



# MONT BLANC

4,807M / 15,771FT



**2025 TRIP NOTES**





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## 2025 TRIP DETAILS

**Dates:** Available on demand from June to September

**Duration:** 5 days

**Departure:** ex Chamonix, France

**Price:** €4,790 1:1 guide to climber ratio  
€2,840 each 1:2 guide to climber ratio

▲ Approaching Goûter Hut. Photo: Olivier Baron

Our Mont Blanc Guided Ascent is aimed at mountaineers who have previous snow and ice experience. The ascent is programmed to run over 5 days, as this gives you time to make a warm-up ascent of another peak to allow you to acclimatise appropriately before you climb Mont Blanc. You choose the dates that best suit your travel plans and we will make the accommodation and logistical arrangements for you.

We approach Mont Blanc from either the North West via the Goûter Route or the North via the Cosmiques Route. The Cosmiques Route traverses the lesser peaks of Mont Blanc du Tacul and Mont Maudit on the way to the summit. The choice of the route taken will depend on group size and snow and weather conditions at the time.

On the Goûter Route we begin the approach by tram and railway, then walk up to the Tête Rousse Hut which takes 3–5 hours. The summit day begins early and the climb takes around 7–8 hours over snow domes and a superb snow ridge to the summit.

The Cosmiques Route is slightly more difficult and therefore guided only as a 1:1 option. This route takes around 6–7 hours to the summit from the Cosmiques Hut and features snow basins followed by some short steeper sections as you ascend the peaks of the Tacul and the Maudit. After the Maudit is passed you climb a large snow dome to Mont Blanc's summit, the highest point in the Alps.

As a warm-up for Mont Blanc, we climb a peak near the Col du Géant, the Aiguille de Toule, a short snow and ice climb. L'Aiguille de Toule is a very good climb in its own right and is very valuable as an acclimatisation ascent before you move on to climb Mont Blanc. It also gives you the opportunity to climb two peaks on the same trip, so you get twice the value!

During the acclimatisation phase, you will sleep in high-mountain huts at sufficient elevations to promote acclimatisation. We then return to Chamonix to complete the ascent of Mont Blanc.

You will have the undivided attention of your guide throughout your trip, who will be willing to help you revise technical skills throughout the programme.

Most other guide companies will amalgamate you into large groups through the acclimatisation stage of the trip then put you with a single guide (or two people



▲ Warm up on Aiguille d'Entrèves. Photo: Paolo Pieroni

with a guide) on summit day as a cost-cutting measure. We do not believe this is in your best interest so we adhere to the same guide policy throughout the time you are with us.

## ABOUT THE CLIMB

We start the trip in Chamonix, where you will be met on the morning of Day 1 by your guide, who will brief you on the upcoming trip and help you sort equipment.

We will then make the short trip by road through to Italy and take the Skyway Monte Bianco up to Torino Hut (3,375m/11,073ft) or we can also access the same hut and climb by using the Aiguille du Midi and Panoramique lifts to Pointe Helbronner (3,462m/11,358ft).

The ascent route on Aiguille du Toule (3,538m/ 11,608ft) is a particularly good training climb. We usually climb the East Face. The following morning, before returning to Chamonix for the night, we complete the Aiguille d'Entrèves traverse (3,604m/11,824ft), an interesting and fun exposed rock route. There is also time during the two acclimatisation days to refresh your mountaineering skills on any topic, which you can discuss with your guide while you are gaining the acclimatisation advantage of sleeping at altitude.

An ascent to altitude is vital as preparation for attempting Mont Blanc as it gives us a decent level of acclimatisation. Technically speaking, Mont Blanc is not especially difficult but it is very physically demanding due to the altitude and the length of the summit day, and thus requires a good level of fitness.

Trips can be booked at a date that best suits your travel plans, and the route can be guided on with one guide to one or two climbers. This means you can come by

yourself or bring a friend for the 1:2 guided ascent. Please note we avoid putting climbers together for the 1:2 trip who do not know each other. This can reduce your chances of a successful ascent when one out of the two has to turn back due to fitness or incompatibility issues. With these small ratios, you benefit from the higher degree of personal tuition from your guide and your skills will be accelerated because of this.

If you are a seasoned climber and want to attempt a more technical training climb prior to the Mont Blanc ascent, then please enquire at the booking stage for other options.

**NOTE:** The programme can change due to weather and climbing conditions.

## OUR GUIDES

Adventure Consultants guides are BMG/NZMGA and/or IFMGA-UIAGM qualified mountain guides. They are professional mountaineers and operate to the highest industry standards. Being a technically proficient climber alone is not enough to work with us; our standards demand that trip leaders are great guides as well. You will find your guide friendly, approachable and focused on providing a safe and enjoyable trip in line with your objectives and comfort level.

Success with the highest margin of care is always a hallmark of our approach; promoting the realisation that even extreme pursuits such as high altitude mountaineering can be undertaken safely.

Adventure Consultants only employs IFMGA qualified guides for European ascents and courses and this is the only certification that is recognised in the French Alps. In order to gain these qualifications guides must undergo rigorous training and assessment on climbing skills, instructional skills avalanche training and assessment,



Soft morning light close to the summit. Photo: Olivier Baron

wilderness first aid, rescue training and much more. The qualification takes many years to attain and ensures you are getting a world-class professional service.

## ITINERARY

### DAY 0

Arrive Chamonix, hotel night.

### DAY 1

Meet your guide for an early morning briefing and gear check. Either take the Aiguille du Midi lift and Le Panoramique or travel through the Mont Blanc tunnel and ascend via the Skyway Monte Bianco to Point Helbronner (3,462m/11,358ft). Climb the Aiguille de Toule (3,538m/11,608ft) and then spend the afternoon going over crampon and rope skills and travelling over glaciated terrain. Overnight at the Torino Hut (3,375m/11,073ft).

### DAY 2

Climb the Aiguille d'Entrèves Traverse (3,604m/11,824ft) then either return via the Panoramique lift or head back down the Skyway Monte Bianco and descend to Chamonix for the night.

### DAY 3

Take the Bellevue Lift and Mont Blanc Tramway (2,380m/7,800ft) and hike up to Tête Rousse Hut (3,187m/10,377ft, 4 hours), or take the Aiguille du Midi Lift and trek to Cosmiques Hut (3,613m/11,854ft, 1hr). Enjoy an early night.

### DAY 4

Very early start for the climb of Mont Blanc (4,807m/15,771ft, 8 hours from Tête Rousse, 7 hours from Cosmiques) and descend to Goûter or Tête Rousse Huts, or return to Cosmiques Hut (4 to 5 hours). Sometimes it is possible to descend to Chamonix.

### DAY 5

Descend to Les Houches, transfer to Chamonix. Debrief and hotel night.

### DAY 6

Breakfast and departure. Airport transfers are not included but we can arrange this for you.

# THE ADVANTAGES OF CLIMBING WITH ADVENTURE CONSULTANTS

Adventure Consultants is renowned for the quality of its service and strategy applied to expedition and ascent climbing. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our climbers the best possible chance of success.

We employ strong and specialised IFMGA Mountain Guides, who are some of the most pre-eminent in the industry. Many of our expedition members and climbers come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions and guided ascents safe and successful.

## CLIMBING SEASON

We operate on Mont Blanc in the summer months, June to September, and other times as conditions allow. In June and early July, we can expect more snow cover on the routes and as temperatures warm up into

the summer months from mid-July, we traditionally experience more settled weather and warmer temperatures.

## WEATHER

Europe has a continental climate which in general encourages more stable weather. However, the weather in the high mountains can be changeable and at times very severe. It is possible that weather conditions may thwart an attempt on the summit of Mont Blanc in the time allotted. However, due to the length of the trip and our focus on the forecasts, we can often change our itinerary to work around frontal systems. Should the weather not allow a summit attempt within the time frame, it is sometimes possible to engage the guide for additional days depending on their availability.

## EQUIPMENT

Climbing in the European Alps requires high-quality clothing and equipment due to the extremes of weather conditions. Our focus is on having the essential clothing and equipment to keep you warm and comfortable during the climb.



▲ Climbing high above the cloud. Photo: Andrew Wexler



▲ Looking back up towards the summit. Photo: JB Chandesris



▲ A couple celebrate on the summit of Mont Blanc. Photo: Andrew Wexler

You will be sent an equipment checklist upon confirmation of your booking. Your guide will go through this with you at the beginning of your trip. It is possible to rent technical equipment but you must provide your own mountaineering clothing as per the equipment list. Actual equipment taken may vary subject to seasonal weather and route conditions. Group equipment, including ropes and technical hardware, will be provided by your guide.

## COMMUNICATION & MESSAGES

Our guides are in cell phone communication with our operations base throughout the trip. This assists us with weather forecast updates, lift and accommodation coordination and safety backup.

Your own mobile phone should work in the region though you may want to check with your service provider first. Local mobile phones can be rented at international airports.

## FITNESS & HEALTH

To make the most of your climbing experience you must train in the months leading up to your trip. Summit day on Mont Blanc is 10–12 hours long and gains over 1,500m/5,000ft in elevation. Combine these factors with an altitude of over 4,000m/15,000ft and the need to arrive with a good level of cardiovascular fitness is even more vital.

By adopting a programme of running, cycling and/or hill walking in the months leading up to your climb you will greatly increase your chance of success. Build up your training until you are able to hike on consecutive days for at least 8 hours whilst carrying a 10kg/22lb pack, incorporating the elevation gain of over 1,500m/5,000ft which is required on summit day. Your guide will be attuned to your fitness levels and will regulate the pace accordingly; however, it is essential that you arrive physically prepared to succeed on this mountain.

Our registration form requests that you advise us of any medical problems you may have and of any medications you are taking. Any information you supply will be treated as confidential.

## ACCOMMODATION

Accommodation is provided on a twin share B&B basis from your arrival evening on Day 0 until after breakfast on Day 6.

Accommodation in the mountains is in alpine huts in shared bunk rooms or dormitory rooms. Blankets are provided and no sleeping bag will be required although you will require a 'sleeping sheet' for personal hygiene under the provided blankets.



▲ Tackling the route between the Goûter and Tête Rousse Huts. Photo: Paolo Pieroni



▲ Enjoy warm up climbs in the Chamonix region. Photo: Alessandro Bosio



▲ Approaching the top of Dôme de Goûter. Photo: Paolo Pieroni



Enjoy warm up climbs in the Chamonix region. Photo: Alessandro Bosio

There is no single supplement or private rooms available in the mountain huts but we can arrange this for you in Chamonix. We can also arrange an upgrade to four or five star hotel accommodation—ask about the hotel options if interested.

## FOOD

Adventure Consultants will provide breakfasts for the duration of the trip and evening meals on the hut nights while the trip is running. This is from breakfast on Day 1 until breakfast on your departure day. You will be responsible for your own lunch and snacks each day, plus evening meals on the non-mountain nights in Chamonix. This allows you to experience the exciting culinary options available in Chamonix as there are many restaurants and bars within close walking distance that provide a variety of foods to suit your tastes. Any additional food, bottled water, beverages or meals you purchase that are not mentioned in the inclusions will be at your own expense.

You should bring a selection of your favourite snack food and hydration drinks with you to ensure you are fuelled for by your preferred brands, as well as money for lunches and snacks whilst in the mountains. Actual

amounts depend on your consumption but while you are climbing it's generally not possible to have a normal sized lunch, so you rely on snacks during the day and are able to take a late lunch once you arrive back at the hut.

If you have any special dietary requirements, please advise us at the time of registration. If your dietary requirements are especially strict you are advised to bring a sufficient supply of your required food types with you to ensure you are provided for.

## TRAVEL TO CHAMONIX

We commence our Mont Blanc Guided Ascent from Chamonix in France. The closest international airport is in Geneva, just over the border in Switzerland. Regular shuttles operate through to Chamonix and the trip takes about 1.5 hours. Your shuttle driver will drop you at your accommodation. At the completion of the trip, the shuttle can take you back to the airport. The shuttle transfers are at your own cost but we can help arrange this for you.

## INSURANCE

We strongly recommend that you take out Trip Cancellation Insurance and Travel Insurance, as well as Medical and Rescue Insurance to protect yourself in the event of injury or mishap prior to or during your trip.

While our focus is on safety and our track record supports this, the mountains do have hazards and there is the potential for mishap. If you were injured whilst on the trip, there is a very efficient rescue service nearby.

## PRE-TRIP ACCLIMATISATION

It is preferable to spend time at altitude prior to your scheduled climb to assist with your acclimatisation, and climbers regularly attend our Pre-Course & Acclimatisation Programme in Chamonix. This 2-day acclimatisation and re-familiarisation programme takes you on day climbs to high elevations on peaks that are easily accessible from Chamonix to kick-start your acclimatisation before the main programme begins. By enhancing your acclimatisation and fine-tuning your skills before the Mont Blanc programme begins you experience more enjoyment from the climb and enjoy a greater success rate.

## PRICES

The cost for the Mont Blanc Guided Ascent ex Chamonix, France is:

€4,790 for a 1:1 guide to climber ratio  
€2,840 per person for a 1:2 guide to climber ratio

*All prices are subject to change without notice.*



The cost includes:

- Qualified mountain guide
- Group technical equipment
- Lifts as per the scheduled itinerary
- Huts as per the scheduled itinerary
- Transport as per the scheduled itinerary
- Hotel B&B during trip dates as per schedule, including first night and last night of trip
- Breakfast and dinner during mountain component of the trip

The cost **does not** include:

- Any lift, hut, hotel or transport costs additional to the programme due to weather or logistics (any changes will be actioned only after you have been consulted by your guide)
- Personal mountaineering clothing and equipment
- Evening meals during hotel nights in Chamonix
- Lunches
- Extra additional meals, snacks or drinks purchased from huts or hotels
- Insurance for travel and climbing in Europe
- Transport to and from Chamonix
- Gratuity

## PRE-COURSE & ACCLIMATISATION PROGRAMME PRICING

€890 per person at a 1:2 guide to climber ratio  
€1,500 per person at a 1:1 guide to climber ratio

The trip price includes the hotel on arrival day and first night. The hotel on the second night would be included as Day 0 on the Mont Blanc Guided Ascent programme to follow. Please note this programme is to immediately precede the Mont Blanc Guided Ascent with no rest day in between.

## PAYMENT

All payments should be made by bank transfer to the following Euro bank account:

Bank of New Zealand  
Offshore Branch  
42 Willis Street  
Spark Central  
Wellington  
New Zealand

for the account of Adventure Consultants Limited

**Account Number:** 1000-594771-0002

**Account Type:** Euros

**Swift Address:** BKNZNZ22

**NOTE:** All bank transfer charges are for the remitter's account.

We can also accept your deposit and balance payment by credit card (Visa, Mastercard and Amex), plus a 3% card fee.



Just a few more steps to the summit! Photo: Olivier Baron



A group of climbers descend from a successful summit. *Photo: Olivier Baron*

## DEPOSIT

To confirm place on one of our Mont Blanc Guided Ascents, we require a completed registration form with a deposit of €500 per person.

## BALANCE

The balance payment is due 60 days prior to the trip start date.

## CANCELLATION & REFUND POLICY

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 60 days prior to your trip commencement date. A climber may then cancel their participation on the following basis:

- Cancellations outside of 60 days will result in the loss of the trip deposit.
- For cancellations made within 60 days of the trip commencement date we reserve the right to retain 50% of the full fee.
- For cancellations made within 30 days of the trip commencement date we reserve the right to retain 75% of the full fee.
- For cancellations within 15 days of the departure date a cancellation fee of 100% of the full fee applies.

We recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

## HOW TO JOIN THIS TRIP

If you would like to join one of our Mont Blanc Guided Ascents, please complete our online booking form and forward your deposit payment at <https://adventureconsultants.com/guided-ascents/europe-ascents/mont-blanc#DepartureBookingBlock>.

## CONTACT US

If you require more information, please contact us at:

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Sunrise tints the snow. Photo: Andrew Wexler



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

