

VOIE NORMALE 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 For experienced climbers Mont Blanc
 Duration	6 days
 Group	4 to 6 people
 Code	ADMB
 Price	From €2,699
 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.

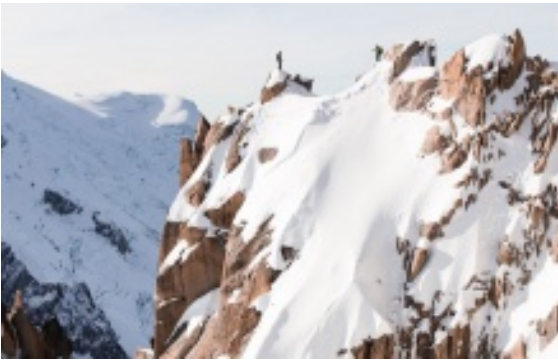
Walking hours : 4h to 5h

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 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

Departures for French-speaking groups:

From	To	Price per person	Guaranteed	Booking
03/07/2026	08/07/2026	€2,899	Yes	
06/07/2026	11/07/2026	€2,699	Yes	
07/07/2026	12/07/2026	€2,699	Yes	
13/07/2026	18/07/2026	€2,699	Yes	
18/07/2026	23/07/2026	€2,699	Yes	
20/07/2026	25/07/2026	€2,699	Yes	
24/08/2026	29/08/2026	€2,700	Yes	
31/08/2026	05/09/2026	€2,700	Yes	
07/09/2026	12/09/2026	€2,899	Yes	
14/09/2026	19/09/2026	€2,999	Yes	
31/05/2027	05/06/2027	€2,789	No	
07/06/2027	12/06/2027	€2,789	No	
14/06/2027	19/06/2027	€2,789	No	
21/06/2027	26/06/2027	€2,789	No	
28/06/2027	03/07/2027	€2,789	No	
05/07/2027	10/07/2027	€2,789	No	
12/07/2027	17/07/2027	€2,789	No	
19/07/2027	24/07/2027	€2,789	No	
26/07/2027	31/07/2027	€2,789	No	
30/08/2027	04/09/2027	€2,789	No	
06/09/2027	11/09/2027	€2,789	No	
13/09/2027	18/09/2027	€2,789	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 one of our activities or trips implies acceptance of the terms and conditions. Each customer must complete a booking form. Bookings are only accepted upon payment of a deposit amounting to 35% of the total cost of the trip, subject to availability. If you register less than 35 days before departure, the full cost of the trip must be paid upon registration. You can make your payment by bank transfer (SWIFT/IBAN) or by credit card directly on the website. A confirmation of your registration will be sent to you by email as soon as possible.

For any registration made less than 6 months before the departure date, your registration will only be confirmed once availability has been confirmed with the mountain huts.

Invoice procedure

The balance must be paid at least 35 days before your arrival date. If the balance has not been received by this deadline, Montagne Expédition reserves the right to cancel the booking without compensation.

You will receive your invoice on the day of your departure.

Cancellation policy

Cancellation on your behalf:

If, for any reason whatsoever, you need to cancel your trip, the sums you have paid will be refunded subject to the following deductions:

You must notify us of your decision to cancel in writing, using a method that provides proof of receipt, and the date of receipt of this correspondence will determine the date of your cancellation.

If you cancel your trip, for any reason whatsoever, the sums you have paid will be refunded subject to the following deductions:

If your cancellation occurs:

- More than 31 days before departure: 30% of the total cost of the trip (excluding insurance).
- Between 30 and 21 days: 40% of the total cost of the trip (excluding insurance).
- Between 20 and 14 days before the departure date: 50% of the total cost of the booking (excluding insurance).
- Between 13 and 7 days before the departure date: 75% of the total cost of the booking (excluding insurance).
- Less than 7 days before the departure date: 100% of the total cost of the booking (excluding insurance).

Special cases, regardless of the date of cancellation or contract amendment: these charges are in addition to the scale above:

- Fixed land-based charges: charges incurred at an early stage for firm bookings will be invoiced to you in the event of cancellation (e.g. bookings for certain mountain huts)
- Insurance and registration fees: regardless of the insurance taken out, the insurance premium and registration fees are due and are non-refundable. If you have taken out comprehensive insurance, the amounts deducted will be reimbursed by the insurer in certain cases (notably illness, accident, death, etc.).

Comprehensive insurance comes into effect from the day you register and purchase your insurance.

Cancellation on our behalf:

Montagne Expédition may be required to cancel a trip at no cost to you:

- if the minimum number of participants required to guarantee the trip is not reached;
- due to exceptional and unavoidable circumstances relating to mountain conditions, and in particular for reasons relating to the safety of our clients;

In the latter case, Montagne Expédition will offer alternative arrangements. If no alternative solution is possible, Montagne Expédition will refund the customer for the services not provided, without the customer being entitled to any further compensation.

You will be informed of the cancellation as soon as possible and no later than:

- 30 days before the scheduled date for a self-guided or exclusive trip;
- 20 days before the departure date for trips requiring a minimum number of participants and lasting more than 6 days;
- 7 days before the start of the trip or holiday in the case of trips lasting between 2 and 6 days;
- 48 hours before the start of the trip or holiday in the case of trips lasting no more than 2 days.

In the event of total or partial cancellation of the holiday by Montagne Expédition due to circumstances jeopardising the safety of customers (such as adverse weather conditions in the mountains), Montagne Expédition will refund the customer for services not provided, without the customer being entitled to any further compensation.

For safety reasons and to ensure a consistent standard in line with that advertised, the management and organisers reserve the right to terminate your participation if your technical ability and/or physical fitness do not meet the required standards. Under no circumstances will such termination give rise to a refund or payment of compensation.

Changes to travel contract

Should the customer make any changes to a trip that result in costs for Montagne Expédition, these costs shall be borne by the customer. In all cases, any changes must be made in writing.

Montagne Expédition may amend elements of the travel contract if circumstances beyond our control arise (weather conditions or other factors) that could jeopardise the safety of participants, the accessibility of the activity areas, or are linked to an order from an administrative authority.

Where Montagne Expédition modifies the programme (meeting time, duration, location, ascent, etc.) of the trip for the reasons cited above, customers are required to accept the proposed programme modification. Montagne Expédition will reimburse the customer for any services not provided, without the customer being entitled to claim any further compensation.

Should the customer refuse the replacement services, such refusal may be treated as a cancellation initiated by the customer.

It is noted that it will not always be possible to offer equivalent services given the specific nature and unique character of

certain trips.

For example, on a trip including an attempt to climb Mont Blanc, if it is impossible to climb Mont Blanc for the reasons mentioned above, we will, where possible, offer you an alternative climb in the surrounding mountain ranges (Monte Rosa, Gran Paradiso, etc.), which you are obliged to accept.

Pricing

For group trips, the prices listed on the website have been calculated and are valid for the specified number of participants for each trip.

If the number of participants falls below the minimum required to guarantee the trip goes ahead, a small-group supplement may be offered to ensure the trip proceeds. You may decline this small-group supplement and cancel free of charge if necessary.

For all holidays or programmes, we state the price per person, valid from a certain number of participants, and we detail the services included and not included in this price.

Contract transfer

In accordance with Article R.211-7 of the Tourism Code, you may transfer your contract to a transferee who meets the same conditions as you for undertaking the trip, provided that the contract has not yet taken effect. You must inform Montagne Expédition of your decision by any means that provides proof of receipt, no later than seven days before the start of the trip. In the event of a contract transfer, the transferor and/or the transferee are required to pay in advance the costs incurred by the transfer, which will be communicated to you by your advisor. The transferor and the transferee are jointly and severally liable for payment of the balance of the price as well as any fees, charges or other additional costs that may be incurred by this transfer.

Insurance

We recommend that you take out insurance before your departure to cover the activities undertaken with Montagne Expédition. Details of the insurance options available can be found on this page: <https://montagne-expedition.com/fr/assurance>

If you do not take out one of our insurance policies, we ask that you kindly email us the details of your insurance policy (name of the company, policy name, policy number, telephone number) and carry this information with you during your stay.

Altaï France (licence no. IM013110005) has taken out professional liability insurance with HISCOX under policy number PROV857693, whose registered office is at Hiscox France, 49 Avenue de l'Opéra, 75002 Paris.

If Altaï France or one of its retailers becomes insolvent, the amounts paid will be refunded.

If Altaï France or one of its retailers becomes insolvent after the start of the package, or if the transport included in the package is affected, the repatriation of travellers is guaranteed.

Altaï France has taken out insolvency protection with: GROUPAMA ASSURANCE

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 practitioner : 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.