



# Compagnie des Guides de Chamonix

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## TRAIL RUNNING - MONT BLANC IN A DAY

Duration: 1

Fitness: ▲▲▲▲▲ Technique: ▲▲▲▲▲

Climbing Mont Blanc in a day is the opportunity to live an incredible human adventure. The climb starts on well-marked trails and finishes on the ice-cap at the summit. It represents a total vertical gain of almost 4000m (13 200ft).

The Compagnie des Guides de Chamonix guarantees you the security standards adapted to this ascent that partially takes place in the high mountains. A previous mountaineering experience is required. Thanks to our partnership with [Grivel](#), light mountaineering gear is provided (ice axe, crampons, harness, helmet) from the Tête Rousse refuge.

### ITINERARY

**In Option : Practice hiking with crampons: Aiguille du Midi (3842m) or Pointe Helbronner (3462m).**

A day to get familiar with basic mountaineering techniques: walking on a glacier while roped-up, using crampons and ice-axe, learning elementary mountaineering knots, etc. During this first day, we will take some time to learn and master basic mountaineering techniques and test our physical skills in order to increase our chances of success and reach the summit of Mont Blanc in one day.

**Ascent of the Mont-Blanc : go & back from les Houches village through the normal route of Le Goûter.**

**Meeting point:** we meet in the center of the village of Les Houches, in front of the town hall. We will leave sometime around 21H00 and midnight.

**Point 1 :** Mairie des Houches- 1000 m (3300ft) - Mont Lachat pass- 2100m (6890ft).

Steep trail sections, with no technical difficulty.

Vertical drop : 1100m (3610ft).

**Point 2 :** Mont- Lachat to Nid D'Aigle 2372m (7782 ft)

Trail section along the railway.

Vertical drop: 1372m (4501ft).

**Point 3 :** Nid d'aigle cogtrain terminal, 2372m ( 7 827ft) + 1372 m (+ 4 527ft)

We hike along the tracks of « Tramway du Mont Blanc » cogtrain: no technical difficulty.

**Point 4 :** Refuge de Tête Rousse, 3167 m (10 450 ft) : 2167 m (+ 7151ft)

We follow the trail leading to the hunters' cabin "Baraque des Rognes", and meet Ibexes along the way.

**Point 5 :** Refuge du Goûter, 3850m (12 705 ft) : +2850 m ( 9400ft)

This section is long and technical, and obviously strenuous.

Mont-Blanc summit 4810m (15 873ft) : +3810m ( 12 573ft)

We follow the normal route (Goûter Dôme, Vallot hut, Bosses ridge, summit at 4 810m/15 873ft). This is the high mountaineering part of the climb, on glacier only with gradually steep and difficult slopes.

*This program will depend on weather and terrain conditions at time of ascent, as well as group's mountaineering skills and fitness level. The guide will suggest another ascent if necessary. (Ex: Gran Paradiso in Italy: see product description "Gran Paradiso in a day").*

### GROUP BOOKING

There is no group booking on this activity. Only private booking.

## PRIVATE BOOKING

Private hiring is the historical relationship that binds a guide to his/her client. It allows you to be alone, or in a constituted group, with your guide that meets your specific needs. It is undoubtedly the ideal formula to realize your projects because it guarantees you a maximum of comfort. You are free to choose your departure date (depending on the availability of the huts) and the itinerary can be adjusted, according to your specific expectations.

**Dates 2025 :** On request, from June to September  
Planned from Thursday to Friday.

**Prices 2025 :**

1800€ for one person

1980€ for two persons

Included in the price :

- Guiding services
- Technical equipment (see below)

Not included in the price :

- Personal mountaineering equipment rental
- Cancellation and repatriation insurance
- Accommodation before and after the ascent
- Energy snacks and drinks

**The training day :** 430€ (for a group from 1 to 2 people)

**Compagnie des Guides 'special service:** we supply **light technical GRIVEL** equipment (crampons, ice-axe, helmet and rope). Equipment to be picked up at Tête Rousse hut.

## FURTHER INFORMATION

In this section, find all the information about this activity. For further information, please contact our advisor (contact details above).

**Meeting point :** It will be fixed by your guide, depending on conditions

**Ability Level :** A one-day ascent of Mont Blanc requires experience in enduring long courses lasting more than 12 hours of effort. We recommend a proper training regimen following a semi-intense schedule. A previous experience in using crampons and an ice axe is necessary.

**Climbing Schedule :** 8 to 10 hours for the ascent and 5 to 7 hours for the descent

**Guiding policy :** 1 to 2 people. *Only for people who know each other*

**Food - Provisions :** Participants are responsible for their own provisions. During the ascent, it is possible to buy food at the Tête Rousse and Goûter huts. It's important to note that there is NO water at the hut. Be sure to bring small change in euros for purchasing drinks.

**Preparing for the trip :** Your mountain guide will be in contact to answer any questions you may have.

## EQUIPMENT

We recommend you take particular care over you choice of equipment, as it plays a large role in the success of your trip. Weight is critical, and you must always evaluate the weight-to-comfort ratio to find the best compromise. Weather conditions can be extremely variable: from 20°C on the approach route to the hut, to -15°C on the summit. Generally speaking, it is better to put on several thin layers than to have one bulky item of

warm clothing, and it is vital that you remain dry at all times.

### **Equipment**

- 35-litre backpack
- High-altitude mountaineering boots that are not too tight
- Gaiters, if needed for your trousers
- Telescopic trekking poles
- **Crampons with anti-balling plates; helmet, harness and straight ice axe** (provided by our partner GRIVEL).

### **Clothing**

- Warm hat that can be worn under a helmet
- Sun hat or cap
- Neck protection such as a 'Buff'
- 'Micro-fibre' style long-sleeve base layer
- Fleece
- 'Gore Tex' style shell jacket with hood
- Down jacket
- Base layer leggings
- A trekking trousers,
- 'Gore Tex' style over-trousers
- Warm specialist walking socks
- Lightweight specialist walking socks
- Ski gloves or good quality mitts
- Leather or fleece gloves
- Change of clothes at your discretion

### **Accessories**

- Category 4 sunglasses
- Ski goggles
- Headtorch plus spare batteries
- Sheet sleeping bag
- Water bottle (minimum 1.5l) and thermos bottle
- Personalised first aid kit with a minimum of: sun cream, lip balm, cotton buds, blister kit, antisickness medication
- Watertight bag to contain your ID/passport and Euros

**Our Rental Partners :** You can rent your equipment with our rental shops partners and benefit from special price [Millet](#) (excluding crampons, ice axes and helmet), [Sanglard Sports](#), [Ravel & Co](#) & [Concept Pro Shop](#)

**Our Equipment Partners :** [Millet](#), [Dynastar](#), [Julbo](#), [Grivel](#) & [Monnet](#)