal route (Goûter Dôme, Vallot hut, Bosses ridge, summit at 4 810m/15 873ft). This is the high mountaineering part of the climb, on glacier only with gradually steep and difficult slopes.

*This program will depend on weather and terrain conditions at time of ascent, as well as group's mountaineering skills and fitness level. The guide will suggest another ascent if necessary. (Ex: Gran Paradiso in Italy: see product description "Gran Paradiso in a day").*

## GROUP BOOKING

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

## PRIVATE BOOKING

Private hiring is the historical relationship that binds a guide to his/her client. It allows you to be alone, or in a constituted group, with your guide that meets your specific needs. It is undoubtedly the ideal formula to realize your projects because it guarantees you a maximum of comfort. You are free to choose your departure date (depending on the availability of the huts) and the itinerary can be adjusted, according to your specific expectations.

**Dates 2023 :** On request, from June to September  
Planned from Thursday to Friday.

**Prices 2023 :**

1680€ for one person

1850€ for two persons

Included in the price :

- Guiding services
- Technical equipment (see below)

Not included in the price :

- Personal mountaineering equipment rental
- Cancellation and repatriation insurance
- Accommodation before and after the ascent
- Energy snacks and drinks

**The training day :** 420€ (for a group from 1 to 2 people)

**Compagnie des Guides 'special service:** we supply **light technical GRIVEL** equipment (crampons, ice-axe, helmet and rope). Equipment to be picked up at Tête Rousse hut.

## FURTHER INFORMATION

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

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

**Ability level :** Preparing for Mont Blanc requires several months of training. We recommend regular cardio activity such as biking, running, hiking..., with an average vertical gain of 1000 to 2000 meters (3000 to 7000 feet), or 2 to 4 hours of exercise per training session, alternatively uphill and downhill at a good pace. Due to altitude (> 4000m) this product was designed for people who work out regularly, following a semi-intense program.

People who wish to climb Mont-Blanc should have a good experience of the use of crampons on a glacier at high altitude. Concerning the Express version, an experience of a long courses more than 12 hours of effort is require.

Note: climbing Mont Blanc is not recommended under 18.

**Climbing times :** 8 to 10 hours up and 5 to 7 hours down

The descent follows mainly the same route.

**Guiding policy :** 1 to 2 people\*. The Compagnie des Guides de Chamonix's guiding policy is one of the strictest in the mountain guiding business. It guarantees the most balanced groups as possible as well as high-quality personalised advice.

\* **Exclusively for people who know each other.**

**Food / Provisions :**

Your responsibility. During the ascent breakfast and lunch can be taken at the hut refuge de Tête Rousse (3167 m/ 10 450 ft). Participants must bring energy snacks (dry fruits, energy gel, chocolate...). Water at the huts is *NOT drinkable*. Bring small change in euros for extra drinks.

**Preparing for the trip :** Your mountain guide will be in contact to answer any questions you may have.

## 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. 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
- 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
- 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](#)