

# ROYAL MONT BLANC ASCENT

Who has never dreamt of reaching the top of Mont Blanc ? This six-day trip will make it come true ! A first three-day training and acclimatation section, followed by a second 3-day ascent section will really improve your chances of success.

We have planned this itinerary to include a three-day training section during which you will learn ice-axe and crampon skills, rope work, etc ... You will spend most of the time at 3000m (Tour and Trient glaciers, Tête Blanche ascent at 3429m), essential for acclimatation.

Then you will go back to Chamonix for one good and peaceful night before THE ascent.

The climax of the week will be the Mont Blanc ascent, which will take three days too and guarantee a progressive hiking. You will spend the first night in the Tête Rousse refuge (3167m) and the second one to the refuge of Goûter (3835m). The last day is the big moment of the ascent, you start in the night and then you get to the top as the sun rises over the Alps : a huge moment shared with your guide...

 Region	France
 Activity	Alpinism autonomy course Mont Blanc Summer
 Duration	6 days
 Group	4 to 6 people
 Code	ADMB
 Price	From €2,450
 Level	3/5
 Comfort	3/5
 Language(s)	English / French

## ITINERARY

### Day 1 Meeting and first day's training in snow and ice climbing on Glacier du Tour



We meet the guide and discuss the trip with him. He will also check our personal equipment (possible rent). We then travel to the village of Le Tour by car, and take a small two-stage cable-car to Col de Balme, where we begin our walk to the Albert Premier refuge (2702m, on Glacier du Tour). Here we spend the afternoon training in snow and ice climbing on the glacier.

*Walking hours : 4h to 5h*

*Positive difference in altitude : about 500m*

*Altitude Max : 2702m*

*Accommodation : evening meal and night in the Albert Premier refuge.*

### Day 2 Tête Blanche (3429 m) ascent



We ascend from the refuge to make an attempt on Tête Blanche (3429m) and reach the Trient refuge through the Col supérieur du Tour.

*Walking hours : 6h to 7h*

*Positive difference in altitude : about 850m*

*Negative difference in altitude : about 850m*

*Max Altitude : 3429m*

*Accommodation : evening meal and night in the Trient refuge.*

### Day 3 Col Superieur du Tour



Starting from the Trient refuge, we climb the Col Supérieur du Tour. We then descend, passing en route the Albert Premier refuge (little break), back to the village of Le Tour.

At the gite of the Club Alpin of the village of the Tour where we will be lodged, the guide brings you to inform you of the result of the program according to weather forecasts and conditions of the mountain. He will also form the duets for the ascent of Mont Blanc.

*Walking hours : 6h to 7h*

*Positive difference in altitude : about 400m*

*Negative difference in altitude : about 1000m*

*Max Altitude : 3235m*

*Accommodation : evening meal and night in Chamonix.*

📍 Day 4 **Mont Blanc railway to Nid d'Aigle, and walk to the Tête Rousse refuge (3167m).**



This is the first step of the Mont Blanc ascent and it is quite easy. We start from Les Houches with our reinforcement guides, where we take the Bellevue cable-car to reach the Bellevue train station where we catch the Victorian Rack railway train ("Tramway du Mont Blanc") to Nid d'Aigle (2372 m). From there we walk up a winding track offering a stunning view over Chamonix valley. After a quick moment walking on North face, we arrive on a snow-covered area landing to the brand new Tête Rousse refuge (3167 m). We spend the whole afternoon relaxing, acclimatising, and contemplating the wonderful sight on Aiguille de Bionnassay's North face.

*Walking hours : 3h to 4h*

*Positive difference in altitude : about 800m*

*Altitude Max : 3167m*

*Accommodation : evening meal and night in the Tête Rousse refuge.*

📍 Day 5 **Goûter refuge**



This climb is through the rocky slopes of the Aiguille du Gouter. A wide corridor in the lower slope is exposed to rockfall and it is very important to follow the instructions of the guide. The rest of the rise is effected by a bit marked spur and some passages are equipped with cables or cords, and require the use of hands. The refuge is a great viewpoint of the surrounding mountains.

Note: in case of bad weather announced for the next day it will be possible to directly mount that day summit of Mont Blanc. The guides will make the decision, depending on the conditions and the level of participants.

*Walking hours : 3h to 4h*

*Positive difference in altitude : about 00m*

*Altitude Max : 3835m*

*Accommodation : evening meal and night in the Goûter refuge.*

📍 Day 6 **Mont Blanc ascent**



Wake up at 2 hours, breakfast and departure: we head to the Dome of Goûter. We are moving to the front, the slopes are gentle and you have to take a calm and steady pace. The night the notion of time disappears and we soon reach the Dome of Goûter 4304 m. The day arrives and we are Vallot refuge-bivouac, which is not kept and theoretically shelter serves to climbers in trouble. This is often where the sun joins us and with it a brand new place. The summit nears, the Bosses ridge begins, and for a few hours we will be between earth and sky on a beautiful ridge and sometimes air. The guide will ask you to ensure that the rope is taut. Finally, after a final bump, ridge widens and the top appears large and welcoming. Welcome to 4810 m!

The descent is via the same route to the Nid d'Aigle where we go in the Tramway du Mont Blanc. A final round of cable and here we are in Les Houches.

*Walking hours : 10h to 12h*

*Positive difference in altitude : about 1000m*

*Negative difference in altitude : about 2400m*

*Altitude Max : 4810m*

## **Possible modifications**

Please note that although the itinerary presented here is the one we intend to follow there is a high chance that variations may be necessary. Many factors can affect climbing in high mountains. Mountain adventures are weather and conditions dependant, individual member's abilities vary, as does their ability to assimilate the skills needed. The guide's main aim will be to ensure your safety and the maximum chances of success of the trip. Please use this outline itinerary as a guide to the types of route / activity that you will attempt.

If unable to attempt the ascent of Mont Blanc, we organize an alternative program for the conditions (Monte Rosa summits, The Bishorn, Le Grand Paradis ...). Except in special cases, the principle of the training and share and exchange a commitment for the duration of the stay, which excludes any possibility of postponement or cancellation on probation.

For security reasons and to ensure a consistent level corresponding to that announcement, coaching and the organization reserves the right to discontinue your participation if your technical and / or physical form do not match those required. In no case the interruption shall not give rise to a refund or compensation payments.

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

## DATES & PRICES

### International departures:

From	To	Price per person	Guaranteed	Booking
02/07/2023	07/07/2023	€2,250	Yes	
09/07/2023	14/07/2023	€2,350	Yes	
16/07/2023	21/07/2023	€2,550	Yes	
23/07/2023	28/07/2023	€2,600	Yes	
30/07/2023	04/08/2023	€2,600	Yes	
27/08/2023	01/09/2023	€2,250	Yes	
03/09/2023	08/09/2023	€2,250	Yes	
10/09/2023	15/09/2023	€2,500	Yes	
17/09/2023	22/09/2023	€2,250	Yes	

### Departures for French-speaking groups:

From	To	Price per person	Guaranteed	Booking
09/06/2023	14/06/2023	€2,250	Yes	
30/06/2023	05/07/2023	€2,500	Yes	
26/05/2024	31/05/2024	€2,450	No	
02/06/2024	07/06/2024	€2,450	No	
09/06/2024	14/06/2024	€2,450	No	
16/06/2024	21/06/2024	€2,650	No	
23/06/2024	28/06/2024	€2,650	No	
30/06/2024	05/07/2024	€2,650	No	
07/07/2024	12/07/2024	€2,650	No	
14/07/2024	19/07/2024	€2,550	No	
21/07/2024	26/07/2024	€2,450	No	
28/07/2024	02/08/2024	€2,450	No	
25/08/2024	30/08/2024	€2,450	No	
01/09/2024	06/09/2024	€2,550	No	
08/09/2024	13/09/2024	€2,550	No	
15/09/2024	20/09/2024	€2,450	No	

**Trip code: ADMB**

## **Included**

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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
- Accommodation in a 3-star hotel on day 3 : Chalet Hotel Le Prieuré in Chamonix
- Cable cars and movements necessary to the normal progress of the program
- Accommodation in refuges half-board
- Lunch picnics during the 6 days of the trip
- Minibus transfers in the valley
- Collective equipment (ropes)

Departure prices / person /

1 person : 3995€

2 person : 2495€

3 person 2445€

## **Not included**

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- 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
- Travel expenses to the meeting point and dispersion point
- Dinner on day 3
- Everything that isn't mentioned in the "included" section

## **Notes**

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

## **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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### **Subscription**

Subscribe to one of our activities or travels means accepting general sales conditions. Each client must fill a subscription form, which will be accepted only after the payment of a deposit accounting for 30% of the travel's price and according to the availability. If you subscribe less than 30 days before the trip, you must pay the whole price during the subscription. You can pay by bank transfer (SWIFT/IBAN) or with your credit card directly through our website (available soon). A booking confirmation will be sent to you by e-mail very soon.

### **Invoice procedure**

Once your booking is registered, we will send you an email containing the invoice. Full payment is required at least 30 days before your arrival. If the customer does not settle the payment of the travel price within the period agreed upon, Altaï Alpes has the right to cancel the booking free of charge.

### **Cancellation policy**

If for any reason, you decide to withdraw from a journey, the amount already paid will be refunded subject to the following exceptions:

- More than 30 days before departure, you will be charged for the amount of 50€
- From 30 to 21 days before departure, you will be charged for the amount of the deposit (30% of the trip's price)

- From 20 to 14 days before departure, you will be charged for 50% of the trip's price
- From 13 to 7 days before departure, you will be charged for 75% of the trip's price
- Less than 7 days before departure, you will be charged for the whole trip's price

#### **Particular case :**

Whatever the cancellation or contract change date, the following fees will be added to the charges above:

- Airline fixed costs: plane tickets are bought in advance to avoid too high airline prices, however they are non refundable in case of cancellation or plan changes. In that case, the charges above apply to the price of your trip without the plane ticket's price
- Ground fixed costs: you will be charged for the fees that were paid early
- Insurance fees: Insurance fees will not be refunded if you have subscribed to a multi-risk or cancellation insurance. The specific conditions will be written on your subscription confirmation. If you have no choice but to cancel your trip before departure, you must inform Montagne Expeditions and your insurance provider with a written statement as soon as possible, you will get a receipt.

The receipt date will be taken as the cancellation date to charge cancellation fees.

If Montagne Expeditions has no choice but to cancel a group travel due to an insufficient number of participants, the decision will be taken and the clients informed at least 31 days before departure. Altaï Alpes can also cancel a departure due to exceptional events threatening participants safety (social events, strikes, weather conditions). In that case, the trip's price will be fully refunded but the participants will not get any compensation.

#### **Changes to travel contract**

If any change in travel contract is made at the customer's request, the customer shall pay any fee that might arise from this change. In any case, 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 inform you of any changes as quickly as possible.

#### **Pricing**

All group travel prices on our website have been calculated for the indicated number of participants for each trip. 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 in the exchange rates or in the price of travel services in particular regarding the cost of the fuel, might entail price revision.

#### **Contract transfer**

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

#### **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 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

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### 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

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- 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

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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

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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 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

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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.