

MOUNTAINEERING

MONTBLANC – ROUTE 4000'S

Mont Blanc 4,000 m Route: IFMGA guide,
acclimatization for success



B4Experience

FRANCE



Live the Mont Blanc dream (4,808 m) via the 4,000 m Route: Aiguille du Midi–Cosmiques–Tacul–Maudit–summit, descending by Goûter. 2, 3 or 5-day options (with Gran Paradiso) for better acclimatization. IFMGA guide, lifts and half-board huts included.

[View Web Program](#)

<https://b4experience.com/montblanc-route-4000's>



RECOMMENDED MONTHS

JUNE, JULY



PRICE

From 1.750€ /person

Group discounts





Highlights

- CLIMB TO THE TOP OF EUROPE.
- 3-DAY PROGRAM
- MORE DEMANDING THAN GOÛTER - CLASSIC ROUTE.
- 5-DAY PROGRAM: GRAN PARADISO + MONTBLANC.

Private groups

100% customizable

From (People)	Category	Availability	N° days	Price per pers.
2	Standard	01 Jun 2026 - 31 Jul 2026	3	1.750€
1	Standard	01 Jun 2026 - 31 Jul 2026	3	2.750€

Travel only with your family or friends.

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

Open groups

Share the experience with other travelers

Program	Dates	Nº days	Seats available	Starting point	Price
✕ No open group events available, only private groups					

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



Included

- UIAGM-certified high mountain guide with extensive experience in the area.
- 2:1 guide-to-client ratio.
- 1 night half-board at Cosmiques hut.
- Les Houches bus to/from Chamonix.
- Cable car to Aiguille du Midi.
- All guide expenses (food, huts, extras).
- Hut reservation management service.
- Technical and gear advice.

Not Included

- Transport to the starting point (Chamonix)
- Personal climbing gear
- Travel/cancellation insurance: optional but recommended (we can arrange it)
- Rescue insurance: mandatory (we can arrange it)
- Tips (optional)
- Anything not listed in the "INCLUDED" section



Itinerary

Day 1: Cosmiques Hut

From Chamonix, we'll take the cable car up to Aiguille du Midi (3,840 m). From there, we'll head to the Cosmiques Hut, where we'll enjoy a good dinner and go to bed early, as we'll need to wake up early.

Accommodation: Mountain hut

Meal: Dinner

Day 2 – Acclimatization by ascending Montblanc du Tacul and return to Cosmiques

On this key acclimatization day, we depart from the Cosmiques hut at sunrise to climb Montblanc du Tacul (4,248 m). This ascent, besides offering spectacular views of the massif, allows us to train on glacial terrain, move roped up, and practice crampon and ice axe progression at high altitude. The goal is to help the body adapt to the effort and altitude above 4,000 m under conditions similar to summit day. After reaching the summit of Tacul, we descend back to the Cosmiques hut to rest, hydrate properly, and prepare our gear for the final ascent the next day.

Accommodation: Mountain hut

Meals: Breakfast + dinner

Day 3: Mont Blanc summit day

We will wake up very early in the morning and begin the ascent of Mont Blanc du Tacul (4,218 m). Crossing the Col du Mont Maudit (4,465 m), we'll continue up the steep slope leading to the Brenva col. The first rays of sunrise will bathe in warm red light the final five hundred meters that separate us from the summit of Mont Blanc (4,808 m). The descent will follow the Goûter route, reaching Chamonix —if all goes well— by early afternoon. Mont Blanc will now be part of our alpine journey.

Meal: breakfast

Other programs: 2 days Gran Paradiso + 3 days Mont Blanc (4,000s - Cosmiques route)

If you prefer 2 extra days for acclimatization, training, and summiting another 4,000 m peak in the Alps, you'll have a better chance of success on Mont Blanc!

Day 1: meet your guide in Chamonix, drive to the Gran Paradiso valley, and hike up to Vittorio Emanuele II hut.

Day 2: early start to summit Gran Paradiso (4,061 m), descend to the valley, and return to Chamonix the same day.

Day 3: from Chamonix to Tête Rousse.

Day 4: from Tête Rousse to Goûter hut.

Day 5: from Goûter hut to the summit of Mont Blanc (4,808 m), then descend to Chamonix.

INCLUDED:

- UIAGM-certified high mountain guide with extensive experience in the area
- 2:1 guide-to-client ratio for Mont Blanc (up to 4:1 for Gran Paradiso)
- 1 night half-board at Vittorio Emanuele II hut
- Private transfer from/to Chamonix to Gran Paradiso valley (includes MB tunnel)
- 2 nights half-board at Cosmiques hut
- Aiguille du Midi cable car
- Les Houches bus from/to Chamonix
- Train from Nid d'Aigle
- All guide costs (meals, huts, extras)
- Hut reservation management
- Technical and gear advice

NOT INCLUDED:

- Same as in the 3-day program.

5-day program PRICE: €2,595/person (based on 2 people per guide)

Accommodation: mountain hut

Meals: breakfast + dinner

Payment and cancellation policy

Initial Reservation: To secure your place, an initial payment of 30% of the total amount of the trip is required at the time of 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 travel costs, such as insurance, flights and other optional services, must be paid in full at the time of booking.

Cancellation insurance: The client can take out trip cancellation insurance to be able to obtain payment of the entire 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 satisfy the Agency in the amounts indicated below once the trip has been confirmed. If it is not carried out due to not reaching the minimum necessary places, the client can save 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 amount.
 - Up to 45 days before the trip Refund of 50% of the trip amount.
 - For terms shorter than those described in the cancellation policy, the amount already paid will not be paid.

*€250 management fees apply.

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

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

Packing List

FUNCTIONAL CLOTHING:

- Gore-Tex or waterproof and breathable jacket
- Waterproof rain pants
- Warm jacket: down jacket or preferably Primaloft (more water-resistant)
- Light fleece
- Quick-drying short-sleeved shirts
- Thicker elastic pants for cold days/nights
- Trekking pants
- Thermal top and bottom
- Underwear and spare clothes

CLIMBING GEAR:

- Crampones
- Climbing harness
- 3 locking carabiners
- 1 x 120 cm sling
- Ice axe (55–66 cm)
- Climbing helmet
- *If you don't have personal gear, you can rent it in Chamonix

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
- Mountaineering boots
- Gaiters (if not integrated into your boots)

BACKPACKS:

- 30L mountain backpack
- Small travel pouch (for documents and wallet)

HUT GEAR:

- Silk sleeping bag liner (mandatory in all huts)
- Earplugs

ACCESSORIES:

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

EAT/DRINK:

- Water bottle or thermos (minimum 1L). If you use a Camelbak, note the tube might freeze; it's better to bring an extra bottle.
- Snacks, nuts, gels, hydration powders, energy and protein bars, magnesium tablets, and recovery supplements

TRAVEL GEAR:

- Casual clothes
- ID or passport, visa, cash, insurance documents, vaccination card
- Microfiber towel
- First-aid kit and personal medication
- Emergency thermal blanket
- Mobile phone and GPS watch
- Powerbank, camera, charging cables, headphones, selfie stick...

FAQs

What is the best time to do the ascent?

We recommend planning the Cosmiques-4000s route in June, July, or September, when the mountain usually offers more stable and safer snow and ice conditions. In August, high temperatures deteriorate the route quality (increased rockfall and weak ice bridges), so we do not accept bookings during that month to ensure participant safety.

What is the guide-to-client ratio?

The standard ratio for ascending MontBlanc via the Cosmiques route is 2 clients per guide, in full compliance with safety regulations. On previous climbs like Gran Paradiso, the ratio may be extended to 4:1. However, if you prefer a more personalized experience, you can choose to complete the 3-day route with a dedicated 1:1 guide for an additional fee. This option ensures greater safety, personalized technical progression, and deeper learning throughout the climb.

What is the required physical and technical level?

Good physical fitness, experience using crampons, basic ice axe skills, and the ability to complete a day with over 1,500 m of elevation gain in alpine terrain are required.

Where do we stay during the program?

The 2 nights are spent at Cosmiques hut, in shared dormitories with half board, with the option of extra nights in Chamonix available as an additional service.

What are the technical differences between the Mont Blanc ascent via the Goûter route and the 4000s (Cosmiques) route?

The Goûter route is physically demanding but technically easier: it involves hiking and scrambling to the Goûter hut, followed by a broad glacier ascent to the summit, with no particularly technical sections (though there is rockfall risk in the couloir area). In contrast, the 4000s (Cosmiques) route is more technical and alpine: it crosses complex glaciers, steep slopes, and exposed sections like Mont Maudit, where fixed ropes are often used. It requires more experience with crampons, ice axe, and roped glacier travel. It is a more direct and spectacular route, but also more technically demanding.

Is the 4000s (Cosmiques) route circular or linear?

The 4000s route is circular: the ascent begins from the Aiguille du Midi side, passing Cosmiques hut, Mont Blanc du Tacul, and Mont Maudit before reaching the Mont Blanc summit. The descent follows the normal Goûter route, going down via the Vallot, Goûter, and Tête Rousse huts until reaching Les Houches. This way, you climb one side and descend the other, completing a spectacular and varied traverse of both sides of the mountain.

Can the 4000s route be done in just 2 days?

Yes, the ascent of MontBlanc via the Cosmiques route can be done in 2 days, although we recommend doing it in 3 days to ensure better acclimatization and increase the chances of success. The 3-day version includes an extra day to climb MontBlanc du Tacul before the summit attempt. If you already have experience on mountains of similar altitude and plan to do your acclimatization independently, contact us to evaluate whether you can safely complete the itinerary in 2 days.

Is it mandatory to have rescue insurance?

Yes, rescue insurance is mandatory. Rescue in the Alps can be very expensive (more than €10,000), so helicopter rescue insurance is required for this specific activity. If you have questions about rescue insurance for this activity, please contact us for advice.



Contact us!

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[View web Program](#)

