Climb Mont Blanc

Trip Code: MBC

Version: MBC Mont Blanc Climb

MOUNTAINEER	GUIDED GROUP	10 TOUGH

HIGHLIGHTS

- Two opportunities to summit Mont Blanc after three fantastic days of acclimatisation and skills training
- Idyllically located mountain huts; The Albert Premier and the Tete Rousse Refuge
- Accommodation in Chamonix; perfect for relaxing and preparation
- Classic route to the summit with IFMGA guides and a ratio of 1:2 during the climb of Mont Blanc

AT A GLANCE

- 6 days trekking and climbing
- Max. altitude - 4808 metres
- Join at Chamonix

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 6 Dinners
- 3 nights Hotel
- 4 nights Mountain Hut / Refuge

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

The aim of this fantastic one week mountaineering holiday is to climb Mont Blanc; the summit, at 4807m is the highest point in Western Europe. With three wonderful days in the high mountains to acclimatise, and allowing three full days for the ascent of Mont Blanc with two days for the summit itself, this one week adventure gives everyone an excellent chance of reaching the roof of Europe. The acclimatisation days are spent staying at the Albert Premier or the Torino Hut, spending time on glacier skills, training and acclimatisation along the way and taking in this impressive high landscape. The summit of Mont Blanc is reached via the 'Normal Route', from either the Tete Rousse or the new Gouter Hut. The summit day is a long one, but the reward .... you are now the highest point around, with the most awesome views of the surrounding mountain ranges, there will be no doubt that it was worth it.

This Mont Blanc itinerary is based in comfortable accommodation in Chamonix. Key to a successful Mont Blanc ascent are good acclimatisation and experienced, motivated guides. Our Mont Blanc package is fully inclusive of local transport and cable cars. This is a great value package, using a superb valley base and our expert guides will offer you every chance of getting to the summit on Mont Blanc.

Is this holiday for you?

This is a challenging, yet extremely rewarding week of Alpine climbing. Led by professional IFMGA guides using a 1:6 ratio on the acclimatisation days and a 1:2 ratio on Mont Blanc, this trip will provide the opportunity to practice roped glacier travel and guided climbing, using crampons and a single ice axe. The ascent of Mont Blanc via the Normal Route (Dome de Gouter) involves little in the way of technical difficulty. Ropes, crampons and an ice axe will be used throughout the week. Participants must have a very good level of fitness and be used to consecutive long days in the mountains.

Itinerary

Version: MBC Mont Blanc Climb

DAY 1

Meet at the group hotel in the Chamonix Valley.

Meet at the group's hotel in the Chamonix Valley.
KE Land Only package services begin with the overnight at the hotel.

Meals: **D**

Accommodation
Hotel

DAY 2

Walk to the Albert Premier Refuge (2707m), crampon skills.

Meet with our guide and sort out any hire equipment. To assist with our acclimatisation, we plan to spend tonight in the Albert Premier Refuge (2707m). We take the Charamillon-Balme gondola lift from Le Tour and walk up to the Col de Balme, from here we get the first of many simply stunning views of the Mont Blanc massive. We follow the balcony path round to the Albert Premier Refuge, a lovely and relatively easy going walk to begin our week. The afternoon is spent going through crampon and ice axe skills, with the impressive seracs of the Glacier du Tour in sight.

Meals: **B D**

Accommodation
Mountain Hut / Refuge

Ascent
550M

Time
2 - 3 hrs walking

DAY 3

Training and acclimatisation on the Glacier du Tour.

A relatively early start this morning and our adventure truly begins as we set out onto the Glacier du Tour. Today we will look again at glacier skills and do some training as we go along. Depending on the conditions there is also the option of climbing to the Col du Tour pass or the Aiguille du Tour (3350m) before heading back to the Albert Premier Refuge.

Please note that today's itinerary is flexible and will depend on several factors, including what has been done yesterday, weather and snow conditions. Your guide will use their expertise and local knowledge to make this decision.

Meals: **B D**

Accommodation
Mountain Hut / Refuge

Ascent
800M

Descent
200M

Time
5 - 6 hrs walking

DAY 4

Training and acclimatisation on the Glacier du Tour and back to Chamonix.

Today we continue at glacier skills and do some training as we go along. Depending on the conditions, today we will climb to the Col du tour pass and the Tête Blanc (3350m) before heading back to the Albert Premier Refuge and then the Col de Balme pass. From here we will catch a chair lift back to Le Tour and transfer to Chamonix.

Please note that today's itinerary is flexible and will depend on several factors, including what has been done yesterday, weather and snow conditions. Your guide will use their expertise and local knowledge to make this decision.

Meals: **B**

Accommodation
Hotel

Time
6 - 7 hrs walking

DAY 5

Cable car and train to Nid d'Aigle (2372m). Trek to Tete Rousse (3167m) or Gouter Refuge(3817m).

Now that our training is over, we are ready for the ascent of Mont Blanc. The group will be joined by more guides (ratio 2 clients to 1 guide), in order to give us the best chance of success. We will climb Mont Blanc by the Normal Route, taking advantage of the uplift provided by the Mont Blanc Tramway which will take us to Mont Lachat (2115m). From here, we follow a rocky trail for approximately 3 hours to the Tete Rousse Refuge (3167m) where we will stay overnight or the guide may opt to continue a further 2 hours to the higher Gouter hut (3817m). Staying overnight at either of these huts is part of the experience of climbing Mont Blanc and the majority of the climbers staying here will be aiming for an ascent.

Meals: **B D**

Accommodation
Mountain Hut / Refuge

Ascent
800M

Time
3 - 5 hrs walking

DAY 6

Summit Day - Mont Blanc (4807m) by the Normal Route.

The Big Day! We make an early start - approximately 1am from the Tete Rousse or a little later from the Gouter. From the Tete Rousse, we cross the Great Couloir and then a rocky scramble leads up to the Gouter Refuge (3817m). From here the remaining 1000 metres of ascent to the summit of Mont Blanc is entirely on snow. The climbing is never technical being mostly on a broad shoulder with an uphill slope mostly below 30 degrees. However, the final ridge becomes narrower and we can look down one side to Italy and the other into France as we make the final steps to the top. We are very high up now and the air is thin, so slow and steady is the way forward. The ascent can take from 5 to 8 hours depending on conditions and our starting point, and we aim to be on the summit soon after dawn, in position to enjoy some of the most spectacular views in the whole of Europe. We will make our descent via the same route and we should reach the hut by early or mid-afternoon (in time for a late lunch). We spend our second night at the hut.

Meals: **B D**

Accommodation
Mountain Hut / Refuge

Ascent
1650M

Descent
950M

Time
10 - 13 hrs walking

DAY 7

Contingency day for possible delays. Descend to Chamonix.

If we have not summited the day before, we may make the attempt today if the conditions permit and in this case. after summiting, we will descend via the Normal Route all the way back to the valley. If we have summited on day 6, then we have a leisurely start and make an easy descent to the valley in good time for lunch. In the evening, we have the opportunity to reflect on the adventures of the week during a celebratory dinner.

Meals: **B D**

Accommodation
Hotel

Descent
1500M

Time
3 - 4 hrs walking

DAY 8

Departure day.

The KE Land Only package services end after breakfast.

Meals: **B**

Holiday Information

What's Included

- Professional IFMGA qualified guides
- Local transport including cable car fees
- All accommodation as described
- Meals as detailed in the Meal Plan

What's not Included

- Travel insurance
- Airport transfers
- Some meals as detailed in the Meal Plan
- Miscellaneous personal expenses - drinks souvenirs etc.

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on Travelling by Train.

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet at the hotel in Chamonix on the evening of Day 1 of the trip itinerary.

For clients arriving by air, the easiest way to get to Chamonix is to fly to Geneva Airport and make use of an airport transfer service. We recommend mountaindropoffs.com. Transfers are about 40€ each way. Please note that transfers are subject to availability and your flight details are required a minimum of 72 hours before your arrival in Geneva. Hotel contact details and an emergency number will be provided with your booking confirmation.

Chamonix is a destination which lends itself to train travel from the UK. It is possible to travel via Eurostar from London St Pancras to Paris and onwards to Chamonix.

Meal Plan

All meals except all lunches and dinner on the first night are included in the trip price. Lunches or hill food snacks can be bought in the valley or at some huts.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

When in the towns and villages all tap water is drinkable. In mountain huts there is usually not a sustainable drinking water supply. Water in plastic bottles is brought in to the hut. All huts have a recycling point. If you have to purchase water in plastic bottles please buy the largest bottle you can so as to use less plastic. Please take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water if you can fill from a local stream. Bottled water is not provided. We do not encourage the purchasing of single use plastic bottles. Local authorities are working to find solutions to using plastic water bottles in huts. We monitor the situation carefully for updates.

The food in Yeti Lodge and in the huts is varied and plentiful. Continental breakfasts and full 3-course evening meals are included everyday. Packed lunches can purchased from the chalet for €8 and hill food snacks are available fom the village shops or local supermarket. On some days, there is the possibility of buying a late lunch in the huts, if we arrive early enough.

Accommodation

During this trip, the group will spend a total of 3 nights in hotel accommodation in the Chamonix valley. Accommodation here is in either twin or triple rooms.
Whilst in the mountains, there are 4 nights spent in either mountain huts or camping outside of the hut. When staying in the hut, the accommodation is on a non-segregated, dormitory-style basis. The camping is based on two people sharing one tent, with access to the toilets in the hut and meals taken in the dining room of the hut.
Depending on availability, it may be possible to arrange single rooms for the nights in Chamonix at an extra cost. For single supplement price please refer to the dates and prices section for this holiday on our website.
Hut bookings become available at the beginning of March, departures of this holiday with at least 4 bookings will be guaranteed at this point.

Group Leader & Support Staff

On this trip, we will take a maximum of 6 clients. 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 1:6 during the first 3 days. The guiding ratio is at 1:2 for the ascent of Mont Blanc. All the guides for this trip are IFMGA qualified.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

The package price includes valley transport, cable cars and mountain railway tickets, all accommodation, meals (except lunches), and guiding. You will need to allow an amount for lunches or hill food snacks. Yeti Lodge offer an “honesty bar” for wine and drinks with your meals. In mountain refuges you will need to pay for drinks, including bottled water. €200 should be sufficient to cover all personal expenses. There are cash point facilities in Argentiere, close to the chalet. If you are intending to hire or purchase items of equipment, you should budget accordingly (credit cards can be useful in this respect).

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack (of around 30 - 40 litres). For international flights please check your baggage allowance with your airline. Since group members will carry all personal equipment during the trek, it is important to keep the overall weight of this equipment to a minimum. Neither a sleeping bag nor a camping mattress is needed and it should be possible to keep the weight of your pack to under 10kg.

Whilst in the mountains you will leave your main bag and travel clothes in the group’s chalet in Argentiere. Luggage with wheels can be useful for this holiday.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Climate

Generally, the temperatures that we can expect to encounter during the day will be reasonably warm, in the range 18 - 28°C / 64 - 82°F. At night in Argentiere, we can expect the temperature to drop to 10 - 15°C / 50 - 60°F. The weather is usually stable at this time of year, but mountainous areas do generate their own weather systems and occasional rain and even stormy weather cannot be ruled out.

We do avoid August departures as not only are the huts and trails extremely busy, but the Gouter Route itself is often in bad condition at this time of year due to high temperatures and rockfall.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Maps

Srie Bleue Topographic Survey 1:25,000 IGN

The French survey's excellent detailed topographic map series. For full coverage of all possible routes on Mont Blanc, there are two sheets: Chamonix & Massif du Mont Blanc (sheet. 3630 OT) covers the north of the range and east from the summit. and St.-Gervais-Les-Bain & Mont du Mont Blanc (sheet. 3531 ET) covers the south and west. St-Gervais-Les-Bain & Mont Blanc covers the Normal Route.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You Should bring the following items:

- Water purification tablets
- Water bottle 2x 1 litre (we encourage re-filling water bottles rather than single use plastic)
- Lip salve - with sunscreen
- Sun Protection (high factor for skin)
- Head torch and spare battery
- Climbing Rucksack - 35-45 litres (MAX) (no external frame)
- Warm and waterproof gloves/ski gloves
- Thin gloves - leather or thermal
- Ski goggles (for snowy/windy conditions)
- Sunglasses - category 3/ 4.

- Warm hat
- Sunhat
- Extra warm layer/ duvet jacket - (primaloft or lightweight down)
- Waterproof jacket (with hood)
- Fleece jacket or warm jumper
- T-shirt or casual shirt
- Thermal Base Layer x 2 (one with long sleeves for glacier travel)
- Shorts (for non-glacial travel)
- Underwear
- Trekking trousers (not cotton)
- Waterproof over trousers (with leg zips)
- Warm mountain trousers
- Socks - walking socks are best (2/3 pairs)
- Gaiters (long or short)
- Mountain Boots (see notes below)
- Trekking poles x 2 (with baskets)
- Small Wash kit
- Dry bags(s) for daypack/kitbag contents (to ensure they keep dry)
- Sleeping bag liner/sheet sleeping bag (silk is lightest)

- Basic First Aid Kit
- Sleeping bag (for 2 nights camping at the refuge) - you will be informed if this is required.

Mountaineering equipment:

- Crampons - MUST be fitted with anti-balling plates
- Crampon bag
- Ice Axe
- Helmet
- Mountaineering harness

The following items are optional:

- Thermal baselayer - leggings
- Travel Clothes
- Travel Shoes
- Earplugs (particularly if you are not the one snoring!)
- Hand sanitizer (water in huts can be limited)
- Camera
- Pen-knife
- Reusable cloth bag for shopping (to avoid plastic bags)

Equipment Notes

Mountaineering Boots: Recommended boots for this trip are comfortable, warm and stiff - to take a

crampon securely/deal with cold conditions. Either a B3 or B2 boot will be suitable, but NOT a B1.

Crampons: Modern strap on 12 point crampons are perfectly acceptable for this climbing trek and will fit any boot. All crampons MUST be fitted with anti-balling plates. 'Grivel' crampons - G12 with a strap system/or semi-strap/heel clip are excellent and they come fitted with anti-balling plates. Make sure they are compatible with your boots. Aluminium crampons are not suitable for this trip (they are not strong enough over mixed terrain).

Equipment hire / rental: The following equipment can be hired from KE: Crampons (with anti-balling plates) and crampon bag; Climbing helmet; Harness (with karabiner); Ice-axe; mountaineering boots (please advise your boot size). This can be reserved either when you book your trip or closer to your departure but we advise booking hire equipment as soon as possible to ensure availability. Individual items can also be hired. Payment for these will be made locally, in Euros; however these must be booked through KE atleast 4 weeks prior to departure. If you are planning to hire boots it is a good idea to arrive early on Day 1 to allow time to visit the hire shop in the afternoon and not be rushed with making a choice.

Sleeping bags/extra shoes: These are NOT required as bedding and hut shoes/slippers are provided at mountain refuges. However, you must bring a sheet sleeping bag

Online advice

PHD Gear Advisor: PHD specialise in cold weather equipment, from the world's lightest right up to the most protective for Everest or the Poles. It's a large range. So to help you choose what you need to keep you warm, PHD have listed the gear that is appropriate for this expedition. >> Click here to go to the PHD Gear Advisor for Mont Blanc Ascent

Needle Sports: Needle Sports is the English Lake District's foremost specialist climbing shop supplying mountaineering, rock, ice, alpine and expedition equipment worldwide. Internationally recognised as among the very best of the UK's top technical climbing gear retailers. They have a good range of equipment appropriate for this trip and offer knowledgeable advice both on their website and in store. View >>http://www.needlesports.com/

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

We sell this holiday on a Land Only basis, joining at the group chalet in Argentiere, Chamonix. The nearest airport is Geneva, approximately an hour's drive away. Please refer to the 'Joining arrangements & transfers' and 'Flights' sections for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the trip is showing 'Guaranteed to Run' or 'Limited'.

If flying from the UK there are a number of low cost airlines offering flights to Geneva. These include Easyjet who have flights from London, Manchester, Liverpool & Glasgow and Jet 2 who have flights from Manchester, Leeds Bradford & Belfast. Other airports may be available. Click on the 'Flight information' link below for further information on booking low cost airlines. Alternatively if you would prefer to book a 'flight inclusive package' using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

Why Choose KE

Why KE

KE has a full contingency day built into the itinerary, giving you two opportunities to reach the summit of Mont Blanc .. AND All uplift and cable car fares are included in the price.If you have any questions, speak to one of our Mont Blanc experts; Angela or Vanessa.

Please Note This document was downloaded on 14/11/2026 and the trip is subject to change