



Compagnie des guides
SAINT-GERVAIS
LES CONTAMINES
— Organisation —

43 RUE DU MONT-BLANC
74170 SAINT-GERVAIS
04 50 47 76 55

WWW.GUIDES-MONT-BLANC.COM
CONTACT@GUIDES-MONT-BLANC.COM



GOAL: MONT-BLANC" COURSE

Mont-Blanc is a dream that we can help you realize!

Since 1864 the guides from Compagnie des guides de Saint-Gervais Les Contamines have been leading their "travelers", customers or friends to the summit of that magical mountain. Our personalized program allows you to begin the ascent with maximum chances of success.

OUR ASSETS

- Postponement of the ascent of Mont-Blanc in case of bad weather (for 2 years).
- 2 different options for the ascent (2 or 3 days).
- Supervision by local guides that know the terrain perfectly and participate in the local community. The guides participate in the organisation of the safety on the itinerary all year long.
- Warm lunch in the refuges, for your comfort, and to maximize your chances of success.
- Personalized welcome with a drink and appetizer offered by your guide. Our team is present all year to answer your questions and to advise you (about clothing, physical training or organizing your stay).
- The preparation in adequacy with the objective (acclimatization in refuges, duration of the preparation). Preparation in a wild setting around the Tré la Tête glacier.



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2021 DATES

For option 1: every Sunday from June 13th to September 12th

For option 2: every Tuesday from June 1st to September 21st

TWO OPTIONS AVAILABLE

To lead you into that adventure we have set up two course options adapted to everybody:

OPTION 1: The ascent of Mont-Blanc in 2 days with a departure on Sundays

OPTION 2: The ascent of Mont-Blanc in 3 days with a departure on Tuesdays

OPTION 1: THE ASCENT OF MONT-BLANC IN 2 DAYS

Saturday Appointment at 6.30 pm at the guides' office for a briefing / welcoming drink with the guides. *Optional night in the hotel or own accommodation.*

Sunday **Climb to the Tré-la-Tête refuge**

Free time (for your last-minute purchases and equipment rental if necessary) until departure at 1 PM for an introduction to verticality and off-road terrain. From Contamines-Montjoie (8km from Saint-Gervais) we climb to **Tré-la-Tête refuge (1,970 m)** to spend the night, on the way there, we stop for a climbing introduction (with mountaineering shoes) to properly prepare the passage of Grand Couloir (Aiguille du Goûter).

Difference in height of + 960 m. 2-and-a-half-hour walk.

Monday **Conscrits Refuge**

Departure in the morning from Tré-la-Tête refuge for a theoretical and technical learning on rocks, snow and ice, and roped party techniques. Night at **Conscrits refuge (2,602 m)**.

Difference in height of + 745 m. 6-hour walk.

Tuesday **Aiguille de la Bérangère (3425m)**

Departure at 5 AM to climb Aiguille de la Bérangère (3,425 m) or a mixed climb into Tré-la-Tête massif to practice what you learnt the first two days. Lunch at Tré-la-Tête refuge, then we walk downwards to Contamines.

Difference in height of + 830 m / - 2,250 m. 10-hour walk.

Back to Saint-Gervais: optional night in the hotel or own accommodation.



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Wednesday Rest day.

Optional night in the hotel or own accommodation.

Thursday Tête Rousse or Gôûter refuge

Departure early in the morning with the Tramway du Mont-Blanc. Ascent to Tête Rousse refuge before getting to **Gouter refuge (3,817m)** or night spent at Tête Rousse refuge if Gouter refuge is full.

Difference in height of + 1,500 m. 6-hour walk.

Friday Mont Blanc Summit (4808m)

Departure at 3 am with headlamps to Dôme du Gôûter (4,304 m) and then Arête des Bosses in the early hours of the morning. Arrival to the summit of Mont-Blanc (4,808 m). You will come back into the valley via the same route in the afternoon.

Difference in height of + 996 m / - 2,436 m. 11/12-hour walk.

The guides could be led to change the programme depending on the weather conditions, the mountains and the level of the participants.

2021 RATE OPTION 1 – ascent in 2 days

The rate is set as below:

-1695€ / person

The price includes:

- Supervision by a mountain guide
- 3 half-board packages in refuges (dinner, night and breakfast)
- Lunch during the preparation and the ascent
- Lift pass for Tramway du Mont-Blanc
- Water in the huts
- Tea for the Mont-Blanc climb.



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The price does not include:

- Half-board in Saint-Gervais on Saturday, Tuesday and Wednesday (see optional hotel stay).
- The drinks, the cereal bars and other personal expenses
- The rental equipment
- Transportation to the starting point in Contamines
- Your personal insurance
- Everything that is not in "the price includes".

OPTIONAL ACCOMMODATION IN SAINT-GERVAIS

We offer a half-board option in Saint-Gervais on evenings when you are not in a refuge.

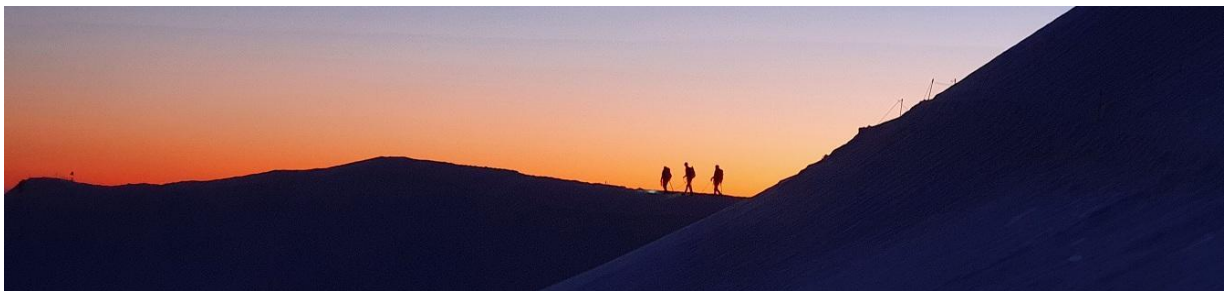
You will stay in the center of the village, 50m from the guides office, at the Val d'Este Hotel:

<http://www.hotel-valdeste.com>

Accommodation rates (half-board) for option 1 (Saturday, Tuesday and Wednesday):

If you come alone: 330€

If you are 2 people: 225€ / person





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OPTION 2: THE ASCENT OF MONT-BLANC IN 3 DAYS

- Monday** Appointment at 6.30 pm at the guides' office for a briefing / welcoming drink with the guides.
- Tuesday** **Climb to the Tré-la-Tête refuge**
Free time (for your last-minute purchases and equipment rental if necessary) until departure at 1 PM for an introduction to verticality and off-road terrain. From Contamines-Montjoie (8km from Saint-Gervais) we climb to **Tré-la-Tête refuge (1,970 m)** to spend the night, on the way there, we stop for a climbing introduction (with mountaineering shoes) to properly prepare the passage of Grand Couloir (Aiguille du Goûter).
Difference in height of + 960 m. 2-and-a-half-hour walk.
- Wednesday** **Conscrits Refuge**
Departure in the morning from Tré-la-Tête refuge for a theoretical and technical learning on rocks, snow and ice, and roped party techniques. Night at **Conscrits refuge (2,602 m)**.
Difference in height of + 745 m. 6-hour walk.
- Thursday** **Aiguille de la Bérangère (3425m)**
Departure at 5 AM to climb Aiguille de la Bérangère (3,425 m) or a mixed climb into Tré-la-Tête massif to practice what you learnt the first two days. Lunch at Tré-la-Tête refuge, then we walk downwards to Contamines.
Difference in height of + 830 m / - 2,250 m. 10-hour walk.
Back to Saint-Gervais: optional night in the hotel or own accommodation.
- Friday** **Tête Rousse refuge**
Ascent to Tête Rousse refuge (3,167m) with the Tramway du Mont-Blanc in the early afternoon and night at the refuge.
Difference in height of 800 m. 3-hour walk.



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Saturday Mont Blanc ascent (4808m)

Departure early in the morning to go to Aiguille du Goûter (3,863 m), Dôme du Goûter (4,304 m) and then Arête des Bosses. Arrival to the summit of Mont-Blanc (4808 m) before noon. Descent to Gouter refuge (3,817 m) to spend the night.

Difference in height of + 1,650 m / - 991 m. 7/9-hour walk.

Sunday Descent to Saint-Gervais

You will come back from Gouter refuge into the valley via the same route in the early morning. Meal in one of the huts or in the valley all together.

Difference in height of – 1,470 m. 4/5-hour walk.

The guides could be led to change the programme depending on the weather conditions, the mountains and the level of the participants.

2021 RATE OPTION 2 – ascent in 3 days

The rate is set as below:

-1985€ / person

The price includes:

- Supervision by a mountain guide
- 4 half-board packages in refuges (dinner, night and breakfast)
- Lunch during the preparation and the ascent
- Lift pass for Tramway du Mont-Blanc
- Water in the huts
- Tea for the Mont-Blanc climb.



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The price does not include:

- Half-board in Saint-Gervais on Monday and Thursday (see optional hotel stay).
- The drinks, the cereal bars, and other personal expenses
- The rental equipment
- Transportation to the starting point in Contamines
- Your personal insurance
- Everything that is not in "the price includes".

OPTIONAL ACCOMMODATION IN SAINT-GERVAIS

We offer a half-board option in Saint-Gervais on evenings when you are not in a refuge.

You will stay in the center of the village, 50m from the guides office, at the Val d'Este Hotel:

<http://www.hotel-valdeste.com>

Accommodation rates (half-board) for option 1 (Saturday, Tuesday and Wednesday):

If you come alone: 220€

If you are 2 people: 150€ / person

SUPERVISION AND PARTICIPANTS

You will be supervised by a guide or a qualified trainee guide (UIAGM qualification).

1 guide for 4 people for the assessment and preparation days.

1 guide for 2 people for the ascent of Mont-Blanc.

The guides will choose the roped parties for the ascent of Mont-Blanc for the first 3 days of the course.

In case of postponement of the ascent due to bad weather, you will have to come back with your climbing companion and choose another date or pay the price difference to be able to leave alone with your guide.



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TECHNICAL AND PHYSICAL LEVEL

The ascent of Mont-Blanc is a real physical challenge.

The walking duration and the altitude make it a specially demanding summit.

A very good training is essential for that course for it is intended for sportspeople.

Basic training

You will have to walk between 6 and 12 hours a day, you must then prepare yourself by practicing "cardio" training during long-term sessions. Endurance sports: 2 or 3 cycling or running sessions a week. You are advised to intensify your sport sessions six months before the course.

Off-road training

From the second day you will not walk on a hiking path, you will progress on very delicate terrains (slabs, screes, rocks, snow and ice). You can prepare yourself by practicing hiking in medium-altitude mountain and walks in off-track forests. Climbing is also a very good training. A good training will enable you to let yourself go to the single pleasure of discovery. Do not forget that for 5 days you will walk with a 8/10-kilo rucksack, which will significantly increase the effort to be made, so during your outings gradually train yourself to walk with that additional weight.

At the end of the first three days of the course only the guides will decide whether you will be able to climb Mont-Blanc! The great majority of the people who do not go to the summit of Mont-Blanc fail their goal because of a lack of physical training.

If the guide thinks you do not have the level to consider climbing Mont-Blanc, you will be offered to climb a more adapted summit. **You will be reimbursed on no account.**

You will progress on a high-altitude mountain route, so you must know the dangers linked to that activity (cracks, seracfalls, rockfalls, avalanches, very low temperatures).

We stay at your disposal for any question.



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ACCOMMODATION IN THE HUTS

All nights in the huts are included in the price.

During your course you will be accommodated in mountain refuges and will sleep in dormitories.

Those refuges are all resupplied by helicopter and supplied with electricity thanks to solar panels. You will not be able to recharge your phones or cameras and you will have to take your waste with you.

Your phone will not have reach up at Conscrits refuge.

Except for Tré-la-Tête there are no showers in the refuges.

IN CASE OF BAD WEATHER

The weather conditions are an important factor for your safety.

It is difficult, even impossible to have a reliable weather forecast for more than 3 days.

The first 3 days of the course cannot be postponed since you must be ready for the Mont-Blanc ascent.

- If the weather does not enable you to climb Mont-Blanc, your guide can propose another summit over 4,000 m in Grand Paradis or Mont-Rose massif. That alternative will lead to a partial reimbursement.
- You will also be able to postpone the ascent of Mont-Blanc to the summer* or to the next two years **.

* postpone during the summer:

If you are 2 participants: you can come back whenever you want, subject to availability in the refuges.

If you are alone, you will have to come back with a trainee from the same course or pay the price difference to be able to leave alone with your guide.

** If you postpone the ascent of Mont-Blanc to the next year or 2 years, you will compulsorily have to attend a new 2-day training in order to readjust to the altitude (to be checked with your guides if you need 1 or 2 days preparation next time).

If you decide with your guide to try and climb Mont-Blanc anyway, and bad weather catches up with you, no reimbursement or free postponement will be conceivable.



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REGISTRATION AND PAYMENT

Made with the registration form, dated and signed and sent with a 30% deposit (add up the price of the course and optional accommodation in the hotel) and then add the amount of the optional insurance policies. The balance shall be paid 30 days before the departure.

INSURANCES

Being covered by “repatriation assistance” insurance is compulsory to participate in our activities: it must cover you in the high mountains, outside the ski areas for search and rescue by helicopter on French, Italian and Swiss territories.

If you do not have repatriation insurance, we can offer you one at the rate of 1,5% of the total amount of the stay.

We also offer optional cancellation insurance at the rate of 3,5% of the total amount of the stay. This insurance does not consider the sporting nature of our stays (see insurance booklet).

APPOINTMENTS

The appointment takes place the day before the departure at 6.30 pm at the guides' office (in the Tourist Office building) in Saint-Gervais.

Location : <https://goo.gl/maps/58Kc9c7E3FsXXAcQ6>

Please let us know if you cannot be present, the appointment can be done by phone.

LIST OF THE EQUIPMENT

Technical equipment:

- Helmet
- 35/40-litre rucksack
- Two telescopic walking poles with washers
- Harness with locking carabiner
- Ice axe
- Gaiters
- Mountain boots with stiff soles to put crampons
- Semi-automatic crampons equipped with anti-boots



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You can rent the technical equipment with our partners:

- For Saint-Gervais: - www.blanc-sport-saintgervais.com
- www.unlimited-saintgervais.com
- Les Contamines - www.intersport-lescontamines.com

Clothing

Upper body:

- Hat and headscarf or balaclava
- Modern fibre underwear, long and short sleeves
- Thick fleece jacket or down jacket for the bottom of the bag
- Thinner fleece jacket or down jacket
- Gore-Tex jacket (the ski anorak is not adapted)

Lower body:

- Modern fibre tights
- Gore-Tex trousers
- Warm socks

Essential equipment:

- Glacier glasses
- Ski mask
- Cap
- Headlight and batteries
- 2 pairs of gloves : a thin pair and a warm pair like mittens
- Sun cream and labial screen ultra-protection
- A sleeping bag liner for in the huts (no need for a sleeping bag)
- Crème solaire et écran labial très haute protection
- Thermos flask for tea (0.5 L minimum) and energy bars
- Small personal first-aid kit (pain medication, second skins)
- A pair of light walking shoes

Do not hesitate to contact us if you need some advice for your physical training, the selection of your equipment or the organisation of your trip.