

# MONT BLANC FAST & LIGHT

*Reserved for experienced and acclimated mountaineers, this trip offers the possibility of climbing Mont Blanc within three days through the normal way of the Goûter.*

Located on the French-Italian border, climbing the renowned Mont Blanc is a demanding challenge but one of the most beautiful mountain treks in the world. With its peak reaching 4810m, it is the highest summit in the Alps.

The first day is devoted to a quiet climb to Tête Rousse refuge (3167m) to slowly acclimatize your body to altitude, essential over 3000m. On the second day, we start climbing early in the morning, when the sun rises, towards the Goûter refuge. If announced weather conditions are better than on the third day, you will go directly to the Mont Blanc summit and you will return to the Goûter refuge to spend the night. If you didn't do it on the second day, the third day will be the day of the ascent.

Once you will reach the 4810m summit, you will be at the Top of Europe. The jaw dropping view of Mont Blanc peak looming over the spectacular mountain landscape to the horizon will be engraved in your memory forever.

Booking for a minimum of 2 persons is required for this trip.

 Region	France
 Activity	Alpinism Mont Blanc Summer
 Duration	3 days
 Group	2 to 2 people
 Code	AMBC
 Price	From €1,690
 Level	4/5
 Comfort	3/5
 Language(s)	English / French

## ITINERARY

### Day 1 From the Mont Blanc train to the Nid d'Aigle, walking to the Tête Rousee refuge (3167m)



Easy first steps for our Mont Blanc ascent. We start by taking the Bellevue cable car in Les Houches to reach the Tramway du Mont Blanc and enjoy the ride until the Nid d'Aigle (2372m). An easy hike under the edge of Rognes and a small passage on the north face of the Mont Blanc, enjoying a stunning view over the Chamonix valley. We come out on a snowy plateau at the end of which is the brand-new refuge of Tête Rousee (3167m). The afternoon is devoted to resting and acclimatizing, enjoying the magnificent view of the north face of Bionnassay.

Warning: cable cars will not be open for the first two departures of June, this will increase the hiking time (about 1000m of additional vertical drop) to arrive to the Nid d'Aigle.

*Positive difference in altitude : about 800m / Max Alt : 3167m / Walking time : 3 to 4 hours*

### Day 2 Going up to the Goûter refuge



After a nice breakfast at the refuge, we leave towards the Goûter corridor. You must follow your guide's instructions. Once you are on the ridge, you can see the Goûter refuge: a few meters more of walking and you will rest your weary feet before the big climbing day.

*Walking time : 3 to 4 hours / Positive difference in altitude : about 700m / Negative difference in altitude : about 700m*

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



Today is the day you will reach the top of Europe!

We wake up very early, even before the sun rises, have a big breakfast and we start our hike heading to the Goûter dome. We are moving forward, slopes are gentle and we take a calm and steady pace.

We then start to climb up for a few hours, finding ourselves between sky and ground walking on a magnificent, sometimes aerial, slope. Finally, the peak appears.

Here we are, standing stock-still at an altitude of 4 810 meter, open-mouthed and agog.

After absorbing the breath-taking view of the 360° panorama, it's time to come back down to the Nid d'Aigle, where we hop back on the Tramway du Mont Blanc. A final round of cable car and here we are back in Les Houches.

*Walking time : 10 to 12h / Positive difference in altitude : about 1000m / Negative difference in altitude : about 2500m / Max Alt : 4810m*

## ITINERARY CHANGE

Probabilities of ascending the Mont Blanc with a guide reaches 50%. Most fails are due to weather conditions. You must know that above 4000 meters, the wind or bad weather makes the ascent impossible or too dangerous. We try to anticipate as much as possible and to take the best decisions to help you reach the Mont Blanc peak, but our priority will always be safety. The high mountain guide that will accompany you knows the Mont Blanc perfectly and will be able to evaluate the risks of the ascent. At

last, he is the one who will take the decision to do the ascent or not. We will confirm the possibility to try the ascent three days before departure. However, the weather may be different as the one originally planned (this is unfortunately common in Chamonix). In that case, the guide may still decide to change the program or cancel the ascent in the morning of the departure day.

FOR SAFETY REASONS AND TO ENSURE A UNIFORM LEVEL CORRESPONDING TO THE ONE ANNOUNCED, THE SUPERVISION AND ORGANISATION BOARDS HAVE THE RIGHT TO INTERRUPT YOUR PARTICIPATION IF YOUR TECHNICAL OR PHYSICAL LEVEL ARE LOWER THAN THE ONE REQUIRED. THE INTERRUPTION WILL NOT GIVE YOU ANY RIGHT OF REFUND OR PAYMENT OF COMPENSATION.

## DATES & PRICES

### International departures:

No departure for now

### Departures for French-speaking groups:

From	To	Price per person	Guaranteed	Booking
03/06/2024	05/06/2024	€1,690	Yes	
06/06/2024	08/06/2024	€1,690	Yes	
08/06/2024	10/06/2024	€1,690	Yes	
10/06/2024	12/06/2024	€1,750	Yes	
13/06/2024	15/06/2024	€1,750	Yes	
17/06/2024	19/06/2024	€1,750	Yes	
20/06/2024	22/06/2024	€1,750	Yes	
23/06/2024	25/06/2024	€1,750	Yes	
24/06/2024	26/06/2024	€1,750	Yes	
27/06/2024	29/06/2024	€1,750	Yes	
01/07/2024	03/07/2024	€1,750	Yes	
04/07/2024	06/07/2024	€1,790	Yes	
08/07/2024	10/07/2024	€1,750	Yes	
11/07/2024	13/07/2024	€1,690	Yes	
15/07/2024	17/07/2024	€1,690	Yes	
02/09/2024	04/09/2024	€1,690	Yes	
05/09/2024	07/09/2024	€1,750	Yes	
09/09/2024	11/09/2024	€1,750	Yes	
12/09/2024	14/09/2024	€1,690	Yes	
16/09/2024	18/09/2024	€1,690	Yes	

Trip code: AMBC

### Included

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

- The technical organisation of the trip
- A high mountain guide's supervision
- Accommodation in refuges full-board
- Cable car rides necessary to the smooth running of the trip (except for the first departure in June)
- The collective technical equipment (ropes, ice axes)

## Not included

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

## Notes

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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 nights (e.g. before the first day or after the last day), you can contact us and we will do it for you. The price is around 95 € / pers. / night (half-board) in a double room.

## International flights

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

## Terms and conditions

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### 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***

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

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

### Food

#### Meals

- Lunch picnics
- Diners : meals prepared by shelter keepers
- Take some race food according to your own tastes (cereals bars, chocolate bars, dry fruits,...). You can buy some in Champex village if you need.

#### Drinks

- Water is not for free in refuges (from 5 to 8 euros one bottle). We advise you to bring some water purification tablets (Aquatabs or Micropur) in order to drink tap water.
- Personal drinks are not included in the trip's price
- Bring some Swiss francs for coffees, fruit juices, coke or beers during breaks... Shelters usually don't accept bank card payments and Euros.

### Accommodation

During two nights, you will stay in mountains refuges, which have mixed, shared, dormitory style accommodations. They provide mattresses, pillows, blankets and even slippers. Bring your own sleeping bag. Toilet and washing facilities are basic. You will spend Wednesday night in Club Alpin lodge in the Tour village, it will be equipped in the same way as the refuges, with shared rooms and toilets.

### Transportation

During the training and the climb, you will carry your own personal equipment and packed lunches. Plus, collective equipment (first aid kit, safety items, etc...) will be distributed among the group members. Your guide will check your backpack and help you to keep it under 10 kg.

You will leave two times for three days in the mountain: plan to bring a 40 to 50L backpack inside of which you will put all your material. A bag with your replacement gears will stay in the CAF du Tour lodge from Monday morning to Wednesday night. On Thursday morning, you will leave with your backpack ready for the three days of ascent, and the rest of your belongings will remain in the back of the car, unless you have planned to go back to the CAF du Tour after the ascent.

### Budget & exchange

France is in the Eurozone. Therefore, the unit of the currency is the Euro.

Credit cards and debit cards are very useful for cash advances (but don't forget to bring your PIN number!).

Refuges often don't have EPT (Electronic Payment Terminal): it is best to bring cash.

Be aware of the fees usually applied when purchasing products or services on a credit card.

Always take more rather than less, as you don't want to spend your trip constantly feeling short on funds.

As currency exchange rates can often fluctuate, we recommend to check the following website for daily exchange rates: <https://www.xe.com/>

### Tips

Clients usually pay for the guides' drinks : you might find it practical to make a group kitty at the beginning of your stay (no obligation).

## Supplied equipment

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

## Material

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### Technical equipment

- Mountaineering boots that you can fit crampons onto (with rigid soles)
- A comfortable mountaineering backpack (40/50L)
- Ice axe, crampons, harness with locking carabiner, helmet
- One or two collapsible walking poles (depending on what you are used to)
- A thermos or water bottle (1.5L)

### Individual equipment

- A warm bonnet
- A hat, cap and/or a scarf
- Sunglasses for glacier, category 4 + ski goggles
- A pair of warm gloves or mitten
- A pair of fleece or wool gloves or mittens
- A pair of silk gloves or mittens
- 1 breathable undershirt, preferably long sleeves (e.g. Capilene or polypro)
- Fleece or heavy jacket
- Down jacket (optional but highly appreciated during the peak day if the weather is very cold)
- Wind and waterproof shell jacket with hood (Goretex or similar)
- A pair of comfortable mountaineering pants
- Wind and waterproof over pants (Goretex or similar)
- Long underwear or running tights (e.g. Capilene or polypro)
- 2 pairs of socks : a warm one and a lighter one
- Gaiters
- Light-weight sleeping bag liner, preferably silk (wool covers are provided by the refuge)
- Toiletries : only tooth-brush and tooth-paste  
Sunscreen (face and lips)
- A head lamp with spare batteries and bulb
- Pocket knife
- A rain cover for your backpack (optional)

## Luggage

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- During the training and the climb, you will carry your own equipment and packed lunches in your backpack (40-50L)
- The rest of your luggage will stay in Chamonix and can be kept in another bag (travel bag)

## Medicine

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

- Personal medication
- Pain killers (preferably Paracetamol)
- Double skin
- Elastoplast (excellent to prevent blisters)
- Bandages
- Disinfectant
- Anti-inflammatory
- Antispasmodic
- Anti-diarrheal
- Anti-vomiting



- Intestinal antiseptic
- Eye drops
- Light sleeping pills
- Ear plugs

*Non exhaustive list*

## **Passport**

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Please make sure your passport and travel documents are valid.

## **Visa**

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

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

## **Identity card**

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

## **Mandatory vaccines**

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There are no mandatory vaccines needed to travel to France.

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

## **Health information & recommendations**

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

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

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

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

## **Weather**

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

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

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

## **Electricity**

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

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

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

### *Local time*

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

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

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

### *Sustainable tourism*

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

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