

MONT BLANC GOAL

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

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

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

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

 Region	France
 Activity	Alpinism Mont Blanc Summer
 Duration	5 days
 Group	4 to 4 people
 Code	AOMB
 Price	From €1,890
 Level	4/5
 Comfort	2/5
 Language(s)	French

ITINERARY

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



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

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

Day 2 Gran Paradiso Ascent (4061m)



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

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

Day 3 Technical day



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

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

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

Day 4 Climb to the Goûter refuge (3817 m)



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

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

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



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

We continue climbing up for a few hours, finding ourselves between sky and ground walking on a magnificent, sometimes aerial, slope. Finally, the peak appears. Here we are, standing stock-still at an altitude of 4 810 meter,

open-mouthed and agog.

After absorbing the breath taking view of the 360° panorama, it's time to come back down to the Refuge du Goûter following our tracks. We spend the night celebrating our victory.

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

DATES & PRICES

Departures for French-speaking groups:

From	To	Price per person	Guaranteed	Booking
01/06/2024	05/06/2024	€2,050	Yes	
02/06/2024	06/06/2024	€2,050	Yes	
06/06/2024	10/06/2024	€2,090	Yes	
09/06/2024	13/06/2024	€2,090	Yes	
16/06/2024	20/06/2024	€2,090	Yes	
17/06/2024	21/06/2024	€2,090	Yes	
18/06/2024	22/06/2024	€2,090	Yes	
22/06/2024	26/06/2024	€2,090	Yes	
23/06/2024	27/06/2024	€2,090	Yes	
30/06/2024	04/07/2024	€2,090	Yes	
01/07/2024	05/07/2024	€2,140	No	
06/07/2024	10/07/2024	€2,090	Yes	
07/07/2024	11/07/2024	€2,090	Yes	
09/07/2024	13/07/2024	€2,140	No	
14/07/2024	18/07/2024	€2,090	Yes	
01/08/2024	05/08/2024	€2,090	Yes	
04/08/2024	08/08/2024	€2,090	Yes	
01/09/2024	05/09/2024	€2,090	Yes	
08/09/2024	12/09/2024	€2,090	Yes	
10/06/2025	14/06/2025	€2,090	No	
17/06/2025	21/06/2025	€2,090	No	
24/06/2025	28/06/2025	€2,090	No	
01/07/2025	05/07/2025	€2,090	No	
02/09/2025	06/09/2025	€2,090	No	
09/09/2025	13/09/2025	€2,090	No	

Trip code: AOMB

Included

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

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

Departure prices / person /

1 person : 3345€

2 person : 1945€

3 person 2020€

Not included

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

International flights

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

Terms and conditions

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 Montagne Expeditions. 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

Technical equipment

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

Individual equipment

- A warm hat
- A sun hat and/or a scarf
- Sun glasses for glacier, cat. 4 sun protection that are closing well on the sides + ski goggles
- A pair of warm gloves or mittens
- A pair of fleece or wool gloves or mittens
- A pair of silk gloves or mittens
- 2 or 3 breathable undershirts, preferably long sleeves (e.g. Capilene or polypro)
- Fleece or heavy jacket
- Down jacket (optional but highly appreciated the summit day if the weather is very cold)
- Wind and waterproof shell jacket with hood (Gore Tex or similar)
- A pair of comfortable mountaineering pants
- Wind and waterproof over pants (Gore Tex or similar)
- Long underwear or running tights (e.g. Capilene or polypro)
- 2 pairs of socks : a warm one and a lighter one- gaiters- light-weight sleeping bag liner, preferably silk (wool covers are provided by the hut)
- Toiletries : only tooth-brush and tooth-paste- sun cream (face and lips)
- A head lamp with spare batteries and bulb
- Pocket knife
- A rain cover for your backpack (optional)

Luggage

- During the training and the climb, you will carry our own personal equipment and packed lunches in your backpack (40-45L)
- The rest of your luggage will stay in Chamonix and can be kept in another bag (travel bag)

Medicine

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

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

Non exhaustive list

Passport

Please make sure your passport and travel documents are valid.

Visa

- Up to 90 days visit in France : citizens from most countries do not need a visa to visit France.
- Over 90 days visit in France : non-EU or non-EFTA citizens must have a visa to visit France over 90 days.

For further information, please check the following website : <https://france-visas.gouv.fr/>

Identity card

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

Mandatory vaccines

There are no mandatory vaccines needed to travel to France.

If you have any questions concerning a trip to France or if you're wondering what vaccines you might need for your trip, take an appointment with your local clinic and travel doctor. You can call Passport Health at 1-888-499-7277.

Health information & recommendations

For this trip, you must be fit : you can train with other sports such as running, cycling, swimming or sportive walk. To have a reasonable chance of success, a high degree of fitness and stamina, some previous experience of altitude is highly recommended.

For more information about our trips' levels, please go to the "Level" section of our website.

Training advices to check with your general practionner : six months before departure, try to do at least 1 to 2 endurance sport sessions a week (each one must last at least one hour) and do a 6 hours trekking during the week-end with an elevation of 400m/hour during three hours. Three months before departure, try 2 to 3 endurance sport sessions a week and increase your trekking time during the week end from 7 to 8 hours.

Please inform us of any health issues : allergy, diabetes, asthma, or old strokes...

Weather

The weather in the French Alps varies up and down the mountain chain. It is a mountainous region between 800 and 4000 meters, so altitude plays a big part in the local weather.

As you climb higher into the mountains it gets 1 degree cooler every 100 meters. It is the case all year around but other factors such as temperature inversions and winds influence the climate. The sun plays a very important role too. In the winter, when the sun is lower in the sky, some lower or north facing valleys are blocked from the sun by mountains for a large part of the day and are colder.

Keep in mind that weather conditions are unpredictable. Therefore, the trip organization can be modified for your safety.

Electricity

There will be electricity in most places you will stay. If you are scared to run low on battery, we advise to bring an external battery charger.

Power plugs in France have the particularity of being male and female at the same time : they have 2 prongs and a receptacle. If you need an adapter, please purchase it before departure.

In France the power plugs and sockets are of type E. The standard voltage is 230 V and the standard frequency is 50 Hz.

Local time

France is in the Central European Time Zone. Central European Standard Time (CET) is 1 hour ahead of Greenwich Mean Time (GMT+1).

Like most states in Europe, Summer Time (Daylight-Saving) is observed in France, where the time is shifted forward by 1 hour; 2 hours ahead of Greenwich Mean Time (GMT+2).

After the summer months, the time in France is shifted back by 1 hour to Central European Time (CET or GMT+1).

Sustainable tourism

We do our best to offer trips subscribed to the principles of responsible and sustainable tourism. Our aim is to allow visitors to discover the many facets of France by taking you off the beaten path and getting you in touch with its nature and residents, while ensuring that your visits do not have a negative effect on its natural environment and people.

- Most of our accommodations are run by locals, thus ensuring that the largest part of the revenue generated through your trip will stay within the region.
- France is known for its exquisite cuisine. The art of cooking and the joy of eating are part of everyday life. Each region has its particular foods and flavors which we would like you to explore and appreciate.
- Water is a precious and rare good. Our team and those travelling with us are thus advised to use it with consideration and avoid excessive water use where possible.
- Please try to recycle your waste whenever possible, even though recycling may not be a well-known concept in all areas.
- Be cautious and respectful when hiking. Make sure to wear suitable footwear and avoid picking flowers, moving stones or lighting fires.