

Climb
MONT
Blanc



Maximum
Adventure

Mont Blanc Ascent

Introduction

So you're interested in climbing Mont Blanc? At 4810m, Mont Blanc is the highest mountain in the Alps. It's a tough objective and an awesome peak in a huge range. If successful, you will have the most enormous sense of satisfaction. The highest peak in the Alps is a wonderful summit with great views all the way across to the Matterhorn on a clear day!

We have been to the summit of Mont Blanc hundreds of times. In the winter, in the summer, on foot, on skis - you name it - we've tried it. This experience has led to us putting together a programme which gives you a realistic chance of summit success.

The course has six guiding days. This gives you the chance to learn crampon, rope and ice-axe techniques, complete some training routes on smaller peaks and still give sufficient time for the ascent. We recommend this course duration, because it gives you the most realistic chance of summit success by enabling proper acclimatisation



Course Requirements

To do this trip you will need to be physically fit, with a head for heights and technically coordinated. This is a tough challenge and even though you do not need previous alpine climbing experience to take part in our course (of course it is beneficial) you are attempting to climb the highest peak in the Alps and need to be suitably prepared!

It is physically demanding with a summit day of 12-14hrs, most of which is at altitude. In addition, it contains the need for scrambling to 'easy' climbing with and without crampons, the ascent and descent of steep snow slopes as well the traverse of exposed ridges. The preparation days are usually of 6-8hrs duration.

You should follow a fitness plan in preparation for your challenge. An example of one will be sent to you when you have confirmed your booking. Although the fitness plan we will send to you has been devised by a fitness professional, this is only provided as a guide and you should seek professional advice before starting your own fitness regime.

We recommend you take part in one of our Scottish winter courses held (Jan - Mar) to help you with your preparation for this course.

Route Facts at a Glance

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| Ascent | 3,616 m/11,863 ft |
| Time | 7 days |
| Summit | 4,810 m/15,781 ft |

Typical Itinerary

We run a 6 day course, which, with an arrival and departure day, is an eight day round trip. We run the course over this duration because it provides the best chance of your trip meeting the necessary criteria (weather, acclimatisation, ability, fitness) to maximise your summit chances.

You will meet your mountain guide on the morning of the first guiding day. You arrive the afternoon/evening before this for you to be ready for the start of the course, and if possible a day or two earlier than this to enable you to do some walking/acclimatising on your own.

The first days of the course are valuable days to acclimatise, refresh/learn mountain skills and climb some training peaks. These peaks are about 3500m high and no mean feat in themselves. We then attempt the ascent of Mont Blanc either from the Gouter/Tete Rouse side or a traverse from the Cosmique side. This depends upon your fitness, mountain conditions and availability of huts.

| | |
|-------|--|
| Day 1 | Transfer from Geneva Airport to accommodation. Arrive and check in at your accommodation. |
| Day 2 | Meet the guide(s). Equipment check. Ascend to Albert 1er hut. Afternoon on glacier practicing skills. Night at hut. |
| Day 3 | Aiguille du Tour and evening descent into Chamonix. Overnight in valley. (An alternative here is to overnight at the Trient hut and then return to the valley the next day) The decision on this is up to the guide. |
| Day 4 | Acclimatisation and glacier skills Col du Midi. Night in the valley. |
| Day 5 | Ascend to Tete Rouse Hut, Gouter Hut or Cosmique Hut or additional high altitude day. |
| Day 6 | Summit attempt and descent back down to Tete Rouse or Gouter Hut. Or ascent to Gouter Hut. Overnight at hut. |
| Day 7 | Either summit day of Mont Blanc and descent into valley or just descend into valley if having summited the day before. The day of the summit attempt will be decided by conditions, weather and hut availability. |
| Day 8 | Breakfast and return transfer to Geneva Airport. |

Please note: This itinerary is a guide only. It can be subject to change dependent upon viability, course members' fitness and weather conditions or for any other reason the guide may deem necessary. This trip involves travel to high altitudes and to areas where a short notice change of itinerary may be necessary.

Guides

Your guides for the week are full UIAGM and aspirant guides. UIAGM is internationally the highest recognised guiding qualification and a prerequisite for guiding in the Alps. All guides have a long history of personal climbing experience throughout the Alps.

Never Climbed, But want to Do Mont Blanc?

You're not the only one! And why not? Why set yourself limits? Every year, people ask us this question.

'Back in the day' people would complete an 'alpine apprenticeship' which would consist of many alpine summers spent practising their skills and climbing lower, but not lesser, peaks before tackling the big one. These days people have less time (seemingly, although there are still 24hrs in a day), the boundaries of adventure travel have moved on and with the ready availability of the internet for you to research this information, you can, very quickly, decide to take part in an adventure. Whilst some may think this is a bad thing - we don't. We are, after all, in the business of helping you achieve your goals. So if you decide to have a crack at this you need to know what you are letting yourself in for.

Mont Blanc will maybe be the hardest week you experience in your life. It is high, it is cold and it is exposed. It is also dangerous. Some people say risk is part of the adventure. We don't think so. Risk is something you accept to enable you to achieve what you want to do. We, or anyone, can't eliminate that risk, but we can do our best to reduce it.

So, assuming you decide it is for you, you need to get in shape. Get down the gym. Go running. Go cycling or take part in some of our preparation courses. It is physically tiring and you need to be as best prepared as possible. Do plenty of cardio so you have good stamina and strengthen your legs through cycling and hill days. We will send you a fitness training plan, but also have a look at our preparation courses. They are invaluable in giving you the best chance. Once you have done all this, we will do our best to get you to the top. But it won't be easy!



Mont Blanc Preparation Courses

A Mont Blanc ascent is a physically challenging week. We encourage all Mont Blanc participants to complete the appropriate preparation to ensure best performance on the hill.

Ideal courses to take part in before taking part in a Mont Blanc course are a winter course (Dec - March) and a scrambling course around May/June time. This gives you the best combination of practice regarding physical fitness, crampon techniques and scrambling skills.

To this end, we offer a discount of £50 off a Winter Ben Nevis course and a discount of £50 off a Snowdonia scrambling course for all those who have already booked on a Mont Blanc course. Please ask the office for details.



What's Included

- Airport transfers, arrival and departure - between Geneva Airport and Chamonix Hotel.
- 3 nights twin room accommodation with breakfast in Chamonix Valley hotel.
(Single rooms are available at a supplement.)
- 4 nights hut accommodation half board dorm rooms
- Professional event organisation.
- Mountain guiding
- Group gear - ropes etc.
- Group first aid kit with qualified first aiders

What's Not

- Return flights to Geneva
- Cable Cars
- Technical Equipment
- Lunch and evening meals in the valley
- Lunch during the mountain days
- Beverages/Personal bills
- Insurance *(for cancellation, accident, health, emergency evacuation and loss, theft of or damage to baggage and personal effects).*

This dossier is intended as a rough guide and for use with a Maximum Adventure trip only. It should not be used as a guide book. This trip involves travel to mountain areas where a short notice change of itinerary may be necessary. The details of the itinerary may well be altered to suit the particular participants, inclement weather or for any other reason deemed necessary.



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There is no requirement for Financial Protection of day trips, and none is provided. This insurance is only valid for packages booked that DO NOT include flights.

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