

# MONT BLANC FAST & LIGHT




*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      | France                           |
|  Activity    | Alpinism<br>Mont Blanc<br>Summer |
|  Duration    | 3 days                           |
|  Group       | 2 to 2 people                    |
|  Code        | AMBC                             |
|  Price       | From €1,790                      |
|  Level       | 4/5                              |
|  Comfort     | 3/5                              |
|  Language(s) | English / French                 |

## ITINERARY

### Day 1 From the Mont Blanc train to the Nid d'Aigle, walking to the Tête Rouse 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 Rouse (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.

*Positive difference in altitude : 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 / Positive difference in altitude : about 700m / Negative difference in altitude : about 700m*

### Day 3 Mont Blanc Ascent (4810m)



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 / Positive difference in altitude : about 1000m / Negative difference in altitude : 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.

## DATES & PRICES

### International departures:

No departure for now

### Departures for French-speaking groups:

| From       | To         | Price per person | Guaranteed | Booking |
|------------|------------|------------------|------------|---------|
| 04/06/2025 | 06/06/2025 | €1,790           | No         |         |
| 11/06/2025 | 13/06/2025 | €1,790           | No         |         |
| 17/06/2025 | 19/06/2025 | €1,790           | Yes        |         |
| 18/06/2025 | 20/06/2025 | €1,790           | No         |         |
| 22/06/2025 | 24/06/2025 | €1,790           | Yes        |         |
| 24/06/2025 | 26/06/2025 | €1,790           | Yes        |         |
| 25/06/2025 | 27/06/2025 | €1,790           | No         |         |
| 02/07/2025 | 04/07/2025 | €1,790           | No         |         |
| 09/07/2025 | 11/07/2025 | €1,790           | No         |         |
| 21/07/2025 | 23/07/2025 | €1,790           | Yes        |         |
| 03/09/2025 | 05/09/2025 | €1,790           | No         |         |
| 10/09/2025 | 12/09/2025 | €1,790           | No         |         |

Trip code: AMBC

### 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
- Accommodation in refuges full-board
- Cable car rides necessary to the smooth running of the trip (except for the first departure in June)
- The collective technical equipment (ropes, ice axes)

### 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 & assistance: cancellation, research and rescue by helicopter in high mountain (in France, Italy and Switzerland) hospitalization and repatriation
- Everything that isn't mentioned in the "included" 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

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

## Terms and conditions

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### 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**

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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 whose main objective is to train you in basic technics and to enable you to complete a safe and successful trip.

The guide might have to change the program to ensure your safety according to weather conditions and to the level & physical conditions of the group.

### 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

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 kit, 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

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

## Material

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### 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

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- 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

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Your 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**

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Please make sure your passport and travel documents are valid.

## **Visa**

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- 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**

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

## **Mandatory vaccines**

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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**

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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 doctor : 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**

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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**

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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*

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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*

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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.