

MONT BLANC GOAL

You already have put on crampons to walk on a glacier, you know how to tie you down and how to use an ice axe, and you have a foolproof physical condition ? Then this trip is made for you !

This trip has been built in two stages to help you increase your chances to reach the peak. First of all, you will have 3 days preparation in the Gran Paradiso massif in Italy with the Gran Paradiso ascent (4061m), which will allow you to acclimate and overview basic techniques you will need to know.

We will then do the ascent on the Royal path. We will climb to the Goûter refuge, and then get back on tracks towards the summit which we will attend by the Bosses ridge. A magnificent path in high altitude in a spectacular glacial environment.

This trip plans a Mont Blanc ascent in 2 days after 3 days training. It requires to be in an excellent physical condition for your arrival to begin the trip and to have experience on basic crampon techniques. If it isn't your case, we then recommend to either do a previous traineeship or to choose the trip *Royal Mont Blanc Ascent* which unfolds in 6 days with an 3 days ascent.

 Region	France
 Activity	Alpinism Mont Blanc Summer
 Duration	5 days
 Group	4 to 4 people
 Code	AOMB
 Price	From €2,090
 Level	5/5
 Comfort	2/5
 Language(s)	French

ITINERARY

📍 Day 1 Welcoming time and departure towards Valsavarenche, climb to the refuge Victor Emmanuel II (2732 m)



Meeting point at 9am in Chamonix and quick check on the individual material (renting is possible). Your guide will brief you on the following days, and you will drive in your personal car towards the village of Pont in the Valsavarenche valley. We cross the famous Mont Blanc tunnel and descend in the Aosta Valley before going back up to the Gran Paradiso national park. From the village of Pont (1960m), the climb to refuge Victor Emmanuel II is fabulous and is a great way to get our legs started under the eyes of ibexes, plentiful in the massif. This refuge is one of the most hearty and warm in the Alps, we will spend 2 nights there.

Positive difference in altitude : Around 800 | Altitude Max : 2732m | Accommodation : Diner & night at the Victor Emmanuel II refuge

📍 Day 2 Gran Paradiso Ascent (4061m)



Early morning start for the Gran Paradiso ascent by its normal path, back and forth. It is one of the most beautiful belvederes in the Alps with an incredible view on the Mont Viso, Mont Rose, Mont Blanc massif and many other peaks ! Varied glacial slopes, with a final rocky and aerial hill before reaching the statue of the Virgin Mary at the peak. The 4000m altitude has been reached, which means you will be perfectly acclimatized for the Mont Blanc. We slowly descend to the refuge.

Positive difference in altitude : Around 1350m | Negative difference in altitude : Environ 1350m | Altitude Max : 4061m | Accommodation : Diner & night at the Victor Emmanuel II refuge

📍 Day 3 Technical day



Today will be chosen by the guide depending on the group's level and the mountain conditions : ice school, rock school, crampon techniques... We will train just above the refuge.

Then we'll get back to the refuge and to the village of Pont. Return to Chamonix and rest ! Once at the lodge, your guide will inform you on the following days program depending on the weather conditions forecasted and the mountain conditions. He will form rope teams for the Mont Blanc ascent.

Positive difference in altitude : Around 880m | Negative difference in altitude : Environ 880m | Altitude Max : 3609m | Accommodation : Diner and night in a lodge.

📍 Day 4 Climb to the Goûter refuge (3817 m)



We start the day by taking the cable car in the valley to join Bellevue. From there, the Mont Blanc Tramway will take us to the Nid d'Algle. The first step of the day will take us to the Tête Rousse refuge at 3167m. Then starts the west side ascent of the Aiguille du Goûter. It starts crossing a corridor very exposed to rockfalls. It is mandatory to follow scrupulously the guides instructions. We then join a rocky spur which we'll follow until we reach the Goûter refuge, at 3817m. A few passages requires to use your hands : cables enables to secure ourselves in the stiffest parts. from the Goûter refuge, the view on the surrounding mountains is exceptional.

Positive difference in altitude : around 1800m | Altitude Max : 3817m | Accommodation : Diner & night at the Goûter refuge.

📍 Day 5 **Mont Blanc Ascent (4810 m)**



Very early morning around 2am, quick breakfast and fast start towards the Goûter dome. We progress with our headlights, slopes are gentle and we have to have an easy and regular pace. With the night, the notion of time disappears and we will soon reach the Goûter dome at 4304m. The daylight is coming and we will almost join the Vallot refuge which isn't guarded and theoretically acts as a shelter for mountaineers in difficulty. It is often the moment where the sun rises.

We continue climbing 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 Refuge du Goûter following our tracks. We spend the night celebrating our victory.

Positive difference in altitude : Around 1000m | Negative difference in altitude : Around 2400m | Altitude Max : 4810m

DATES & PRICES

Departures for French-speaking groups:

From	To	Price per person	Guaranteed	Booking
10/06/2025	14/06/2025	€2,150	Yes	
11/06/2025	15/06/2025	€2,150	Yes	
17/06/2025	21/06/2025	€2,150	Yes	
24/06/2025	28/06/2025	€2,150	Yes	
04/07/2025	08/07/2025	€2,150	Yes	
05/07/2025	09/07/2025	€2,150	Yes	
06/07/2025	10/07/2025	€2,150	Yes	
02/09/2025	06/09/2025	€2,150	Yes	
09/09/2025	13/09/2025	€2,150	Yes	

Trip code: AOMB

Included

The 30% deposit has to be paid when registering. The remaining balance will be paid 30 days before departure.

- The technical organisation of the trip
- A high mountain guide's supervision : 1 guide for the group during training and 1 guide for 2 people during the ascent
- Cable cars and movements necessary to the normal progress of the program
- Accommodation in refuges half-board
- Lunch picnics
- The tunnel cards to join Grand Paradiso

Departure prices / person /

1 person : 3345€

2 person : 1945€

3 person 2020€

Not included

- Individual transportation assured by your personal vehicle
- Individual technical equipment
- Registration fees
- Drinks & personal expenses
- Snacks (cereal bars, dried fruits, chocolate bars, etc.) according to your own convenience
- Insurance : cancellation, research and rescue by helicopter in high mountain (in France, Italy and Switzerland) hospitalization and repatriation
- Travel expenses to the meeting point and dispersion point
- Everything that isn't mentioned in the "included" section

International flights

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

Terms and conditions

Booking conditions

Booking a trip with Montagne Expedition implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

Invoice procedure

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. Montagne Expedition reserves the right to cancel your booking, free of charge, if this deadline is not respected.

Cancellation policy

If for any reason you have to cancel your trip, Montagne Expedition requires written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

Please note that fees apply according to the date Altai Canarias receive your cancellation or modification request in writing

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

Changes to travel contract

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Montagne Expedition may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

Pricing

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Montagne Expedition reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

Contract transfer

If you are unable to travel for any reason with Montagne Expedition, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

Insurance

We strongly recommend that you take out personal travel insurance for your trip with Montagne Expedition as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

PRACTICAL INFO

Staff

This trip is supervised by a qualified High Mountain Guide for a group of 4 to 8 participants. He will teach you necessary technical skills that you'll need for the smooth running of the trip. He might have to change the program in order to ensure your safety according to weather conditions and to the group's physical aptitudes.

For the Mont Blanc ascent, on days 4 and 6, a guide for 2 people is planned.

Food

Meals

- Lunch picnics
- Diners : meals prepared by shelter keepers
- Take some race food according to your own tastes (cereals bars, chocolate bars, dry fruits,...). You can buy some in Champex village if you need.

Drinks

- Water is not for free in refuges (from 5 to 8 euros one bottle). We advise you to bring some water purification tablets (Aquatabs or Micropur) in order to drink tap water.
- Personal drinks are not included in the trip's price
- Bring some Swiss francs for coffees, fruit juices, coke or beers during breaks... Shelters usually don't accept bank card payments and Euros.

Accommodation

Night in refuges are in dormitories : blankets and slippers are at your disposal, no need to bring trainers. Plan to bring your personal sleeping sheet. Your toilet bag will be reduced at strict minimum.

On Wednesday night, we will sleep at Club Alpin lodge in the village of Tour : same principle as in a refuge, with shared rooms and collective sanitaries on the first floor.

Transportation

You will leave twice 3 days in the mountains : plan a 40 to 50L backpack in order to put all of your belonging.

A second back with your replacement clothes will stay in the CAF du Tour Chalet from Monday morning to Wednesday night when you'll come back to sleep.

On Thursday morning, you will leave with your backpacks ready for 3 days of ascent, and the rest will stay in the car boot, unless you decide 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, compass ...)

- Slippers while in huts

Material

Technical equipment

- Mountaineering boots that you can fit crampons onto (with rigid soles)
- A comfortable mountaineering backpack (40/45L)
- Ice axe, crampons, harness with locking carabiner, helmet
- One or two collapsible walking poles (depending on what you are used to)
- A water bottle (1.5L)

Individual equipment

- A warm hat
- A sun hat and/or a scarf
- Sun glasses for glacier, cat. 4 sun protection that are closing well on the sides + ski goggles
- A pair of warm gloves or mittens
- A pair of fleece or wool gloves or mittens
- A pair of silk gloves or mittens
- 2 or 3 breathable undershirts, preferably long sleeves (e.g. Capilene or polypro)
- Fleece or heavy jacket
- Down jacket (optional but highly appreciated the summit day if the weather is very cold)
- Wind and waterproof shell jacket with hood (Gore Tex or similar)
- A pair of comfortable mountaineering pants
- Wind and waterproof over pants (Gore Tex 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 hut)
- Toiletries : only tooth-brush and tooth-paste- sun cream (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 our own personal equipment and packed lunches in your backpack (40-45L)
- The rest of your luggage will stay in Chamonix and can be kept in another bag (travel bag)

Medicine

You guide will be carrying a collective first aid kit. However, it is important for you to bring your individual pharmacy, checked with your general doctor :

- Personal medication
- Pain killers (preferably Paracetamol)
- Double skin
- Elastoplast (excellent to prevent blisters)
- Bandages
- Disinfectant
- Anti-inflammatory
- Antispasmodic
- Anti-diarrheal
- Anti-vomiting
- Intestinal antiseptic
- Eye drops
- Light sleeping pills
- Ear plugs

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 you have any questions concerning a trip to France or if you're wondering 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 be 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 it 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.