



Compagnie des guides  
SAINT-GERVAIS  
LES CONTAMINES  
— Organisation —

43 RUE DU MONT-BLANC  
74170 SAINT-GERVAIS  
04 50 47 76 55

WWW.GUIDES-MONT-BLANC.COM  
CONTACT@GUIDES-MONT-BLANC.COM



## GOAL: MONT-BLANC" COURSE IN 6 DAYS

Mont-Blanc is a dream that we can help you realize!

Since 1864 the guides from Compagnie des guides de Saint-Gervais Les Contamines have been leading their "travelers", customers or friends to the summit of that magical mountain. Our personalized program allows you to begin the ascent with maximum chances of success.

### OUR ADVANTAGE

- Postponement of the ascent of Mont-Blanc in case of bad weather (for 2 years)
- Supervision by local guides that know the terrain perfectly and participate in the local community. The guides participate in the organisation of the safety on the itinerary all year long.
- Warm lunch in the refuges as well as bottled water in the Gouter and Tête Rousse refuge, for your comfort, and to maximize your chances of success.
- Personalized welcome with a drink and appetizer offered by your guide.
- Our team is present all year to answer your questions and to advise you (about clothing, physical training or organizing your stay).
- A privileged supervision with a guide for 4 people maxi for the preparation.
- The preparation in adequacy with the objective (acclimatization in refuges, duration of the preparation). Preparation in a wild setting around the Tré la Tête glacier.



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## TWO OPTIONS AVAILABLE

In order to lead you into that adventure we have set up two course options adapted to everybody:

OPTION 1: The ascent of Mont-Blanc in 2 days with a departure on Sundays

OPTION 2: The ascent of Mont-Blanc in 3 days with a departure on Tuesdays

### OPTION 1 THE ASCENT OF MONT-BLANC IN 2 DAYS

- Saturday** Appointment at 6.30 pm at the guides' office for a briefing / welcoming drink with the guides.
- Sunday** Departure at 1 PM for an introduction to verticality and off-road terrain. Ascent to **Tré-la-Tête refuge (1,970 m)** and night spent at the refuge.  
Difference in height of + 960 m. 2 and a half hour walk.
- Monday** Departure from Tré-la-Tête refuge for a theoretical and technical learning on rocks, snow and ice.  
Night at **Conscrits refuge (2,602 m)**.  
Difference in height of + 745 m. 6-hour walk.
- Tuesday** Departure at 5 AM to climb Aiguille de la Bérangère (3,425 m) or a mixed climb into Tré-la-Tête massif to practice what you learnt the first two days. Meal at Tré-la-Tête refuge, then you will go down to Contamines and will come back to Saint-Gervais.  
Difference in height of + 830 m / - 2,250 m. 10-hour walk.
- Wednesday** Rest day.
- Thursday** Departure early in the morning with the Tramway du Mont-Blanc. Ascent to Tête Rousse refuge before getting to **Gouter refuge (3,817 m)** or night spent at Tête Rousse refuge if Gouter refuge is full.  
Difference in height of + 1,500 m. 6-hour walk.
- Friday** Departure at 3 am with headlamps to Dôme du Goûter (4,304 m) and then Arête des Bosses in the early hours of the morning. Arrival to the summit of Mont-Blanc (4,808 m).  
You will come back into the valley via the same route in the afternoon.  
Difference in height of + 996 m / - 2,436 m. 11/12-hour walk.

**The guides could be led to change the programme depending on the weather conditions, the mountains and the level of the participants.**



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## OPTION 2 THE ASCENT OF MONT-BLANC IN 3 DAYS

- Monday** Appointment at 6.30 pm at the guides' office for a briefing / welcoming drink with the guides.
- Tuesday** Departure at 1 PM for an introduction to verticality and off-road terrain. Ascent to **Tré-la-Tête refuge (1,970 m)** and night spent at the refuge.  
Difference in height of + 960 m. 2 and a half hour walk.
- Wednesday** Departure from Tré-la-Tête refuge for a theoretical and technical learning on rocks, snow and ice.  
Night at **Conscrits refuge (2,602 m)**.  
Difference in height of + 745 m. 6-hour walk.
- Thursday** Departure at 5 AM to climb Aiguille de la Bérangère (3,425 m) or a mixed climb into Tré-la-Tête massif to practice what you learnt the first two days. Meal at Tré-la-Tête refuge, then you will go down to Contamines and will come back to Saint-Gervais.  
Difference in height of + 830 m / - 2,250 m. 10-hour walk.
- Friday** Ascent to **Tête Rousse refuge (3,167m)** with the Tramway du Mont-Blanc in the early afternoon and night at the refuge. Difference in height of 800 m. 3-hour walk.
- Saturday** Departure early in the morning to go to Aiguille du Goûter (3,863 m), Dôme du Goûter (4,304 m) and then Arête des Bosses. Arrival to the summit of Mont-Blanc (4,808 m). Descent to **Gouter refuge (3,817 m)**. Difference in height of + 1,650 m / - 991 m. 6/7-hour walk.
- Sunday** You will come back from Gouter refuge into the valley via the same route in the early morning. Meal in the valley.  
Difference in height of – 1,470 m. 4/5-hour walk.

**The guides could be led to change the programme depending on the weather conditions, the mountains and the level of the participants.**

## 2019 DATES

June 4 to the end of September

**OPTION 1: Departure every Sunday / OPTION 2: Departure every Tuesday**

## SUPERVISION AND PARTICIPANTS

You will be supervised by a guide or a qualified trainee guide.

1 guide for 4 people maxi for the assessment and preparation days.

1 guide for 2 people maxi for the ascent of Mont-Blanc.

The guides will choose the roped parties for the ascent of Mont-Blanc for the first 3 days of the course.

**In case of postponement of the ascent due to bad weather, you will have to come back with your climbing companion and choose another date or pay the price difference to be able to leave alone with your guide.**



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## TECHNICAL AND PHYSICAL LEVEL

**The ascent of Mont-Blanc is a real physical challenge.**

**The walking duration and the altitude make it a specially demanding summit.**

A very good training is essential for that course for it is intended for sportspeople.

### **Basic training**

You will have to walk between 6 and 12 hours a day, you must then prepare yourself by practising “cardio” training during long-term sessions. Endurance sports : 2 or 3 cycling or running sessions a week. You are advised to intensify your sport sessions six months before the course.

### **Off-road training**

From the second day you will not walk on a hiking path, you will progress on very delicate terrains (slabs, screes, rocks, snow and ice). You can prepare yourself by practising hiking in medium-altitude mountain and walks in off-track forests. Climbing is also a very good training. A good training will enable you to let yourself go to the single pleasure of discovery. Do not forget that for 5 days you will walk with a 8/10-kilo rucksack, which will significantly increase the effort to be made, so during your outings gradually train yourself to walk with that additional weight.

**At the end of the first three days of the course only the guides will decide whether you will be able to climb Mont-Blanc ! The great majority of the people who do not go to the summit of Mont-Blanc fail their goal because of a lack of physical training.**

If the guide thinks you do not have the level to consider climbing Mont-Blanc, you will be offered to climb a more adapted summit. **You will be reimbursed on no account.**

You will progress on a high-altitude mountain route, so you must know the dangers linked to that activity (cracks, seracfalls, rockfalls, avalanches, very low temperatures).

We stay at your disposal for any question.

## 2019 RATES

### Option 1 – The ascent of Mont-Blanc in 2 days

**The rate is set as below:**

-1590€ per person

**The price includes:**

The supervision by a mountain guide — 3 half-board packages in refuges — the picnics and the lunch — the package for the Tramway du Mont-Blanc — tea for Mont-Blanc climb.

**The price does not include:**

The drinks, the cereal bars and other personal expenses — the rental equipment — the transport to the starting point — your personal insurance — everything that is not in “the price includes”.





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## Option 2 – The ascent of Mont Blanc in 3 days

### **The rate is set as below:**

-1795€ per person

### **The price includes:**

The supervision by a mountain guide — 4 half-board packages in refuges — lunch — the lift pass for the Tramway du Mont-Blanc — tea for Mont-Blanc climb.

### **The price does not include:**

The drinks, the cereal bars and other personal expenses — the accommodation in Saint-Gervais (except for the all-inclusive package) — the rental of the equipment — the transport to the starting point — your personal insurance — everything that is not in “the price includes”.

## ACCOMMODATION

Accommodation is optional : Twin room in Saint-Gervais : dinner / night / breakfast

For option 1 : **345€** You'll stay in Saint-Gervais on Saturday, Tuesday and Wednesday.

For option 2 : **230€** You'll stay in Saint-Gervais on Monday and Thursday.

### **All nights in the huts are included in the price.**

During your course you will be accommodated in mountain refuges and will sleep in dormitories. The first night at Tré-la-Tête refuge, the second night at Conscrits refuge and the last night at Gouter refuge. Those refuges are all resupplied by helicopter and supplied with electricity thanks to solar panels. You will not be able to recharge your phones or cameras and you will have to throw your waste. Your phone will not pick up at Conscrits refuge. There is no shower in the refuges.

## IN CASE OF BAD WEATHER

The weather conditions are an important factor for your safety.

It is difficult, even impossible to have a reliable weather forecast for more than 3 days.

### **The first 3 days of the course cannot be postponed since you must be ready for the ascent of Mont-Blanc.**

If the weather does not enable you to climb Mont-Blanc, your guide can propose another summit over 4,000 m in Grand Paradis or Mont-Rose massif. That alternative will lead to a partial reimbursement.

You will also be able to postpone the ascent of Mont-Blanc to the summer\* or to the next two years \*\*



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\* **If you are 2 participants**, you can come back whenever you want, subject to availability in the refuges. You will be reimbursed on no account.

**If you are alone**, you will have to come back with a former trainee from the same course or pay the price difference to be able to leave alone with your guide.

\*\* If you postpone the ascent of Mont-Blanc to the next year or 2 years, you will compulsorily have to attend a new 2-day training in order to readjust to the altitude.

### CAUTION:

If you decide with your guide to try and climb Mont-Blanc anyway, and bad weather catches up with you, no reimbursement or free postponement will be conceivable.

### REGISTRATION AND PAYMENT

Made with the registration form, dated and signed and sent with a 30% deposit (add up the price of the course and optional accommodation in the hotel) and then add the amount of the optional insurance policies. The balance shall be paid 30 days before the departure.

If you do not have repatriation insurance, we can offer you one at the rate of 2% of the total amount of the stay. We also offer optional cancellation insurance at the rate of 3% of the total amount of the stay. Please be aware that the cancellation does not work in case of blisters or stiffness. A doctor's note signed "unfit to work" will be required for any cancellation.

**Having repatriation help service coverage is compulsory to attend our trips.**

If you do not have repatriation help service coverage, we can offer you one.

### APPOINTMENTS

The appointment takes place the day before the departure at 6.30 pm at the guides' office (in the tourist office).

### To come to Saint-Gervais



Motorway A 40, exit 21. From the exit 21 : 6 km to Saint-Gervais.



Saint-Gervais/ Le Fayet train station. 4 km from Saint-Gervais city centre. Transports by taxi or bus are possible (to be booked upfront).



Airports of Geneva (1h), Annecy-Methey (1h), Lyon Saint-Exupéry (2h). Shuttles and cabs are possible from the airports (upfront booking compulsory for the shuttles)



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## SOME ADVICE

- ✓ If your goal is climbing Mont-Blanc and if you are not sure of your physical and/or technical skills, you are advised to begin with the “First 4000-meter summit” course”.
- ✓ For your first mountaineering steps you should begin with technically easy short-term outings
- ✓ A good training will enable you to let yourself go to the single pleasure of discovery.
- ✓ If you have had a long trip, you are advised to plan to return the following day to set off again full of energy.





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## LIST OF THE EQUIPMENT

### Technical equipment:

- Helmet
- 35/40-litre rucksack
- Two telescopic walking poles with washers
- Harness with locking carabiner
- Ice axe
- Gaiters
- Mountain boots with stiff soles to put crampons
- Semi-automatic crampons equipped with anti-boots

You can rent the technical equipment at:

[www.twinner-saint-gervais.fr](http://www.twinner-saint-gervais.fr) and [www.unlimited-saintgervais.com](http://www.unlimited-saintgervais.com). For the entire technical pack (helmet, ice axe, harness, boots and crampons) please count on about 25 € per day.

### Clothing

Upper body:

- Hat and headscarf or balaclava
- Modern fibre underwear, long and short sleeves
- Thick fleece jacket or down jacket for the bottom of the bag
- Thinner fleece jacket or down jacket
- Gore-Tex jacket (the ski anorak is not adapted)

Lower body:

- Modern fibre tights
- Gore-Tex trousers
- Warm socks

### Essential equipment:

- Glacier glasses
- Ski mask
- Cap
- Headlight and batteries
- 2 pairs of gloves : a thin pair and a warm pair like mittens
- Sun cream and labial screen ultra-protection
- A sleeping bag liner for in the huts (no need for a sleeping bag)
- Crème solaire et écran labial très haute protection
- Thermos flask for tea (0.5 L minimum) and energy bars
- Small personal first-aid kit (pain medication, second skins)
- A pair of light walking shoes

**Do not hesitate to contact us if you need some advice for your physical training, the selection of your equipment or the organisation of your trip.**