










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 Mont Blanc Summer
 Duration	6 days
 Group	4 to 6 people
 Code	ADMB
 Price	From €2,650
 Level	4/5
 Comfort	3/5
 Language(s)	French / English

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.

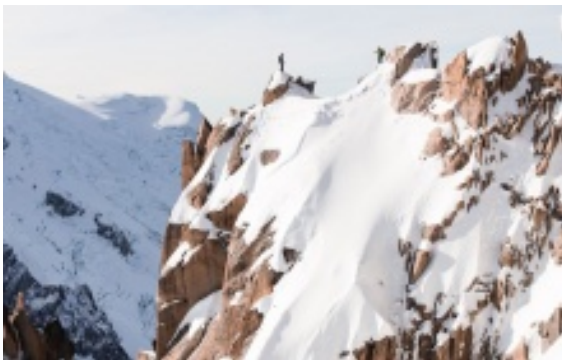
Walking hours : 4h to 5h

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 Supérieur 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 gîte 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 800m

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

Departures for French-speaking groups:

From	To	Price per person	Guaranteed	Booking
10/07/2025	15/07/2025	€2,690	Yes	
10/07/2025	15/07/2025	€2,690	Yes	
11/07/2025	16/07/2025	€2,690	Yes	
15/07/2025	20/07/2025	€2,749	Yes	
16/07/2025	21/07/2025	€2,749	Yes	
17/07/2025	22/07/2025	€2,749	Yes	
18/07/2025	23/07/2025	€2,690	Yes	
18/07/2025	23/07/2025	€2,650	Yes	
25/08/2025	30/08/2025	€2,650	Yes	
27/08/2025	01/09/2025	€2,690	Yes	
29/08/2025	03/09/2025	€2,690	Yes	
02/09/2025	07/09/2025	€2,650	Yes	
05/09/2025	10/09/2025	€2,690	Yes	
05/09/2025	10/09/2025	€2,650	Yes	
09/09/2025	14/09/2025	€2,749	Yes	
12/09/2025	17/09/2025	€2,690	Yes	
16/09/2025	21/09/2025	€2,650	Yes	
18/09/2025	23/09/2025	€2,690	Yes	
18/09/2025	23/09/2025	€2,690	Yes	
19/09/2025	24/09/2025	€2,700	Yes	
01/06/2026	06/06/2026	€2,700	No	
10/06/2026	15/06/2026	€2,700	No	
15/06/2026	20/06/2026	€2,700	No	
22/06/2026	27/06/2026	€2,700	No	
29/06/2026	04/07/2026	€2,700	No	
06/07/2026	11/07/2026	€2,700	No	
13/07/2026	18/07/2026	€2,700	No	

From	To	Price per person	Guaranteed	Booking
20/07/2026	25/07/2026	€2,700	No	
31/08/2026	05/09/2026	€2,700	No	
07/09/2026	12/09/2026	€2,700	No	
14/09/2026	19/09/2026	€2,700	No	

International departures:

No departure for now

Trip code: ADMB

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
- 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

- 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

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

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 Altaï 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 sanitariums 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 goggle
- 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.