



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



## MONT-BLANC in 3 days

Since 1864, our guides have been taking their "travellers", clients or friends to the top of this magical mountain.

Climbing Mont-Blanc is a real physical challenge. The experience of our guides allows us to disagree with the all too often popular idea that the Mont-Blanc is easy.

**The guides only take recently acclimatized and technically prepared people to climb Mont Blanc.**

If you don't have any mountaineering experience, we can offer you two options: the Mont-Blanc course in 6 days or a technical preparation in two or three days (contact us).



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## PROGRAM

**The evening before** Appointment at 6.30 pm at the guides' office.

### **Day 1** Tête Rousse refuge

The departure time will be set by the guides depending on the weather. Ascent to the Tête Rousse refuge (3167m) in the beginning of the afternoon by the Mont Blanc Tramway.

Elevation: 800 m - About 2 hours of walking.

*Night in a dormitory at the Tête Rousse refuge.*

### **Day 2** Mont Blanc ascent

Departure early in the morning, climb up the Aiguille du Goûter, a steep route, easy rock climbing over 600 meters of vertical drop. We take a short break at the refuge before heading to the Dôme du Goûter, where we will be walking on the snow and the effects of the altitude begin to show. From the Vallot shelter begins the majestic Bosses ridge to the top of Mont-Blanc. It's a steep and technical part at high altitude but unparalleled in beauty.

Descent back to the Goûter refuge (3835m).

Elevation: + 1800m / - 1050m - About 9 hours of walking.

*Night in a dormitory at the Goûter refuge.*

### **Day 3** Descent from Goûter

Departure early in the morning from the Goûter refuge by the same route, lunch together in the refuge or in the valley.

Elevation: - 1470 m - About 4 hours of walking.

**You will evolve on an unmarked mountain route, you must be aware of the dangers associated with this activity (glacier crevasses, serac falls, rock falls, avalanches, very low temperatures).**

The guides may have to adapt the program to the weather conditions, mountain conditions and the level of the participants.

## 2024 DATES

From the beginning of June to the end of September, departures are possible every day (except Wednesday and Friday) depending on the places available in the refuge.

## PARTICIPANTS AND SUPERVISION

2 people per guide maximum.

You will be supervised by a mountain guide.

## TECHNICAL AND PHYSICAL REQUIREMENTS

The experience of our guides allows us to disagree with the all-too-often widespread idea that Mont-Blanc is easy. **Guides only accompany people who are acclimatized and technically prepared to the top of Mont-Blanc.**



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### Basic training

You will walk between 6 and 12 hours a day. You should therefore prepare yourself by practicing "cardio" sports during long sessions. Endurance sports: 2 or 3 sessions per week cycling, running. We recommend that you intensify your training six months in advance.

### Varied terrain training

From the second day you will no longer be on a hiking trail, but you will evolve in often very delicate terrain (rough mountain terrain, snow and ice). You can prepare yourself by hiking in the middle range mountains, or off the trails in the woods. Rock climbing is also a very good workout.

**At the end of your preparation, you should be able to easily walk 1500m cumulative elevation gain.**

Keep in mind that you will be walking with a backpack of 8 to 10 kilograms for 6 days, which significantly increases the required effort. During your outings, gradually train yourself to walk with this extra weight.

After registration you will receive a sheet with help for physical preparation, prepared by our guides. You can also call us or send us your training schedules.

### 2024 RATES

€2970 for 1 person

2 participants: €1820 / person

3 participants: €2310 / person

#### The price includes:

- The supervision by a mountain guide
- half-board package in the refuges (dinner, night and breakfast)
- Lunches during the ascent
- The ticket for Tramway du Mont Blanc or taxi fare to Bellevue in the beginning and end of season
- Water in the huts
- Tea for the Mont Blanc climb
- Hut bookings

#### The price does not include:

- The drinks, the cereal bars and other personal expenses.
- The rental equipment
- Your personal insurance

### IN CASE OF BAD WEATHER

In the mountains, weather conditions are an important factor for your safety. It is difficult or even impossible to get a reliable weather forecast for more than 3 days.

#### If the weather does not allow the ascent of Mont Blanc:

- You can come back the same summer, depending on the availability in the refuges, or get a refund from the Mont Blanc part of the course (except for the insurance fees).
- Your guide can suggest another peak over 4000 m in the Gran Paradiso massif or that of Mont Rose: this alternative leads to a partial refund.





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If, in consultation with your guide, you decide to try Mont Blanc and you are surprised by bad weather and have to turn around, no refund or credit is possible.

## REGISTRATION AND PAYMENT

Using the dated and signed registration form accompanied by a 30% deposit and the amount of the optional insurance. The balance must be paid 60 days before the departure date.

## INSURANCES

Being covered by repatriation insurance is mandatory to participate in our activities: it must cover you in the high mountains for helicopter search and rescue.

If you do not have repatriation insurance, we can offer it at a cost of €5 per day. We also offer optional cancellation insurance at a rate of €12 per day (this insurance does not take into account the sports nature of our activities).

The insurance brochures can be downloaded from our website. **Insurances are non-refundable.**

## RENDEZVOUS

Meeting with the guides the day before departure at the [office in Saint-Gervais \(43 rue du Mont Blanc, 74170 Saint-Gervais\)](#), at the tourist office in the centre of the village at 6.30 pm.

If you are unable to attend, please let us know, the briefing can also be done by phone.





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## EQUIPMENT LIST

The right choice of equipment is essential for the success of your ascent, the weather conditions can vary from day to day.

### Technical equipment:

- ☐ Helmet
- ☐ 35/40-litre rucksack
- ☐ Two telescopic walking poles (3 parts) with washers
- ☐ Harness with locking carabiner
- ☐ Ice axe
- ☐ Gaiters
- ☐ Mountain boots with stiff soles to put crampons
- ☐ Semi-automatic crampons equipped with anti-boots

The technical equipment is available for rent at the following partner stores:

For Saint Gervais : <https://blanc-sport-saintgervais.com/> [www.unlimited-saintgervais.com](http://www.unlimited-saintgervais.com)

For les Contamines : [www.intersport-lescontamines.com/](http://www.intersport-lescontamines.com/)

### Clothing

- ☐ Hat and headscarf or buff®
- ☐ Thermal underwear, long and short sleeves (no cotton)
- ☐ Fleece jacket
- ☐ Down jacket
- ☐ Gore-Tex® jacket or similar (an insulated ski jacket is not suitable)
- ☐ Thermal underwear tights
- ☐ Technical hiking trousers
- ☐ Gore-Tex® trousers or similar (water- and windproof)
- ☐ Warm socks

### Essential equipment:

- ☐ Glacier sunglasses (cat. 4)
- ☐ A pair of light walking shoes
- ☐ Ski goggles (in case of snow or strong winds)
- ☐ Cap
- ☐ Headlight and batteries
- ☐ Drinking bottle that can hold at least 1L of water. Water bladders, such as Camelbacks, are not recommended.
- ☐ 2 pairs of gloves : a thin pair (fleece or leather) and a warm pair like waterproof mittens
- ☐ Sunscreen for body, face and lips
- ☐ A sleeping bag liner for in the huts (no need for a sleeping bag, huts have blankets or duvets)
- ☐ Thermos flask for tea (0.5 L minimum)
- ☐ Energy bars or dried fruits
- ☐ Small personal first-aid kit (aspirin, compeed®, earplugs)
- ☐ Small toiletry bag (small toothpaste, toothbrush, wipes)
- ☐ Identity papers and insurance documentation (if you've not subscribed to ours)

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