

MOUNTAINEERING, TRAIL RUNNING

MONTBLANC IN A DAY / RUNNING

Mont Blanc Express in Alpine Running, much
more than Trail Running



B4Experience

FRANCE



Climb Mont Blanc in a single day. A fast and express route to reach 4,808 m in under 24 hours running. Experience an unforgettable alpine running adventure with a professional mountain guide. Dare to break records?

[View Web Program](#)

<https://b4experience.com/montblanc-in-a-day-running>



RECOMMENDED MONTHS

JUNE, JULY, AUGUST



PRICE

From 890€ /person

Group discounts





Highlights

- RAPID ASCENT.
- SUMMIT OF EUROPE IN A FAST STYLE.
- MINIMAL GEAR, ALPINE RUNNING.
- WITH A PROFESSIONAL ALPINE GUIDE.

Private groups

100% customizable

From (People)	Category	Availability	N° days	Price per pers.
2	Standard	01 Jun 2026 - 06 Sep 2026	1	890€
1	Standard	01 Jun 2026 - 06 Sep 2026	1	1.550€

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					

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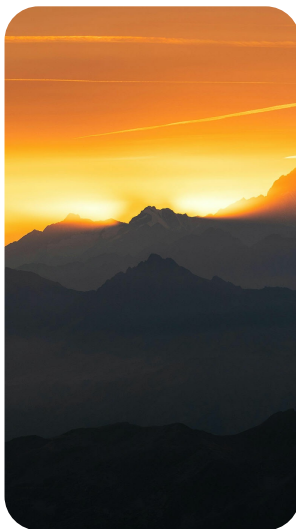


Included

- UIAGM High Mountain Guide with extensive experience in the area
- Guide ratio 1:2
- Technical and gear advice

Not Included

- Round-trip to/from Chamonix (we can arrange it)
- Stay in Chamonix (we can arrange it)
- Personal safety and climbing equipment
- Travel/cancellation insurance: optional but recommended (we can arrange it)
- Tips (optional)
- Tips (optional)
- Anything not described in the “INCLUDED” section



Itinerary

DAY 1: From the valley to the sky

Starting from the beautiful village of Miage and crossing the meadows and rocky walls along the Tricot glacier, the trails lead us to the Nid d'Aigle, where we'll join the Tête Rousse and Goûter route to enter the glacial dome of the roof of Europe. If all goes well, we'll end the day with a pizza in Chamonix.

Payment and cancellation policy

Initial Deposit: To secure your spot, a 30% deposit 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 costs such as insurance, flights, or other optional services must be paid in full at the time of booking.

Trip Cancellation Insurance: The customer may purchase cancellation insurance in order to receive a refund of the full amount paid (according to policy conditions).

The participant may cancel the trip and request a refund of the amounts paid, except for the indicated penalties. However, the agency will retain the following amounts once the trip is confirmed. If the trip is not carried out due to the minimum group size not being met, the client may choose between keeping a credit for future trips or receiving a full refund of the deposit.

Cancellation Policy 3:

Full refund within 24 hours of purchase

Up to 60 days before departure: 100% refund

Up to 45 days before departure: 50% refund

Less than 45 days before departure: no refund

*A 250 € administration fee applies

*Non-refundable fees from confirmed reservations will not be reimbursed. Other non-refundable issued expenses will also be deducted from the refund

*Flight cancellation costs are 100% non-refundable

Packing List

FUNCTIONAL CLOTHING:

- Gore-Tex jacket or waterproof and breathable shell
- Waterproof pants for rain
- Warm jacket: down or preferably Primaloft (as it handles moisture better)
- Light fleece
- Quick-dry short sleeve T-shirts
- Thicker stretchy pants for colder days or nights
- Trekking pants
- Thermal base layers: top and bottom
- Underwear and spare clothes

CLIMBING GEAR:

- Crampones
- Climbing harness
- 3 locking carabiners
- 1 sling (120 cm)
- Ice axe (between 55 and 66 cm long)
- Climbing helmet
- If you don't have your own climbing gear, you can rent it in Chamonix. Check out this rental shop.

HEAD:

- Lightweight running cap
- Wool hat
- Neck gaiter
- Windproof and UV-protection sunglasses
- Ski mask

HANDS:

- Thin fleece gloves
- Leather gloves
- Heavy-duty thermal mittens or gloves

FEET:

- 2 pairs of merino wool ski socks: 1 thin, 1 thick
- Light trail shoes or hiking boots (your usual footwear for the mountains)
- Gaiters (only if not integrated with your boots)

BACKPACKS:

- 30-liter mountain backpack
- Small travel pouch (for ID and wallet)

ACCESSORIES:

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

FOOD/DRINK:

- Water bottle or thermos, at least 1 liter. If using a Camelbak, be aware the tube may freeze—carry an extra bottle.
- Snacks, nuts, gels, hydration tablets, enough energy bars, protein bars, trail mix, magnesium tablets, and recovery supplements

TRAVEL GEAR:

- ID or passport, visa, cash, travel insurance documents, vaccination card
- Thermal blanket
- Mobile phone and GPS watch with route track
- Power bank, camera, charging cables, headphones, selfie stick...

FAQs

Is it possible to run up Mont Blanc in a single day?

Yes, there is a “fast & express” route that allows you to ascend the 4,808m in under 24 hours running, accompanied by a professional guide.

What physical and technical level is required?

Excellent physical condition, previous experience in fast ascents with crampons, and high-altitude training are required: not suitable for beginners.

Is acclimatization mandatory?

Yes, prior acclimatization is crucial to reduce the risk of altitude sickness (AMS) and to handle the intense day.

What equipment is provided to me?

Includes a UIAGM guide with a 1:2 ratio and technical and gear advice, but personal and safety equipment (crampons, ice axe, helmet...) is your own responsibility.

Is accommodation and transportation included in the price?

The price does not include transfers, night in Chamonix, travel or rescue insurance, or tips; only the guiding service and technical advice are included.

Can I sign up for Mont Blanc in a Day on my own, or do I need a partner?

On MontBlanc, regulations state that each guide may accompany a maximum of two people. Both participants must know each other and have a similar technical and physical level. If you're a solo climber, you can choose to ascend with a 1:1 guide ratio. This option has an additional cost of €660, which you can add as an “extra service” when booking.

Is it necessary to purchase 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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