

## CHAMONIX EXPERIENCE

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## MONTE ROSA - MONT BLANC COURSE

Duration 6 days   Physical level 4/5   Technical Level 2/5   Price from 3390€

This exhilarating 6-day itinerary takes you on an ascent of the famous Mont Blanc with a UIAGM mountain guide. The program includes summits of both Monte Rosa and Mont Blanc, offering classic Italian-style mountaineering with comfortable huts and excellent food.

The Monte Rosa area provides easy access to high alpine glaciers and snow terrain via local lifts and huts. We'll use the Staffal lift and base our acclimatisation, crampon, and ice axe training at either the Gnifetti (3647m) or Mantova hut (3498m) during the first two days of the course. Sleeping above 3000m will aid acclimatisation. During this time, you'll summit one of several introductory 4000m peaks, such as Pyramid Vincent (4215m), Zumsteinspitze (4563m), Parrotspitze (4432m), or Ludwigshöhe (4341m), furthering your acclimatisation and testing your crampon skills. Day 3 will remain flexible, allowing your guide to adapt the itinerary to focus on any skills or techniques that may need further attention. The final 3 days will be dedicated to climbing Mont Blanc via the Normal Route, with nights spent in the Tête Rouse and Gouter huts.

The ascent of Mont Blanc via the Normal Route (Dôme de Gouter) used to involve minimal technical difficulty. However, with the growing impacts of climate change, the glaciers are changing, and the terrain has become steeper and more technical. Very good crampon skills and scrambling techniques are essential for a safe Mont Blanc ascent. You can expect to encounter scrambling on exposed ridges and steep, exposed passages on snow and ice at high altitude. Ropes, crampons, and an ice axe will be used throughout the climb. Therefore, previous experience in technical scrambling and walking with crampons is strongly recommended. If you've never used crampons before, consider checking our [First steps to Mountaineering](#) courses.

Climbing Mont Blanc, like any high-altitude ascent, is very dependent on weather and mountain conditions. Due to climate change, rockfalls on the normal Gouter route have become more common. By signing up for this trip, you acknowledge that the ascent may not occur if weather or mountain conditions are unfavourable. In such cases, an alternative summit, such as one in the Gran Paradiso, will be attempted instead. Please note that no reschedules, cancellations, or refunds are possible.

**It's important to book your trip with us before the end of November to secure spots in the Tête Rouse and Gouter huts. Once online bookings open after November, availability becomes very limited.**

### Mont Blanc Route

This route, also known as the 'Gouter' or 'Bosses' ridge, starts with a steep climb on rock to the Aiguille du Gouter, followed by a steady ascent on broad snow slopes, leading to a final, steeper snow arête to the summit. It is the least technically challenging of all the routes on Mont Blanc, graded alpine PD.

The normal route is accessed from one of two huts: the Tête Rouse at 3167 meters or the newly refurbished Gouter at 3817 meters. Starting from the Gouter offers a shorter summit day (though with a longer first day), while many climbers prefer to stay at the lower altitude of the Tête Rouse for a better night's sleep before the ascent. The choice of hut for any given climb will be determined by your guide, taking into account mountain conditions, the group's makeup, and bed availability.

## ITINERARY

The group will meet at the Chamonix Experience office on the evening before start of the trip. Here, we will have an informal chat about the week ahead, weather, conditions, itinerary etc. Your guide will also want to check all of your equipment. You will then have time to decide if you need to pick up any missing equipment or leave some behind to lighten your pack before setting out in the morning.

Please note that this itinerary is an example of what we can do if the weather and conditions allow. The program will be adapted if the mountain conditions or weather prevent a summit attempt. We will discuss the alternative options and re-organise the itinerary so you can climb a different summit or route that is in condition.

### Day 1 - Crampon & Ice Axe Techniques in Italy

We'll begin the course with a drive through to Italy, where you'll start learning the essential skills needed to climb Mont Blanc, beginning with an ascent of Punta Giordani. From the top of the Staffal lift (please note: if you're booking early or late in the season, the Staffal lift may be closed and replaced by a 4x4 transfer, which will extend the approach by 1–2 hours), you'll scramble over moraine and glacier terrain while learning how to move safely across steep ground using proper crampon, ice axe, ice screw, and rope techniques.

You'll spend the night in either the Mantova or Gnifetti hut, which will support your acclimatisation and provide an authentic alpine experience. Meals included: Dinner

### Day 2 - Climb in the Monte Rosa Massif

Today, you'll put your skills into practice on one of the many beautiful summits in the Monte Rosa range. Possible objectives include the Vincent Pyramid (4215m), Ludwigshöhe (4341m), Zumsteinspitze (4563m), or Parrotspitze (4432m)—your guide will choose the route based on conditions and the group. After the climb, you'll return to Chamonix. Meals included: Breakfast

### Day 3 - Mountaineering in Chamonix

Today is dedicated to further training, focusing on the areas your guide feels will benefit the group most. This may include crampon and ice axe techniques on the Mer de Glace, scrambling over rocky mixed terrain in the high mountains, or a traverse of the Vallée Blanche for additional acclimatisation. Wherever the day takes you, you'll experience more of the stunning Chamonix Valley as you prepare for its most iconic peak.

### Day 4. Mont Blanc Ascent - First Day

With your training complete, you're now ready to begin the ascent of Mont Blanc. Today, you'll hike up to the Tête Rousse hut (3167m), aiming to arrive by early afternoon, allowing plenty of time to rest and take in the dramatic alpine surroundings. Meals included: Dinner

### Day 5. Mont Blanc Summit Day

The big day! Weather permitting, you'll aim to summit Mont Blanc today. The ascent typically takes 6 to 7 hours, followed by a descent along the same route to the Gouter hut, where you'll spend the night. Meals included: Breakfast, Dinner

### Day 6. Return to Chamonix

If you did not summit the day before, today will be your final opportunity, requiring an early start around 01:00. Please note that this is not a second summit attempt—only one summit push is included in the itinerary. After reaching the summit (weather and conditions permitting), you will descend all the way back to the valley, returning to Chamonix by mid to late afternoon. This marks the end of your course. You'll return any rented equipment at the shop and celebrate your achievement with your guide in Chamonix town.

Meals included: Breakfast

## PRICE DETAILS

2025: Collective groups: from 3390€ per person for groups of minimum 2 participants

Private groups: contact us for personalised program and pricing

Included in trip package:

- 6 days of guiding
- 3 nights in mountain huts with breakfast and dinner
- Lift passes as per the itinerary
- Transport as per the itinerary
- Group safety equipment
- Office based support

Not Included in the trip package:

- Drinks, lunches and snacks in huts
- Personal equipment
- Accommodation in Chamonix
- Travel to Chamonix
- Mountain rescue and travel insurance (covering course cancellation for any reason)

## **DATES**

See our web page for dates and availability. For private trips, contact us for availability.

## **EQUIPMENT**

**30 - 35 litre rucksack** (important that it fits you and is comfortable to carry even when heavily loaded)

**Harness** (with adjustable leg loops to fit over your waterproof trousers and jacket)

**Crampons** (12 point clip-on crampon recommended; antiballing plates are a must, plus safety traps)

**Ice axe** (normal mountaineering/walking axe, should be 50-70cm depending on your height)

**Climbing helmet** (should be big enough to fit over your hat)

**Mountaineering boots**

**Walking poles**

**Headlamp** with fresh batteries

**Sunglasses** factor 4

**Ski goggles**

**Sleeping bag liner** (not a sleeping bag!)

**Water bottle** (at least 1 litre)

**Sun cream** (high factor for lips and face)

**Warm hat**

**Sun hat**

**Neck protection** (buff)

**Thermal underwear** (top preferably with long sleeves and long johns - wearing cotton next to your skin can mean you get cold as it does not disperse moisture in the same way as a thermal, wicking garment)

**Fleece layers** (better to carry several thin layers than thick bulky ones, to allow you to adjust your clothing according to temperature, weather and activity)

**Light down jacket**

**Wind & waterproof jacket** (Gore-Tex or similar breathable material with a hood, a shell jacket is good)

**Wind & waterproof trousers** (Gore-Tex or similar breathable material, preferably with leg zips to make them easier to take on and off without having to remove your boots)

**Thick gloves** (insulated warm gloves or mitts, gloves make it easier to fiddle with climbing gear but mitts tend to be warmer)

**Thin gloves** (a fleece wind stopper glove with reinforced palms gives better grip)

**Gaiters** (to keep snow out of your boots, best if they are made of a breathable material)

**Ear plugs**

## FURTHER INFORMATION

### EARLY / LATE SEASON

Typically, the Tramway du Mont-Blanc remains closed until mid-June and after mid-September. When the lifts are not in operation, the journey on D4 and D6 takes an extra 1 hour and 30 minutes, making the ascent more physically demanding.

### HUTS

The high alpine huts are one of the big attractions to mountaineering or trekking in the Alps. They allow us to enjoy the mountains with only light packs and without having to worry about meals or finding somewhere to sleep! Most huts have only very basic facilities.

Sleeping arrangements are in mixed sex dormitory-style rooms with bunks. Washing facilities are limited and generally there is no running water in any of the huts although this may vary in some huts. There are basins in which you can use bottled water to wash the best you can and clean your teeth, but they are NOT generally in private cubicles and are mixed sex. Toilets are generally septic-tank type (non-flushing) and again mixed sex. You need to be prepared for simple living in the huts and appreciate they are located at high altitude and in inhospitable terrain.

Breakfasts and evening meals are served by the guardian and his team and the food is usually nourishing and filling. Beer, wine, soft drinks and snacks are also available to buy. All food and drink in the huts is delivered by helicopter and consequently prices will be high e.g. around 10€ for a 1.5litre bottle of still water.

There are a few basic hut 'rules' that you need to follow so that you (and your fellow climbers) have a pleasant stay:

1. On arriving at the hut you must take off your boots and leave these together with your ice-axe, crampons in the foyer. Be sure to store these carefully as the hut is likely to get very busy and you'll need to find all your kit in the morning rush!
2. House slippers are provided and must be worn in the hut  
Your guide will register you with the guardian and will assign you your bunk.
3. Follow the instructions of your guide and keep requests to the guardian and his team to a minimum – they are usually very busy sorting out groups, cooking meals, keeping the hut clean.
4. In the morning your guide will often want to leave early – be sure to have all your kit ready to go the night before. Be organised and everything will be much easier!
5. It is recommended to bring ear-plugs for the nights – but make sure that you get up on time!

It is very important to book your trip before November. You will need places in the Tete Rousse and Gouter huts in order to climb Mont Blanc. It will be extremely difficult to find places for you after that as the huts get fully booked very fast.

### PHYSICAL & TECHNICAL REQUIREMENTS

At 4810m Mont Blanc is the highest mountain in the Alps and western Europe. Climbing Mont Blanc is physically very demanding - you will spend the whole climb traveling over glaciated terrain at high altitude. Please be aware that high altitude has a profound impact on physical performance and overall wellness, therefore we stress the importance of sufficient acclimatisation as well as technical training. However fit you are, you will feel significantly less fit at altitude! It is your responsibility to prepare yourself physically for your Mont Blanc trip. You need to start several months prior the trip and should include regular running, swimming or steep hiking are all very good forms of training. Anything that increases your stamina and your cardiovascular ability will be of benefit as you will certainly feel short of breath once you reach a certain altitude – some people even feel it in Chamonix town, a good 3800m below the summit of Mont Blanc!

Many people find that they make it to the summit without any problems but struggle on the way back down as they have expended all their energy. The descent is just as strenuous, and potentially dangerous, as the ascent so having the stamina to make it safely all the way back down is very important. A good level of fitness will significantly increase your chances of summiting Mont Blanc and make the ascent more fun - rather than just hard work.

If you have previous mountain climbing experience, such as Kilimanjaro or Aconcagua, that's a great foundation—but be prepared for a significantly greater physical and technical challenge on Mont Blanc.

While we accept beginners on this course, we strongly recommend having prior experience walking with crampons. If you're new to this, take a look at our [First Steps to Mountaineering](#) course for a solid introduction.

Our 6 day Mont Blanc course is divided into two parts: the first 3 days are dedicated to acclimatisation and alpine training, specifically tailored for the Mont Blanc climb. You'll learn essential skills such as crampon and ice axe techniques, glacier travel, and key safety practices. As long as you're fit and have good stamina, a lack of prior climbing experience won't hold you back.

The final three days of the course are dedicated to the Mont Blanc ascent. The acclimatisation period also serves as a fitness and skills assessment. You'll need to climb Gran Paradiso at a certain pace to demonstrate that you have the stamina and physical readiness for a safe Mont Blanc attempt.

At the end of the initial three training days, we'll hold a group briefing. This is a key moment where we assess whether you've reached the necessary level of fitness and technical ability to proceed with the Mont Blanc ascent.

Most of our clients complete the 3 training days successfully - but **please note that for safety reasons we can not allow climbers who are too weak or don't have the minimal technical level in mountain skills to go on to attempt the Mont Blanc ascent.** We have to make sure that everyone who is climbing Mont Blanc with our guides is able to reach the summit and get back to Chamonix in safety, without jeopardising themselves or the rest of the group. **Please note that there is no refund possible in this case.**

## FOOD

We recommend bringing or purchasing snack food in the resort to take into the mountains each day—items like cereal bars, dried fruit and nuts, chocolate, sugary sweets, or your favourite trail mix. When staying overnight in huts, breakfasts and dinners are included in the package price. However, it's wise to bring extra supplies for the days you'll be away, as huts do sell food but it can be expensive and stock may be limited.

If you have food allergies or specific dietary requirements—especially if you're Coeliac (gluten-free) or have a dairy allergy—we strongly advise bringing additional food to supplement your hut meals. While huts generally cater well to vegetarians, they are less equipped for other dietary needs.

Huts can provide a basic packed lunch (typically bread, salami, cheese, and chocolate), which you can order, but it's important not to rely solely on this option. You'll need to carry your own snacks each day. Expect to take short breaks about once an hour, and it's important to eat something each time to maintain your energy levels throughout the day.

## OUR GUIDES

On this trip, we will take a maximum of 4 clients per group. Sometimes the actual maximum group size can be dictated by the availability of beds in the mountain huts. The number of guides employed will depend on the group size. Guiding is at a ratio of 1:4 during the first 3 days. The guiding ratio drops to 1:2 during the ascent of Mont Blanc. All the guides for this trip are IFMGA qualified and English speaking.

## DOCUMENTS

Mountain search and rescue and repatriation insurance is mandatory on all our trips. We highly advise you to also have a travel insurance policy covering the cost of medical treatment and to protect the value of your trip in the event of cancellation or curtailment. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

You will need to bring your ID with you.

## SPENDING MONEY

The package price includes valley transport, cable cars and mountain railway tickets, 3 nights in mountain huts with breakfast and dinner, and guiding. You will need to allow an amount for lunches, drinks and snacks. Please note that the huts do not accept credit cards, you will need to have € in cash for your snacks, drinks and packed lunches. Your guide will advise you how much you need; there are numerous cash points in Chamonix.

## ACCOMMODATION

Please note that the accommodation is not included in the course. While there are 3 nights in mountain huts in the programme and price, we cannot guarantee that you will have place to stay on these 3 nights. If the weather or conditions are unfavourable and we cannot reach any of these huts, you may have to return to Chamonix for the night.

### **TRANSPORT DURING THE COURSE**

All transport during the course, as outlined in the itinerary, is included in the price. We use public transport whenever possible; when it's not available, your guides will drive the group in cars.

### **BAD WEATHER AND CONDITIONS**

If the weather forecast is poor or the conditions are not favourable, there are alternatives. From the Aiguille du Midi you can access the Cosmiques or Torino refuges. These are ideal bases to ascend classic mountaineering routes such as Arête de Cosmiques, Point Lachenal, Tour Ronde and the Aiguille du Entrèves. In poor weather we can drive to Italy or Switzerland and attempt the Grand Paradiso, or the Weissmies in the Saas valley – please note there will be additional transport costs for options in Italy or Switzerland.

As the weather and conditions are variables which sometimes force climbers to change the objective of the trip – this is normal in the world of mountaineering - we do not offer reschedule or refund in these cases.

### **BOOKING AND CANCELLATION**

Send us an enquiry stating your preferred dates and your previous mountaineering experience. We will require 30% deposit to confirm your booking. Please read carefully our [terms and conditions](#) before booking your trip.