

MOUNTAINEERING

ASCENT OF GRAN PARADISO AND MONT BLANC IN 5 DAYS

Ascent to Gran Paradiso and Mont Blanc in 5
days from Chamonix



FRANCE



Climb two great Alpine summits in a 5-day program with a specialized high mountain guide: Gran Paradiso (4,061 m) and Mont Blanc (4,808 m), via Goûter or 4000 route.

RECOMMENDED MONTHS

MAY, JUNE, JULY, AUGUST, SEPTEMBER



PRICES

From 2.850€ /person

Group discounts





Highlights

- CLIMB 2 FOUR-THOUSANDERS IN 5 DAYS
- GUIDE RATIO 2:1 FOR MONT BLANC; 4:1 ON GRAN PARADISO
- MONT BLANC VIA GOÛTER OR 4000 ROUTE
- FROM CHAMONIX WITH HIGH MOUNTAIN REFUGES.

Private group

100% customizable

From (People)	Category	Availability	Days	Price per pers.
✘ No private groups available, only open groups				

Travel with your family or group of friends.

*Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com

Open group

Share the experience with other travelers

Trip Details	Dates	N° days	Avail. spots	Price per pers.
Gran Paradiso + Montblanc Gouter	30 Jul 2026	5	1	2.850€
Gran Paradiso + Montblanc Gouter	26 Aug 2026	5	1	2.850€

*Check availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com



Includes

- UIAGM High Mountain guide with extensive experience in the area
- Guide ratio 2:1 for Montblanc; up to 4:1 for Gran Paradiso
- 1 night half board at Vittorio Emanuele II refuge
- All guide costs (food, refuges, and extras)
- Refuge booking management
- Technical advice and equipment
- Les Houches bus to/from Chamonix

In the Montblanc program - Goûter Route:

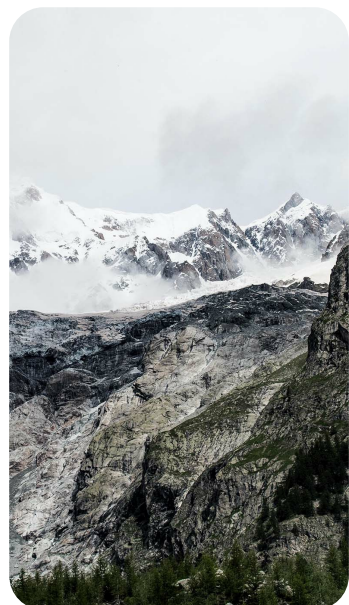
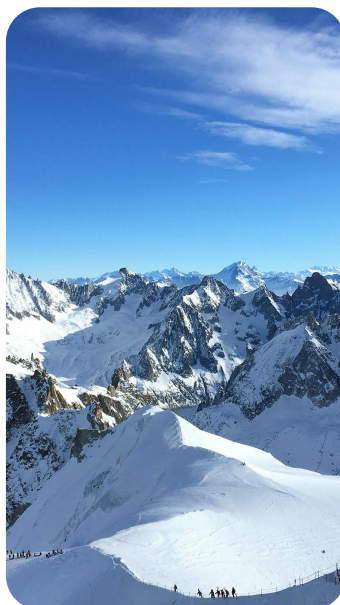
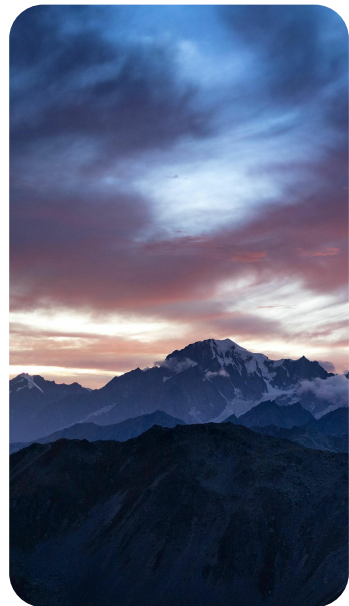
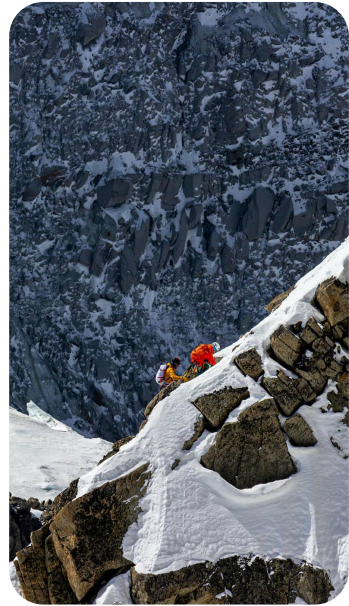
- 1 night half board at Tête Rousse refuge
- 1 night half board at Goûter refuge
- Round-trip train from Nid d'Aigle

In the Montblanc program - 4000s Route:

- 2 nights half board at Cosmiques refuge.
- Cable car to Aiguille du Midi.

Not included

- Transport to start point
- Personal climbing equipment
- Travel/cancellation insurance: optional but recommended (we can arrange it)
- Rescue insurance: mandatory (we can arrange it)
- Tips (optional)
- Everything not described in the "INCLUDED" section.



Itinerary

Day 1: Chamonix – Vittorio Emanuele II Refuge

Meeting with the guide in Chamonix and transfer by road to the Gran Paradiso valley in Italy. From the valley floor we will start the approach on foot to Vittorio Emanuele II refuge, a comfortable climb that allows a progressive entry into the Alpine environment. Dinner and overnight in the refuge.

Accommodation: Mountain refuge

Meal: dinner.

Day 2: Ascent to Gran Paradiso (4,061 m) and return to Chamonix

Early morning departure to ascend Gran Paradiso, one of the most accessible and aesthetic four-thousanders in the Alps. After reaching the summit, descent to the valley and return to Chamonix the same day. This day provides an excellent combination of Alpine experience, altitude, and pace before the Mont Blanc segment.

Accommodation: not included

Meal: breakfast.

Day 3:

If the chosen itinerary is the Goûter route:

First we will take the Les Houches cable car to connect with the Mont Blanc train, which will take us to Nid d'Aigle at 2,372 meters, where our ascent begins. The hike to the vicinity of Tête Rousse refuge (3,200m) presents no difficulty.

If the chosen itinerary is the 4000s route:

From Chamonix we will take the cable car to Aiguille du Midi (3,840 m). From there we will go to the Cosmiques refuge, where we will have dinner and go to sleep early, as we will have to get up early.

Accommodation: Mountain refuge

Meal: dinner.

Day 4:

If the chosen itinerary is the Goûter route:

From this point, the mountain straightens up and shows its most dangerous part. Leaving the Tête Rousse refuge and after about 30 minutes, we must quickly cross the large couloir descending from the top of the mountain, the Goûter couloir. From here we will follow a vertical wall with loose stones and sections with a safety cable, which will lead us to the balcony of the Goûter refuge at 3,817 meters.

If the chosen itinerary is the 4000s route:

On this key acclimatization day, we leave the Cosmiques refuge at dawn to ascend Mont Blanc du Tacul (4,248 m). This climb, in addition to offering spectacular views of the massif, allows us to train on glacier terrain, progress roped up, and practice crampon and ice axe techniques at altitude. After summiting Tacul, we descend again to Cosmiques refuge to rest, hydrate well, and prepare gear for the final ascent the next day.

Accommodation: Mountain refuge

Meal: breakfast + dinner.

Day 5: Mont Blanc Summit (4,808 m) - Chamonix

If the chosen itinerary is the Goûter route:

Around 2 AM we will have breakfast to leave for the summit an hour to an hour and a half later. We will climb Aiguille du Goûter at 3,863 meters and Dôme du Goûter at 4,304 meters. At dawn, we will be approximately near Vallot refuge to face the final stretch of the ascent along the Les Bosses ridge. We will arrive between 9 and 10 AM at the Mont Blanc summit. We will descend following the same route, passing Goûter refuge and returning to Chamonix. We will descend to Nid d'Aigle where we will take the train, then the cable car that will bring us back to Chamonix.

If the chosen itinerary is the 4000s route:

We will get up very early in the morning and start ascending Mont Blanc du Tacul (4,218 m). Crossing the Mont Maudit col (4,465 m), we will follow the steep slope that leads to Brenva col. The first rays of sunrise will warm the five hundred meters that separate us from the Mont Blanc summit (4,808 m) with a warm reddish glow. The descent will be via the Goûter route, arriving—if all goes well—in Chamonix early in the afternoon. Mont Blanc will then be part of our Alpine experience.

Meal: Breakfast.

Payment and cancellation policy

Initial Deposit: To secure your spot, an initial payment of 30% of the total trip price is required when making the reservation.

Final Payment: The remaining amount, equivalent to 70% of the total, must be paid no later than 60 days before the departure date.

Extras: Additional trip costs, such as insurance, flights, or other optional services, must be paid in full at the time of booking.

Cancellation insurance: The client may purchase trip cancellation insurance to recover the full amount paid (according to its conditions).

The end user may withdraw from the contracted trip, having the right to a refund of the amounts paid, except for the indicated penalties, but must also pay the Agency the amounts specified below once the trip is confirmed. If the trip is not carried out due to not reaching the minimum required spots, the client may keep the credit for future trips or request a full refund of the reservation.

Cancellation policy 3:

- FULL REFUND UP TO 24H AFTER PURCHASE
- Up to 60 days before the trip, 100% refund of the trip price.
- Up to 45 days before the trip, 50% refund of the trip price.
- For periods shorter than those described in the cancellation policy, the already paid amount will not be refunded.

*A management fee of €250 applies.

* Cancellation fees for already issued reservations will not be refunded. If there are other non-refundable fees already issued, these will also not be refunded and will be deducted from the amount to be paid.

*The cancellation cost for issued flights is 100% of the amount.

Off Trail S.L. acts as organizer for this combined trip. For open scheduled departures, the trip requires a minimum of 2 confirmed registered persons, informing the traveler through the customer portal when this minimum is reached to confirm departure. If the minimum number is not reached, the organizer may cancel the trip and notify the traveler within the legally applicable period of up to 20 calendar days before departure. For private departures or custom trips, the program is considered confirmed from the acceptance of the reservation, as it is a trip designed specifically for the number of people indicated in the contract and with a price adjusted to that configuration. In case of cancellation due to not reaching the required minimum, the traveler will be entitled to a full refund of the amounts paid, without additional compensation.

Equipment list

FUNCTIONAL CLOTHING:

- Gore-Tex jacket or waterproof and breathable jacket
- Waterproof pants for rain
- Warm jacket: down jacket or preferably primaloft (since it can withstand water)
- Light fleece
- Short-sleeve quick-drying t-shirts
- Elastic pants, slightly thicker, for colder days or nights
- Trekking type pants
- Set of thermal pants and t-shirt
- Underwear and change of clothes

CLIMBING EQUIPMENT:

- Crampons
- Climbing harness
- 3 safety carabiners
- 1 120 cm sling
- Ice axe between 55 and 66 cm long
- Climbing helmet
- If you do not have personal climbing equipment, you can rent it in Chamonix. Check out this rental shop.

HEAD:

- Light running cap
- Wool hat
- Neck gaiter
- Ski mask

HANDS:

- Thin fleece gloves
- Leather gloves
- High resistance thermal gloves or mittens

FEET:

- 2 pairs of merino ski socks: 1 thin and 1 thick
- Light trail shoes or hiking boots (what you normally use in the mountains) Alpine climbing boots
- Gaiters (only if your boots don't have them integrated)

BACKPACKS:

- 30-liter mountain backpack
- Small travel bag (for documents and wallet)

REFUGE MATERIAL:

- Silk sleeping bag (mandatory in all refuges)
- Earplugs

ACCESSORIES:

- Headlamp and spare battery or batteries
- Sunscreen, lip balm, and after sun

FOOD / DRINK:

- Water bottle or thermos, minimum 1 liter. If you choose a Camelbak-type bag, keep in mind the tube can freeze, so carrying an additional bottle is recommended
- Snacks, nuts, gels, hydration, and enough energy bars, protein bars, nut mixes, magnesium tablets, and recovery supplements

TRAVEL EQUIPMENT:

- Casual clothing
- ID or passport, Visa, cash, insurance documents, vaccination card
- Microfiber towel
- First aid kit and medication
- Thermal blanket
- Mobile phone and watch with route tracking
- Powerbank, camera, charging cables, headphones, selfie stick...

FAQs

How many days does the Gran Paradiso + Mont Blanc program last and what is the itinerary?

The program lasts 5 days and combines two emblematic ascents of the Alps: 2 days in Gran Paradiso and 3 days in Mont Blanc. Day 1 is the meeting in Chamonix, transfer to the Gran Paradiso valley and ascent to Vittorio Emanuele II refuge. Day 2 is the ascent to Gran Paradiso (4,061 m) and return to Chamonix. Day 3 starts the Mont Blanc segment which can be done via Goûter or the 4000 route. It includes two nights in refuges and return to Chamonix on day 5.

What are the benefits of doing Gran Paradiso first before Mont Blanc?

Climbing Gran Paradiso first is an excellent way to acclimatize and prepare the body before tackling Mont Blanc. It allows spending a night in a refuge, progressing in altitude, making a summit over 4,000 meters, and gaining confidence with the Alpine pace of the trip. This combination improves altitude adaptation, helps arrive in better condition for the Mont Blanc segment, and increases chances for summit success. Moreover, it makes the experience a much more complete program, linking two great Alpine four-thousanders in one trip.

What differences exist between the Goûter route and the 4000 route to ascend Mont Blanc?

Both routes reach the Mont Blanc summit (4,808 m), but have notable differences in their approach. The Goûter route is the most classic and frequented: physically demanding but with less technical difficulty. It requires crossing the Grand Couloir (a zone at risk of rockfall), climbing a rocky path, and progressing on an open glacier up to the summit. In contrast, the Cosmiques-4000s route is more alpine and technical, crossing complex glaciers and intermediate summits like Mont Blanc du Tacul and Mont Maudit. It includes exposed sections, steeper slopes, and fixed rope sections, requiring more prior experience with crampons and ice axe. Also, the Cosmiques route forms a circular itinerary, ascending one side and descending via Goûter route, while the latter is linear. The choice depends on your experience, acclimatization, and adventure type sought.

What physical and technical level is required for this 5-day program?

A very good physical condition and prior mountain experience are required. It is important to be accustomed to long days, sustained elevation gains, and alpine terrain. Especially for the Mont Blanc section, it is necessary to be comfortable using crampons and an ice axe and able to sustain several days of effort at altitude. The 5-day program is a good option for those not fully acclimatized, as the ascent to Gran Paradiso helps prepare the body before the Mont Blanc attempt.

During which season can this program be done?

The route is generally operational from late May or June to September or October, depending on snow conditions and refuge openings. The best times for the ascent are usually June, July, and September, when temperatures are moderate, snow is settled, and the route has better safety conditions. The 4000 route is not done in August (due to risk of rockfall in some zones), while the Goûter route is currently only available on scheduled departures due to limited refuge availability.

What is the guide/client ratio?

For the Mont Blanc section, the ratio is 2 climbers per guide, ensuring safety, personalized attention, and compliance with usual regulations for this type of ascent. For the Gran Paradiso section, the ratio can be up to 4 people per guide. This combination maintains a high safety level while optimizing acclimatization phase of the program.

Is it easy to get accommodation in Mont Blanc refuges?

No. The great popularity of Mont Blanc has made getting accommodation in the Goûter route refuges (Tête Rousse and Goûter) increasingly difficult. Reservations for professional agencies open before Christmas, and usually sell out in a few weeks for the entire season. Therefore, if you dream of climbing Mont Blanc, we recommend not waiting until the last moment; ideally, you should book 6-7 months in advance to secure your spot on the desired date.

What equipment and type of boots do I need?

It is essential to bring suitable alpine boots compatible with automatic or semi-automatic crampons. Trekking or hiking boots are not suitable. Additionally, you will need technical gear such as crampons, ice axe, helmet, harness, layered high mountain clothing, gloves, glacier glasses, and headlamp among other items. Inadequate equipment can prevent safe participation. In the "equipment" section you can review the full list of mandatory gear. Before departure, we offer technical and equipment advice to ensure all gear is correct and to guide you on rental or purchase if necessary.

Is accommodation in refuges included?

Yes. The program includes accommodation with half board in the refuges. The night of day 2 in Chamonix is not included.

Is it mandatory to contract rescue insurance?

Yes, rescue insurance is mandatory. Mountain rescue in the Alps can be very expensive (over 10,000 euros), so it is necessary to have insurance covering helicopter rescue for this specific activity. If you have doubts about rescue insurance covering the activity, please contact us for advice.



Contact

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