

MOUNTAINEERING

CLIMB TO MONT BLANC WITH TRAINING AND ACCLIMATISATION

Prepare for the Mont Blanc summit with two nights at altitude and glacier technique

B4Experience

info@b4experience.com / +34 613 03 77 00
+1 415 903 0583

FRANCE



Climb Mont Blanc on a five-day programme from Chamonix combining glacier training, two acclimatisation nights at Torino and the ascent via Goûter. Build your technique and adjust to altitude before attempting the summit.

View program on the web

https://b4experience.com/en/ascension-mont-blanc-formacion-aclimatacion

info@b4experience.com / +34 613 03 77 00
+1 415 903 0583

RECOMMENDED MONTHS



PRICES

From 2.980€ /person

Group discounts

info@b4experience.com / +34 613 03 77 00
+1 415 903 0583



info@b4experience.com / +34 613 03 77 00
+1 415 903 0583



Highlights

- TWO NIGHTS AT 3,375 M TO AID YOUR ACCLIMATISATION.
- IMPROVE YOUR TECHNIQUE AND GAIN AGILITY FOR SUMMIT DAY.
- GET YOUR BODY READY TO TACKLE MONT BLANC'S 4.800 M.
- TRAINING AND ACCLIMATISATION TO BOOST YOUR SUMMIT CHANCES.

info@b4experience.com / +34 613 03 77 00
+1 415 903 0583

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*

info@b4experience.com / +34 613 03 77 00
+1 415 903 0583

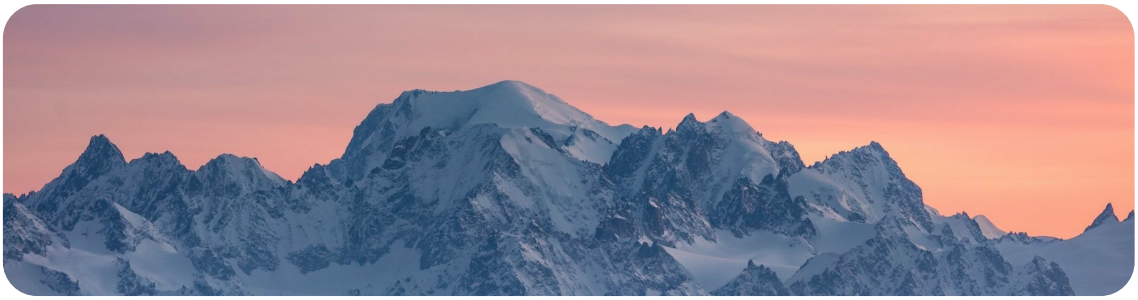
Open group

Share the experience with other travelers

Dates	N° days	Avail. spots	Price per pers.
09 Jun 2027	5	**6**	2.850€
23 Jun 2027	5	**6**	2.850€
07 Jul 2027	5	**6**	2.850€
14 Jul 2027	5	**6**	2.850€
27 Jul 2027	5	**6**	2.850€
11 Aug 2027	5	**6**	2.850€
25 Aug 2027	5	**6**	2.850€

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

info@b4experience.com / +34 613 03 77 00
+1 415 903 0583



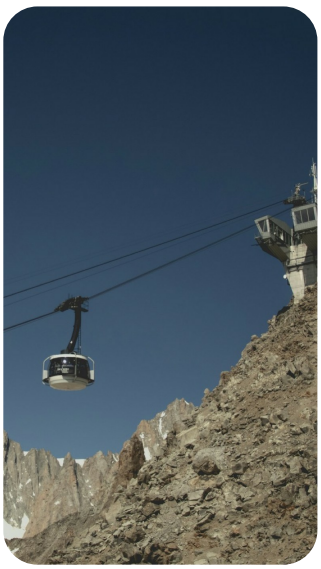
Includes

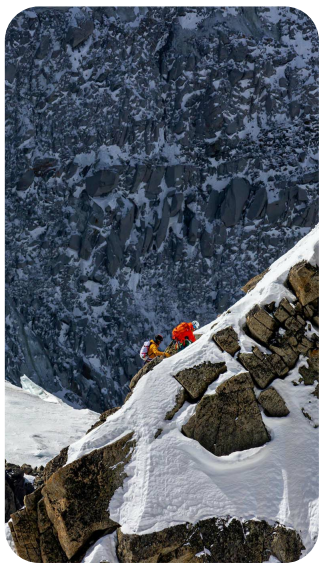
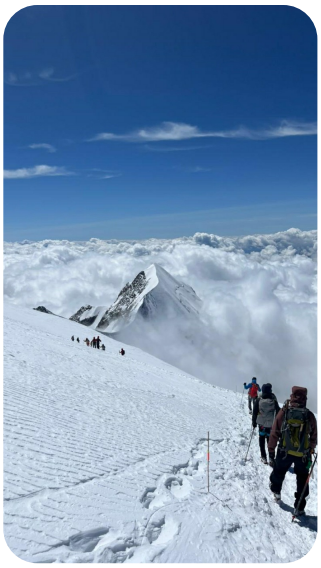
- UIAGM high mountain guide with experience in the area.
- Training on glacier terrain: walking with crampons, ice axe use and roped progression.
- Acclimatisation activities tailored to the group's technical and physical level.
- Maximum ratio of one guide per four participants in Torino, 1:4.
- Maximum ratio of one guide per two participants on Mont Blanc, 1:2.
- Shared technical rope-team gear: rope provided by the guide.
- Transfer from Chamonix to Entrèves through the Mont Blanc tunnel.
- Skyway Monte Bianco up and down, with return on the third day.
- Two nights at the Torino refuge on a half-board basis.
- Transfer from Entrèves to Les Houches through the Mont Blanc tunnel.
- Bellevue cable car and Tramway du Mont-Blanc, return trip.
- One night at the Tête Rousse refuge on a half-board basis.
- One night at the Goûter refuge on a half-board basis.
- Four breakfasts and four dinners throughout the programme.
- Return bus from Les Houches to Chamonix.
- Guide's expenses during the activity: transport, refuges and meals.
- Refuge booking arrangements.
- Technical and equipment advice before departure.

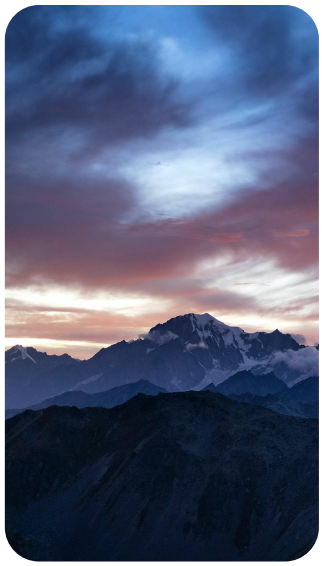
Not included

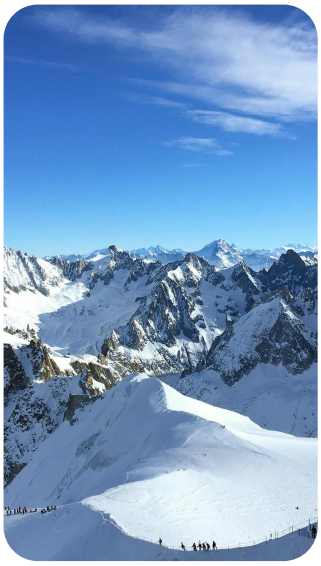
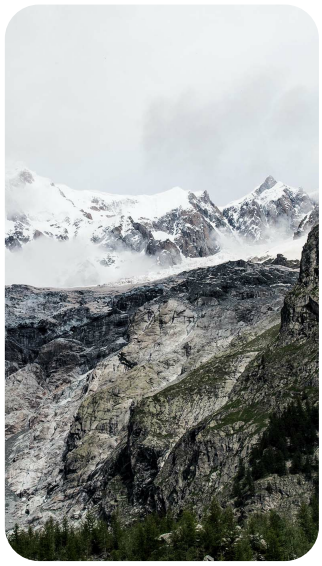
- Transport to the meeting point in Chamonix.
- Accommodation before and after the programme.
- Lunches and trail food.
- Drinks and personal extras at the huts.
- Personal mountaineering gear and its rental.
- Mandatory rescue insurance, which we can arrange.
- Optional travel and cancellation insurance, which we can arrange.
- Optional tips.
- Services not listed under “Included”.

info@b4experience.com / +34 613 03 77 00
+1 415 903 0583





info@b4experience.com / +34 613 03 77 00
+1 415 903 0583

Itinerary

DAY 1: CHAMONIX – SKYWAY MONTE BIANCO – TORINO REFUGE

Meeting in Chamonix, gear check and transfer to Entrèves through the Mont Blanc tunnel. You'll ride up with Skyway Monte Bianco and reach the Torino refuge, at 3,375 m. You'll begin training and altitude acclimatisation with an activity adjusted to your condition and the conditions on the ground, leaving time to rest. Distance and elevation gain on foot: depends on the group and chosen activity.

Accommodation: Torino refuge.
Meals: dinner included.

DAY 2: TRAINING AND ACCLIMATISATION AROUND TORINO

A day of training and acclimatisation in the glacial surroundings of Torino. You'll practise walking with crampons, using the ice axe and roped progression to build confidence and efficiency. The guide will tailor the activity to the group's technical level, physical condition and progress, combining learning with rest ahead of Mont Blanc. Distance and elevation gain: depends on the group.

Accommodation: Torino refuge.
Meals: breakfast and dinner included.

DAY 3: TORINO – LES HOUCHES – TÊTE ROUSSE HUT

Descent by Skyway to Entrèves and transfer through the Mont Blanc tunnel to Les Houches. You'll connect the Bellevue cable car with the Tramway du Mont-Blanc to Nid d'Aigle and begin the approach to Tête Rousse. Once at the refuge, you'll prepare your gear and rest ahead of the pre-dawn departure. Approximate route on foot: 3 km with 750–800 m of elevation gain.

Accommodation: Tête Rousse refuge.
Meals: breakfast and dinner included.

Distances and elevation figures are approximate and refer exclusively to the on-foot route. They may vary depending on the exact path, mountain conditions and the guide's adjustments.

DAY 4: TÊTE ROUSSE – MONT BLANC SUMMIT – GOÛTER HUT

Pre-dawn departure from Tête Rousse to cross the Goûter couloir and climb up to the refuge. After a break, you'll continue via the Dôme du Goûter, Vallot and the Bosses ridge towards the summit of Mont Blanc, at over 4,800 m. You'll descend to sleep at Goûter, saving the return crossing of the couloir for the following morning. Approximate route: 10 km, +1,700 m and −1,000 m of elevation change.

Accommodation: Goûter refuge.
Meals: breakfast and dinner included.

DAY 5: GOÛTER – TÊTE ROUSSE – LES HOUCHES – CHAMONIX

Early departure from Goûter to descend and cross the Goûter couloir at the time set by the guide, seeking the safest possible crossing window. You'll continue via Tête Rousse to Nid d'Aigle and head back to Les Houches by train and the Bellevue cable car. Transfer to Chamonix and end of the programme. Approximate route on foot: 4–5 km with 1,400–1,450 m of elevation loss.

Accommodation: no overnight stay included at the end of the programme.
Meals: breakfast included.

info@b4experience.com / +34 613 03 77 00
+1 415 903 0583

Payment and cancellation policy

Initial deposit: To secure your place, an initial payment of 30% of the total trip cost is required at the time of booking.

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: Customers may take out trip cancellation insurance in order to obtain a refund of the full amount paid (subject to its terms and conditions).

The end customer may withdraw from the booked trip and will be entitled to a refund of amounts paid, except for the stated penalties, but must also pay the Agency the amounts indicated below once the trip has been confirmed. If the trip does not go ahead because the minimum required number of participants is not reached, the customer may keep the credit for future trips or request a full refund of the booking.

Cancellation policy 3:

FULL REFUND UP TO 24H AFTER PURCHASE
Up to 60 days before the trip: 100% refund of the trip cost.
Up to 45 days before the trip: 50% refund of the trip cost.
For periods shorter than those described in the cancellation policy, no refund will be given on amounts already paid.
*A management fee of €250 applies.
* No refunds will be given for cancellation costs on bookings already issued. If there are other non-refundable costs 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 the organiser of this package trip. For scheduled open departures, running the trip requires a minimum of 2 confirmed registered participants, and travellers will be informed via the client portal once this minimum is reached so the departure can be confirmed. If the stated minimum number is not reached, the organiser may cancel the trip and notify the traveller within the applicable legal period of up to 20 calendar days before departure. For private departures or tailor-made trips, the programme is considered confirmed upon acceptance of the booking, as it is a trip specifically designed for the number of people stated in the contract, with a price adjusted to that configuration. In the event of cancellation due to the required minimum not being reached, the traveller will be entitled to a full refund of amounts paid, with no further compensation.

info@b4experience.com / +34 613 03 77 00
+1 415 903 0583

Gear list

REQUIRED GEAR

Technical equipment and footwear
• Mountaineering boots suitable for high mountain use, compatible with automatic or semi-automatic crampons. Trekking boots are not a substitute for this footwear.
• Crampons compatible with your boots.
• Mountaineering ice axe, sized to your height and checked with the guide.
• Mountaineering helmet.
• Harness.
• Three safety carabiners.
• One 120 cm sling.
• Two pairs of mountain socks: one thin and one warmer pair.
• Gaiters, if your boots don't have them built in.

Clothing and protection
• Waterproof, breathable jacket.
• Waterproof trousers.
• Down or synthetic insulated jacket.
• Lightweight fleece.
• Breathable T-shirts.
• Mountain trousers.
• Thermal base layer top and bottoms.
• Underwear and a spare set.
• Thin gloves, protective gloves and warm gloves or mittens.
• Beanie, cap and neck protection.
• Glacier glasses and ski goggles.
• Sunscreen and lip protection.

Backpack, refuge gear and accessories
• Mountain backpack of around 30 litres.
• Headlamp with spare batteries.
• Sleeping bag liner for nights in refuges.
• Water bottle or thermos.
• Trail food for the activity days.
• Personal first-aid kit and regular medication.
• Emergency blanket.
• Personal documents and rescue insurance details.

RECOMMENDED GEAR

• Lightweight footwear for transfers and approach sections where the guide considers it suitable.
• Earplugs.
• Spare bottle if you use a hydration bladder, as the tube can freeze.
• Small bag for documents and personal items.
• Microfibre towel.
• External phone battery.
• Camera.

Personal gear can be rented in Chamonix. Before departure we'll go over the required equipment with you. The shared rope is provided by the guide and is included.

info@b4experience.com / +34 613 03 77 00
+1 415 903 0583

FAQs

How many days does the programme last and how is it structured?

The program lasts five days and four nights. You'll spend the first two days training and acclimatising from Torino. On the third day you'll climb to Tête Rousse; on the fourth you'll attempt the Mont Blanc summit and sleep at Goûter. On the fifth you'll complete the descent and return to Chamonix.

What level of fitness and technical skill do I need?

You need very good physical fitness and prior mountain experience, with the ability to handle long days and sustained elevation gain. The level is demanding, especially on summit day from Tête Rousse. The training in Torino sharpens your technique, but it's no substitute for prior physical conditioning.

How does altitude affect you, and why does this program improve acclimatization?

At altitude, oxygen pressure drops and exertion becomes more demanding. Spending two nights at 3,375 m gives your body time to begin respiratory adjustments that aid adaptation. This prior exposure can improve your tolerance to effort before Mont Blanc, though individual responses vary and it doesn't guarantee reaching the summit.

Do I need to arrive already acclimatized?

It's advisable to arrive with recent exposure to altitude. The two nights in Torino help prepare for the ascent, but the cable car access means a rapid gain in height. The guide will adjust the activity to your response; if symptoms of altitude sickness appear, you must not continue climbing.

What will I learn during the training in Torino?

You'll work on walking with crampons, ice axe technique and roped progression on glacier terrain. You'll also practise rope-team coordination and an efficient walking pace. The guide will tailor the activity to the group's technical level, fitness and progress.

What sets this program apart from the Gran Paradiso and Mont Blanc ones?

Preparation takes place in Torino, with two nights at altitude and training activities tailored to the group. The two days originally set aside for the Gran Paradiso are replaced by a block focused on acclimatising and refining technique, pacing the effort to get you ready for the Mont Blanc ascent.

What is the guide-to-participant ratio?

In Torino there will be a maximum of four participants per guide, a 1:4 ratio. For the Mont Blanc ascent, the maximum will be two participants per guide, a 1:2 ratio. This setup allows the guiding to adapt to both the initial practice sessions and the demands of the main climb.

Which route will we take to climb Mont Blanc?

You'll follow the normal route via Goûter. You'll sleep at Tête Rousse before setting off before dawn towards the Goûter couloir, the hut, the Dôme du Goûter, Vallot and the Bosses ridge. After the summit attempt you'll descend to sleep at Goûter and complete the descent the following day.

Why do we sleep at the Goûter hut after attempting the summit?

The night at Goûter allows the summit day to be separated from the descent through the Goûter couloir. This way, an early crossing is planned when climbing up from Tête Rousse, and another early crossing when descending the following day, to offer better chances of crossing it more safely, depending on conditions.

What gear and what type of boots do I need?

Mountaineering boots compatible with automatic or semi-automatic crampons are mandatory; trekking boots won't do as a substitute. You'll also need crampons, an ice axe, helmet, harness, high-mountain clothing, gloves, glacier glasses and a head torch. We'll go through your gear with you before setting off.

Can I rent the gear, and what does the guide provide?

You can rent personal mountaineering gear in Chamonix if you don't have your own. Rental is not included, but we offer guidance to help you prepare your equipment. The guide provides the shared rope, included in the program, for the roped team's progression during the climb.

Is refuge accommodation included?

Yes, the four nights on half-board are included: two in Torino, one at Tête Rousse and one at Goûter. You'll sleep in high-mountain huts throughout the program. Any accommodation you may need in Chamonix before the start or after the return is not included.

Which meals are included?

Four dinners and four breakfasts are included. On the first day, dinner is included; on the second, third and fourth days, breakfast and dinner; and on the last day, breakfast. Lunches, trail food, drinks and personal extras at the huts are paid separately.

Is rescue insurance mandatory?

Yes, rescue insurance is mandatory and must specifically cover the mountaineering activity you'll be undertaking, including helicopter rescue. It is not included in the program price. We can help you arrange it and check that the coverage matches the activity.

Can I take out travel and cancellation insurance?

Yes, you can take out optional travel and cancellation insurance, and we can help arrange it. It is not included in the price and is separate from the mandatory rescue insurance. The benefits and covered cancellation causes will depend on the terms of the policy you choose.

Is it advisable to book in advance?

Yes. Availability at Tête Rousse and Goûter is limited and determines the dates of the ascent. Booking in advance makes it easier to arrange the nights needed for this itinerary. Departure requires confirmed accommodation at the planned huts throughout the program.

What happens if conditions don't allow us to continue?

The guide may adapt the activity, adjust the schedule or call off the ascent if mountain conditions, weather or the participants' state require it. Preparation improves your chances of reaching the summit, but the decision to continue is made during the climb itself.

info@b4experience.com / +34 613 03 77 00
+1 415 903 0583

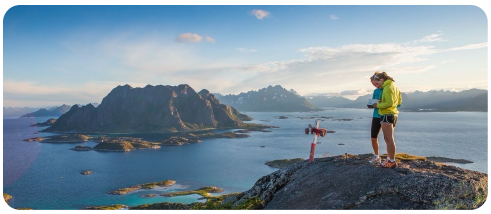
Why travel with B4Experience?

★★★★★ 5.0 Top Rated Service verified by Trustindex	**5+ years** organising adventure trips	**+1,800** Clients from 40 countries International experience

01 / CHOOSE YOUR TRIP

A proposal designed for you

We start from your experience, your level and what excites you. Our outdoor AI guides your first questions and a specialist fine-tunes the proposal.



02 / TRUST YOUR GUIDE

It matters who goes with you

Technical direction by Jordi Tosas, UIAGM guide. Accredited guides and professionals selected for each activity and destination.



03 / PREPARE WITH SUPPORT

Your team, one message away

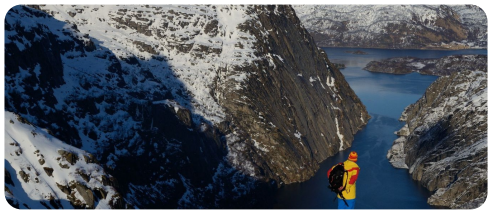
We help you with preparation, gear and logistics. Support in several languages and 24/7 emergency contact during the trip.



04 / TRANSPARENCY

Everything clear from the start

Know the conditions of your trip before booking. Transparent information on payments, cancellations and guarantees.







Contact

info@b4experience.com

www.b4experience.com

+34 613 03 77 00

+1 415 903 0583

View program on the web

info@b4experience.com / +34 613 03 77 00
+1 415 903 0583

