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MONT BLANC ASCENT WITHIN 3 DAYS (ASCENT ONLY)

Reserved for experienced and acclimated mountaineers, this trip offers the possibility of climbing Mont Blanc within three days through the normal way of the Goûter.

Located on the French-Italian border, climbing the renowned Mont Blanc is a demanding challenge but one of the most beautiful mountain treks in the world. With its peak reaching 4810m, it is the highest summit in the Alps.

The first day is devoted to a quiet climb to Tête Rousse refuge (3167m) to slowly acclimatize your body to altitude, essential over 3000m. On the second day, we start climbing early in the morning, when the sun rises, towards the Goûter refuge. If announced weather conditions are better than on the third day, you will go directly to the Mont Blanc summit and you will return to the Goûter refuge to spend the night. If you didn't do it on the second day, the third day will be the day of the ascent.

Once you will reach the 4810m summit, you will be at the Top of Europe. The jaw dropping view of Mont Blanc peak looming over the spectacular mountain landscape to the horizon will be engraved in your memory forever.

Booking for a minimum of 2 persons is required for this trip.

Region	Northern Alps : around Mont blanc
Activity	Summer
Duration	3 days
Code	AMBC-LIB
Price	From €1,295
Level	4/5
Comfort	3/5

ITINERARY

Day 1 From the Mont Blanc train to the Nid d'Aigle, walking to the Tête Rousse refuge (3167m)

Easy first steps for our Mont Blanc ascent. We start by taking the Bellevue cable car in Les Houches to reach the Tramway du Mont Blanc and enjoy the ride until the Nid d'Aigle (2372m). An easy hike under the edge of Rognes and a small passage on the north face of the Mont Blanc, enjoying a stunning view over the Chamonix valley. We come out on a snowy plateau at the end of which is the brand-new refuge of Tête Rousse (3167m). The afternoon is devoted to resting and acclimatizing, enjoying the magnificent view of the north face of Bionnassay.

Warning: cable cars will not be open for the first two departures of June, this will increase the hiking time (about 1000m of additional vertical drop) to arrive to the Nid d'Aigle.

Ascent : about 800m / Max Alt : 3167m / Walking time : 3 to 4 hours

Day 2 Going up to the Goûter refuge

After a nice breakfast at the refuge, we leave towards the Goûter corridor. You must follow your guide's instructions. Once you are on the ridge, you can see the Goûter refuge: a few meters more of walking and you will rest your weary feet before the big climbing day.

Walking time : 3 to 4 hours / Ascent : about 700m / Drop : about 700m

Day 3 Mont Blanc Ascent

Today is the day you will reach the top of Europe!
We wake up very early, even before the sun rises, have a big breakfast and we start our hike heading to the Goûter dome. We are moving forward, slopes are gentle and we take a calm and steady pace.
We then start to climb up for a few hours, finding ourselves between sky and ground walking on a magnificent, sometimes aerial, slope. Finally, the peak appears.
Here we are, standing stock-still at an altitude of 4 810 meter, open-mouthed and agog.

After absorbing the breath-taking view of the 360° panorama, it's time to come back down to the Nid d'Aigle, where we hop back on the Tramway du Mont Blanc. A final round of cable car and here we are back in Les Houches.

Walking time : 10 to 12h / Ascent : about 1000m / Drop : about 2500m / Max Alt : 4810m

ITINERARY CHANGE

Probabilities of ascending the Mont Blanc with a guide reaches 50%. Most fails are due to weather conditions. You must know that above 4000 meters, the wind or bad weather makes the ascent impossible or too dangerous. We try to anticipate as much as possible and to take the best decisions to help you reach the Mont Blanc peak, but our priority will always be safety. The high mountain guide that will accompany you knows the Mont Blanc perfectly and will be able to evaluate the risks of the ascent. At

last, he is the one who will take the decision to do the ascent or not. We will confirm the possibility to try the ascent three days before departure. However, the weather may be different as the one originally planned (this is unfortunately common in Chamonix). In that case, the guide may still decide to change the program or cancel the ascent in the morning of the departure day.

FOR SAFETY REASONS AND TO ENSURE A UNIFORM LEVEL CORRESPONDING TO THE ONE ANNOUNCED, THE SUPERVISION AND ORGANISATION BOARDS HAVE THE RIGHT TO INTERRUPT YOUR PARTICIPATION IF YOUR TECHNICAL OR PHYSICAL LEVEL ARE LOWER THAN THE ONE REQUIRED. THE INTERRUPTION WILL NOT GIVE YOU ANY RIGHT OF REFUND OR PAYMENT OF COMPENSATION.

PERIOD & BUDGET

When to travel?

The best period for travelling is during the following months:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

Price

1225€

The budget is an indication of the price per person, subject to availability. Your local agent will send you a customized quote with the exact price. The price can vary according to availability, level of services, period of travel, number of participants, booking time frame and other items.

Included

A deposit of 30% of the trip's price will be needed during the booking, the whole price must be paid at least 30 days before departure.

- The technical organization of the stay
- 3 days of mountaineering with high mountain guides
- 2 nights accommodation (full board : all breakfasts, packed lunches and evening meals)
- All cable cars (needed for the normal program)

Not included

- All transports around the valley
- Flights
- Individual equipment : crampons, ice axe, harness, helmet, mountain shoes, backpack, mountain poles,.. (possible to rent)
- Insurance fees
- All the drinks and personal expenses
- Snacks: dried fruits, cereal bars, chocolate bars, etc...
- Individual equipment : mountaineering shoes, crampons, helmet, harness, ice ax, sticks, backpack, etc...
- Anything that is not mentioned in the "price includes" section

Notes

Please note that our first meeting will be on the first day of the trip. If you want to book more nights (e.g. before the first day or after the last day), you can contact us and we will do it for you. The price is around 95 € / pers. / night (half-board) in a double room.

International flights

If you wish, we can take care of booking your international flights to the closest airport of your destination.

Terms and conditions

Inscription

By booking one of our travels, the customer bindingly accepts the general terms and conditions of sale. Each customer must fill a registration form. The booking is definitively registered when the customer has settled the payment of a deposit of 30 % of the total trip's price (subject to availability at the time of registration). In case of short term booking – within 30 days before the travel departure, the full trip's price is due immediately. Payments can be settled via bank transfer (SWIFT code/IBAN number) or online, directly from our website (available soon). You will receive an email with a booking confirmation as quickly as possible.

Facturation

Once your booking registered, we send you an email with the invoice. Full payment is required at least 30 days before your arrival. If the customer does not settle the payment of the travel's price within the period agreed upon, Altaï Alpes gets the right to cancel the booking without additional charges.

Annulation

For any reason, if you decide to withdraw from a trip, the amount already paid will be refunded subject to the following exceptions:

- Cancellation up to 45 days before the agreed beginning of the trip: You will be charged 20 % of the travel's price, in addition with every non-refundable expenses for additional services booked on request (internal flights, site entrance tickets, activities…)
- Cancellation between 44 and 15 days before the agreed beginning of the trip: You will be charged 50 % of the travel's price, in addition with every non-refundable expenses for additional services booked on request (internal flights, site entrance tickets, activities…)
- Cancellation less than 14 days before the agreed beginning of the journey: You will be charged 100 % of the travel's price, in addition with every non-refundable expenses for additional services booked on request (internal flights, site entrance tickets, activities…)

Any cancellation shall be notified in writing (email, letter or fax). The cancellation will be effective as soon as we receive your written statement. If we notice early that the minimum number of participants for a trip cannot be reached, Altaï Alpes will exercise its right of withdrawal immediately. In that situation, you will be informed of the cancellation of your travel no later than 21 days before the agreed beginning of the journey. Altaï Alpes can also cancel a travel in case of major circumstances such as volcanic eruption, civil disturbances, strikes, weather and climate conditions, in order to ensure traveler's security… In such cases, you will immediately be refunded of any payments. However, you will not be entitled to any compensation.

Modification du contrat

If any change is made in the travel's contract at the customer’s request, any fee that might arise from this change shall be paid by the customer. In any cases, every request for changes shall be notified in writing. In case of external events that could not be foreseen, Altaï Alpes might change some aspects of the travel contract. We will endeavour to inform you of any change as quickly as possible.

Prix et révision des prix

All travel prices for groups on our website have been calculated for the indicated number of participants. The price list is confirmed after the booking. If the number of participants is lower than expected, an additional payment charge might be applied. For each travel and program, we mention the price per person – valid for the minimum number of participants – and we provide you with detailed explanations about the services included or not. Any change, of the currency exchange rates or on the price of travel's services in particular regarding the cost of the fuel, might entail price revision.

Cession du contrat

In case of transfer of the contract by the customer to an assignee, modification and cancellation conditions will be applied.

Insurance

We recommend you to get your personal insurance before your departure to cover the activities undertaken by Altaï Alpes. If you have not purchased any of our insurances, we ask you to email us your insurance contract information (company, contract name, contract number, phone number) and bring those information with you on your trip.

PRACTICAL INFO

Staff

This trip is supervised by a High-Mountain qualified guide whose main objective is to train you to basic technics and to enable you to complete a safe and successful ascent of Mont Blanc.

Food

Meals

- Your breakfasts and evening meals will be traditional and copious, prepared by refuges' keepers.
- Lunches : packed lunches prepared by your guide (please inform us of any allergy or diet requirements).
- Take some snacks according to your tastes before departure (cereal bars, dry fruits, chocolate bars,..).

Drinks

- Water is very expensive in refuges (5 to 10 euros for one bottle) : bring some money (Swiss francs for Trient cottage on day 2).
- Personal drinks (coffee, beer, coke,..) are not included in the stay's price.

Accommodation

During two nights, you will stay in mountains refuges, which have mixed, shared, dormitory style accommodations. They provide mattresses, pillows, blankets and even slippers. Bring your own sleeping bag. Toilet and washing facilities are basic.You will spend Wednesday night in Club Alpin lodge in the Tour village, it will be equipped in the same way as the refuges, with shared rooms and toilets.

Transportation

During the training and the climb, you will carry your own personal equipment and packed lunches. Plus, collective equipment (first aid kid, safety items, etc...) will be distributed among the group members. Your guide will check your backpack and help you to keep it under 10 kg.

You will leave two times for three days in the mountain: plan to bring a 40 to 50L backpack inside of which you will put all your material. A bag with your replacement gears will stay in the CAF du Tour lodge from Monday morning to Wednesday night. On Thursday morning, you will leave with your backpack ready for the three days of ascent, and the rest of your belongings will remain in the back of the car, unless you have planned to go back to the CAF du Tour after the ascent.

Budget & exchange

France is in the Eurozone. Therefore, the unit of the currency is the Euro.

Credit cards and debit cards are very useful for cash advances (but don't forget to bring your PIN number!).
Refuges often don't have EPT (Electronic Payment Terminal): it is best to bring cash.
Be aware of the fees usually applied when purchasing products or services on a credit card.

Always take more rather than less, as you don't want to spend your trip constantly feeling short on funds.

As currency exchange rates can often fluctuate, we recommend to check the following website for daily exchange rates:
https://www.xe.com/

Tips

Clients usually pay for the guides' drinks : you might find it practical to make a group kitty at the beginning of your stay (no obligation).

Supplied equipment

- Collective equipment (ropes, carabiners, ...)
- Slippers and blankets while in refuges

Material

Technical equipment

- Mountaineering boots that you can fit crampons onto (with rigid soles)
- A comfortable mountaineering backpack (40/50L)
- Ice axe, crampons, harness with locking carabiner, helmet
- One or two collapsible walking poles (depending on what you are used to)
- A thermos or water bottle (1.5L)

Individual equipment

- A warm bonnet
- A hat, cap and/or a scarf
- Sunglasses for glacier, category 4 + ski goggles
- A pair of warm gloves or mitten
- A pair of fleece or wool gloves or mittens
- A pair of silk gloves or mittens
- 1 breathable undershirt, preferably long sleeves (e.g. Capilene or polypro)
- Fleece or heavy jacket
- Down jacket (optional but highly appreciated during the peak day if the weather is very cold)
- Wind and waterproof shell jacket with hood (Goretex or similar)
- A pair of comfortable mountaineering pants
- Wind and waterproof over pants (Goretex or similar)
- Long underwear or running tights (e.g. Capilene or polypro)
- 2 pairs of socks : a warm one and a lighter one
- Gaiters
- Light-weight sleeping bag liner, preferably silk (wool covers are provided by the refuge)
- Toiletries : only tooth-brush and tooth-paste
- Sunscreen (face and lips)
- A head lamp with spare batteries and bulb
- Pocket knife
- A rain cover for your backpack (optional)

Luggage

- During the training and the climb, you will carry your own equipment and packed lunches in your backpack (40-50L)
- The rest of your luggage will stay in Chamonix and can be kept in another bag (travel bag)

Medicine

Your guide will carry a collective first aid kit. However, it is important for you to bring your individual pharmacy :

- Analgesic (avoid aspirin)
- Anti-inflammatory (pills and cream)
- Bandages and second skin- elastoplast (excellent to prevent blisters)
- Sunscreen (SFP 50)
- Biafine cream (for sunburns)
- Light sleeping pills (if you need some) and/or Quies ear plugs
- Your own medicine...

Non-exhaustive list.

Passport

Please make sure your passport and travel documents are valid.

Visa

- Up to 90 days visit in France : citizens from most countries do not need a visa to visit France.
- Over 90 days visit in France : non-EU or non-EFTA citizens must have a visa to visit France over 90 days.

For further information, please check the following website : https://france-visas.gouv.fr/

Identity card

For EU citizens, you can use your identity card to travel to France.

Mandatory vaccines

There are no mandatory vaccines needed to travel to France.

If your have any questions concerning a trip to France or if you're wandering what vaccines you might need for your trip, take an appointment with your local clinic and travel doctor. You can call Passport Health at 1-888-499-7277.

Health information & recommendations

For this trip, you must be fit : you can train with other sports such as running, cycling, swimming or sportive walk. To have a reasonable chance of success, a high degree of fitness and stamina, some previous experience of altitude is highly recommended.

For more information about our trips' levels, please go to the "Level" section of our website.

Training advices to check with your general practionner : six months before departure, try to do at least 1 to 2 endurance sport sessions a week (each one must last at least one hour) and do a 6 hours trekking during the week-end with an elevation of 400m/hour during three hours. Three months before departure, try 2 to 3 endurance sport sessions a week and increase your trekking time during the week end from 7 to 8 hours.

Please inform us of any health issues : allergy, diabetes, asthma, or old strokes...

Weather

The weather in the French Alps varies up and down the mountain chain. It is a mountainous region between 800 and 4000 meters, so altitude plays a big part in the local weather.
As you climb higher into the mountains it gets 1 degree cooler every 100 meters. It is the case all year around but other factors such as temperature inversions and winds influence the climate. The sun plays a very important role too. In the winter, when the sun is lower in the sky, some lower or north facing valleys are blocked from the sun by mountains for a large part of the day and are colder.

Keep in mind that weather conditions are unpredictable. Therefore, the trip organization can me modified for your safety.

Electricity

There will be electricity in most places you will stay. If you are scared to run low on battery, we advise to bring an external battery charger.

Power plugs in France have the particularity of being male and female at the same time : they have 2 prongs and a receptacle. If you need an adapter, please purchase if before departure.

In France the power plugs and sockets are of type E. The standard voltage is 230 V and the standard frequency is 50 Hz.

Local time

France is in the Central European Time Zone. Central European Standard Time (CET) is 1 hour ahead of Greenwich Mean Time (GMT+1).

Like most states in Europe, Summer Time (Daylight-Saving) is observed in France, where the time is shifted forward by 1 hour; 2 hours ahead of Greenwich Mean Time (GMT+2).
After the summer months, the time in France is shifted back by 1 hour to Central European Time (CET or GMT+1).

Sustainable tourism

We do our best to offer trips subscribed to the principles of responsible and sustainable tourism. Our aim is to allow visitors to discover the many facets of France by taking you off the beaten path and getting you in touch with its nature and residents, while ensuring that your visits do not have a negative effect on its natural environment and people.

- Most of our accommodations are run by locals, thus ensuring that the largest part of the revenue generated through your trip will stay within the region.
- France is known for its exquisite cuisine. The art of cooking and the joy of eating are part of everyday life. Each region has its particular foods and flavors which we would like you to explore and appreciate.
- Water is a precious and rare good. Our team and those travelling with us are thus advised to use it with consideration and avoid excessive water use where possible.
- Please try to recycle your waste whenever possible, even though recycling may not be a well-known concept in all areas.
- Be cautious and respectful when hiking. Make sure to wear suitable footwear and avoid picking flowers, moving stones or lighting fires.