

ADVENTURE
BASE

CLIMB
MONT BLANC

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MONT BLANC

Mont Blanc is the highest peak in Western Europe. It's an imposing and highly sought after summit that sits at the roof of the Alps on the border of France and Italy. It has magnificent views across the rest of the Alps and entices mountaineers from all over the world year after year.



It also happens to be one of the most accessible mountains to climb for aspiring or new mountaineers. A good base level of fitness and the right attitude is all you need. We'll teach you the rest.



TRIP DETAILS

DURATION:

1 Week

START LOCATION:

Chamonix,
France

DATE[S]

June -
September

PRICE

€2570 - €2650

4810M

FRANCE & ITALY

THE HIGHEST MOUNTAIN IN THE ALPS AND WESTERN EUROPE

FIRST ASCENT 1786

BY JACQUE BALMAT & MICHEL PACCARD

FIRST FEMALE ASCENT 1808 BY

MARIE PARADIS

FASTEST ASCENT 4 HOURS
57 MINUTES
40 SECONDS

20,000 PEOPLE

ATTEMPT TO REACH THE SUMMIT EACH YEAR

MONT BLANC CONSIDERED BY MANY AS THE BIRTHPLACE OF MODERN MOUNTAINEERING



**“I’D RECOMMEND ADVENTURE
BASE 100%. I WANT TO BE AN
ADVENTURE BASE GUIDE!”**


Sir Richard Branson

**“THE SUMMIT WAS
LIKE A DREAM. IT WAS
SO OVERWHELMING I
BEGAN TO CRY WITH JOY
FOR MAKING IT TO THIS
MAGICAL WORLD AT THE
TOP OF EUROPE.”**

Princess Beatrice

**“IT IS QUITE
POSSIBLY THE
BEST MOST
REWARDING
WEEK I’VE EVER
HAD PURSUING
MY PASSIONS.”**

Joseph



We’re rated excellent on Trustpilot and we’re proud of each and every one of those reviews. Every trip we run we collect feedback on how to improve and enhance the experience. When we asked our clients what they enjoyed the most about the trip they said it was a combination of the people involved and the environment they were experiencing. Our goal is to make sure each is to the highest standard.

 Trustpilot 

HISTORY OF THE MOUNTAIN

The first ascent of Mont Blanc was on the 2nd of August 1786 by two Frenchmen, Jacques Balmat and Dr Paccard. Both of the men lived in the Chamonix valley but came from very different backgrounds. Jacques Balmat was a local crystal hunter by profession, while Dr. Paccard was a Chamonix doctor.



The drive to get to the top was in large part due to a man called Horace Benedict de Saussure who had offered a financial reward to anyone who could complete the ascent. He was a Swiss aristocrat and physicist who is considered to be the founder of Alpinism. He had tried to climb the mountain himself in 1774 and 1785 but was unsuccessful.

Marie Paradis was the first woman to climb Mont Blanc on the 14th of July 1808. She was guided up the mountain by Jacques Balmat in her self-designed clothing that weighted 7kgs including a petticoat and a feather boa. From then on she was known as 'Maria de Mont Blanc'.





The trips run over the following dates and have 4 spots per group. Please check the website for up to date availability and be aware trips tend to get booked up a year in advance. If you're looking for something a little more bespoke or a date is unavailable please get in touch and we'll see what we can do.

2022

JUNE 2nd / 6th / 9th / 13th / 16th / 20th / 23rd / 27th / 30th

JULY 4th / 7th / 11th / 14th / 18th / 21st / 25th / 28th

AUGUST 1st / 4th / 8th / 11th / 15th / 18th / 22nd / 25th / 29th

SEPTEMBER 1st / 5th / 8th / 12th / 15th / 19th

2023

MAY 31st

JUNE 4th / 7th / 11th / 14th / 18th / 21st / 25th / 28th

JULY 2nd / 5th / 9th / 12th / 16th / 19th / 23rd / 26th / 30th

AUGUST 2nd / 6th / 9th / 13th / 16th / 20th / 23rd / 27th / 30th

SEPTEMBER 3rd / 6th / 10th / 13th / 17th / 20th

WHAT'S INCLUDED

CLIMB MONT BLANC (4810M)

3 TRAINING DAYS AND SUMMIT OF GRAND PARADISO (4061M)

ALL ACCOMMODATION AND GUIDING DURING THE TRIP

4 NIGHTS MOUNTAIN HUTS AT HALF-BOARD (BREAKFAST AND 3 COURSE EVENING MEALS)

3 NIGHTS CHAMONIX ACCOMMODATION WITH BREAKFAST INCLUDED

EN SUITE ROOMS IN CHAMONIX ON TWIN SHARED BASIS

HAND-PICKED ADVENTURE BASE MOUNTAIN GUIDES

ALL TRANSPORT WITHIN ITINERARY

GROUP DINNER ON THE FIRST NIGHT



WHAT'S NOT INCLUDED

TRANSPORT TO/FROM CHAMONIX

EQUIPMENT RENTAL

TRAVEL INSURANCE

LUNCH WHEN IN THE HUTS

EVENING MEALS WHEN IN CHAMONIX

UPLIFTS ACCORDING TO ITINERARY



ACCOMMODATION



WHEN NOT CLIMBING THE MOUNTAIN WE KNOW THE IMPORTANCE OF HAVING A COMFORTABLE BASE.

That's why we've chosen this mountain lodge with its super comfortable rooms and warm atmosphere. But don't let that nice linen and chocolate on the bed win your favour just yet. Wait until you've experienced a good old mountain hut with its basic, but charming amenities and friendly hosts. We bet you go home missing the huts more!

VALLEY ACCOMMODATION

DURATION

1 Week

INTERNET

WiFi included

BEDS

Shared Double Room (Single Room available. Supplement Charge)

FOOD

Breakfast included

The lodge is an excellent base for our Mont Blanc trip. With stunning views of the mountain, it's well placed and just a few minutes walk from Chamonix centre. Rooms are on a twin share basis with en suite bathrooms. Breakfast is included in your stay and is always plentiful. There is also a bar and restaurant for the evenings, with some lovely outdoor space to relax in after the climb.



MOUNTAIN HUTS

Duration: 4 Nights / Internet: Not Included /
Beds: Dorm / Food: Dinner

DURATION

4 Nights

INTERNET

Not included

BEDS

Dorm

FOOD

Breakfast included

Rifugio Chabod, Italy / Refuge Tete Rousse, France / Refuge du Gouter, France. When heading up the mountain you will be staying in accommodation which boasts views that can't be beaten. The mountain huts of Rifugio Chabod, Refuge Tete Rousse and the Refuge du Gouter aren't going to win any five stars awards for service but will keep you warm, dry and fed. Just don't forget to pack your ear plugs... trust us!





FOOD

Don't worry, you stay well fed and watered on this trip. It's imperative that you do as after all you will be climbing a mountain or two. As the trip is based in both France and Italy it will come as no surprise that you will experience the usual local options. While in France think croissants, cheese and wine and when in Italy expect gorgeous pastas and strong coffee. This doesn't really change when you're staying in the mountain huts either. While it might not be gourmet, you will have delicious options while in the huts. While we recommend you bring your own snack / energy bars you can pick up snacks and drinks from the huts.

WEATHER

The climbing season is considered to be between June and September. This is when the huts are open and when the weather is optimum for summiting. Expect to see temperatures vary from 20 degrees at the Nid d'Aigle and -20 degrees at the summit. The ideal conditions are clear, calm skies but a nice cool temperature to reduce the chance of any rockfall. Chamonix valley itself is often in the mid 20's for most of that period.

ALTITUDE

When tackling Mont Blanc it is very rare for altitude sickness to stop an ascent but many climbers will experience some of the symptoms. This will often come in the form of a mild headache, loss of appetite and nausea. Our trip has been built so you spend three days climbing Gran Paradiso at 4061m and two nights at altitude in the Rifugio Chabod, which sits at 2710m. This gives your body time to acclimate in preparation for the second half of the week where you attempt to climb Mont Blanc.



CULTURE

You will experience both the French and Italian cultures on this trip. It's amazing that although only separated by a short car journey your experience can be very different. Your stay in the Rifugio Chabod, while you attempt to summit Gran Paradiso, is filled full of Italian delights. Delicious pastas, warm welcomes and some of the best coffee around. Your stay in France is based out of the Chamonix valley, where it's widely considered to be the home of modern alpinism. As well as delicious French foods and romantic language Chamonix also boasts an amazing outdoor and mountain spirit. It's one of only a few places where you'll walk down the high street past cyclists, climbers, runners, trekkers and the occasional landing paraponter.

DIFFICULTY

We class this as a Level A difficulty. That means 'you're not quite sure where to start but you're hungry for an adventure and can't wait to get going. Bring it on!'. In the world of Mountaineering, Mont Blanc is a great place to experience a mountain adventure or start your mountaineering career. It's not a technical climb but it is high and exposed. You get that sense of adventure without requiring technical experience, as you will learn skills at the start of the week.

WHO IS THIS FOR?

Anyone with a good level of endurance fitness and a sense of adventure. Previous mountaineering experience is a bonus, but not essential as we teach all required skills during the week. However good physical coordination and an ability to pick up new skills is important on Mont Blanc. Mont Blanc is the highest peak in Western Europe and therefore the altitude and terrain makes it hard work.

Determination is needed to keep you going to the top. While this adventure is open to beginner mountaineers, please note that doesn't mean it's physically easy. Make sure you have a good base fitness level before you get here as it will make the week feel less strenuous and maximise your chances of success.

If you want to make sure you're ready, join us on our [UK Winter Skills trip](#) before you come.

Not sure whether you're ready? No sweat! Drop us a note and we'll be happy to talk it through with you. Or take our Mont Blanc 'Readiness' test and find out.



TEST



ITINERARY*

*The itinerary might need to change due to weather or for unforeseen reasons.

DAY 1 ARRIVAL DAY

We meet in the evening at the accommodation to go through the plan for the week as well as the current weather and mountain conditions. You will meet with your fellow climbers and your guides so you can ask any questions and will have a chance to go through your kit.

DAY 2 DEPART FOR GRAN PARADISO NATIONAL PARK

After breakfast we depart for Italy to the Rifugio Chabod in Gran Paradiso National Park (1 hr 30 mins drive). The altitude of the hut is 2750m and it takes 2 ½ – 3 hours walk from the road (900 m altitude gain) In the morning we will sort out any last minute gear rentals / purchases in Chamonix before driving through the tunnel into Italy. Once at the refuge we will rest, have lunch then we have an outdoor session covering crampon techniques, being roped up, using all gear correctly and scrambling techniques.

DAY 3 CLIMB GRAN PARADISO

A big day involving a 1,300m altitude ascent of Gran Paradiso, the highest peak entirely in Italy (4061m). The ascent is all on snow except a final rocky section of scrambling to the summit (5-7 hours). It is a spectacular summit and this is great training for Mont Blanc because a lot of similar techniques are required on both peaks. The climb will put you in good stead for the main summit attempt later in the week. After the summit we go down to the same hut. This gives us the advantage of leaving unnecessary clothing/equipment there to make our ascent as light as possible. Furthermore, staying up at altitude instead of heading all the way down to the valley helps with your acclimatisation process.

DAY 4 RETURN TO CHAMONIX

Wake up at around 07:00 and by 8.30 after breakfast we descend at a gentle pace (2 hours) to the valley. On our drive back we can have a stop for an Italian coffee and snack and by the afternoon we arrive back to Chamonix (1 hr 30 mins drive). It is very important that you can have a good rest in the afternoon in preparation for the coming days. We can also finalise any equipment changes.

DAY 5 BEGIN THE MONT BLANC CLIMB

Climbing Mont Blanc takes two days, but we add in a spare day in case of bad weather to maximise your chance of success. We start by driving to Les Houches (10 min) and then taking uplifts on the Bellevue cable car followed by the Tramway du Mont Blanc train to Refuge du Nid d'Aigle which sits at 2372m. From here we hike to the Tete Rousse hut (3167m) for an overnight stay, followed by an ascent of Mont Blanc via the Gouter route the following morning.

DAY 6 SUMMIT DAY

On summit day we wake up early and ascend to the summit of Mont Blanc. This will take between 8-12 hours depending on conditions and your physical ability. On the descent from the summit, we spend the night in the Gouter hut (3813m). By having this second night in the Gouter hut we are less in a rush to make it down to the valley or the Tete Rousse hut, and it also means we again cross the Grand Couloir early the following day. These are all carefully considered factors that we've analysed over many years guiding this route to maximise your chance of a successful summit.

DAY 7 SPARE SUMMIT DAY/ RETURN TO CHAMONIX

In the morning we descend from the Gouter hut (3813m) to the Refuge du Nid d'Aigle (2372m) and take the Tramway du Mont Blanc followed by the Bellevue cable car down to Les Houches. The descent normally takes around 4-5 hours. We then drive back to the Chamonix and that signals the end of the climb. This will normally be around 13:00-14:00 in the afternoon. Usually everyone heads out into Chamonix for dinner together on the final evening to round off the week. Our guides join and the atmosphere is always one of celebration, relief, epic stories and future plans.

DAY 8 DEPARTURE DAY

Depart. Check out is at 10:00, and after one last hearty breakfast we sadly bid farewell. Please note: This itinerary is based on good weather and mountain conditions as well as hut availability. Sometimes we may opt for 2 consecutive nights in the Tete Rousse or Gouter hut. Should an ascent of Mont Blanc not be possible due to dangerous conditions or bad weather, we strive to provide suitable alternatives such as climbing in the Monte Rosa range. During June and July we may opt for the Italian normal route (via Rifugio Gonella) if conditions allow. It is a stunning alternative route to the Gouter route and is often much less frequented.

GET **INSPIRED**



OUR PEOPLE

MANAGEMENT TEAM:

We spend most of our days plotting, planning and building some of the very best trips out there for you all to enjoy.



CHARLIE KRARUP **MANAGING DIRECTOR**

Charlie is tasked with steering the ship amongst everything else. A big dreamer with a drive to make things happen, he's always up for a challenge. Whether it's skiing, cycling or climbing in the mountains, he's ready for that next thing.



OLLY ALKEMA **OPERATIONS DIRECTOR**

Olly is in charge of year round operations and logistics of our trips and expeditions. With a keen eye for detail and a personable approach, he leaves no stone unturned. He is a passionate skier who fell in love with the Alps on his first ski trip in 2012 and hasn't looked back since.

GUIDES

Handpicked for their experience, knowledge and personality. Our guides are an essential and very special part of every adventure our clients go on. They are all great company and take it upon themselves to be fully invested in making your trip memorable with us.

**EVERY GUIDE IS IFMGA\UIAGM/UIMLA ACCREDITED
/ EVERY GUIDE IS HANDPICKED BY US / ALL GUIDES
SPEAK A HIGH LEVEL OF ENGLISH**

FABIO

Fabio has guided with us for close to ten years now and has summited Mont Blanc more times than we can remember. He's even helped Sir Richard Brans get to the top of Western Europe. When asked what his favourite mountain was his response was 'It's the mountain not known to many, in a remote country that provides opportunity for adventure. That said, I do love Cordillera Blanca (Peru) to guide in, Montserrat (Barcelona) because it's where it all started for me and Main De Fatima (Mali) because it's special to me!'



MIHA

Miha is an IFMGA guide from Slovenia based between the beautiful Julian Alps and Chamonix. He has been climbing for over 20 years all over the world, including expeditions to Nepal, Tibet, India, Pakistan, USA, Mexico and Peru. He summited an 8000er on his first expedition to the Himalaya, did a first ascent on the previously unclimbed Lasher peak in the Himalaya and climbed El Capitan and many routes over the Alps.

PABLO

Pablo is originally from a small mountain village in Spain and came to Chamonix with only one dream to become a mountain guide. Based in Chamonix since 2013, Pablo made the Alps his playground as a guide and as an alpinist and has climbed many of the classic alpine routes. He combines mountain guiding with helicopter rescue work in Spain during the off seasons.



LARS

Lars is a IFMGA Guide originally from Belgium, with over 20 years of experience climbing and splitboarding in the Mont Blanc massif, the Alps and the greater ranges of the world. Having lived in Chamonix for over a decade he has enjoyed the unique and unlimited climbing possibilities in and around the valley. Lars is also one of the most recognised and experienced splitboard guides leading expeditions to Kamchatka, Greenland, Iceland and more.

ROGER

“I love what I do and love to transmit my passion while guiding. After touring the world following the call of the mountains and human cultures and fulfilling my dreams, I have put together all the knowledge gained and a strong background as a mountain guide to become one of the most versatile, dedicated and professional guides back home, in the Pyrenees.”





FEDE

“My favorite mountain is the Midi d’Ossau, in the Pyrenees. It is a volcanic and unique mountain, that a stands out from the other peaks around. It is a huge fortress with many different features that provides incredible rock climbing routes, and the most important thing is that is 20 minutes from my house ;)”

JON

“If asked about my favourite mountain or mountain range, it wouldn’t be easy to answer since perfect places to climb, ski or explore can be found all over the world. But, if I had to choose one, I think I’d say the Pyrenees, not very high, but wild and still quite unknown: the mountains where I learnt when I was a child and where I can still live great adventures far from the crowd”.



FAUST

Born in the Aran Valley, from parents who were ski teachers and mountain guides, the motivation inherited by nature has led him to practice all facets of mountain sports such as climbing, skiing and mountaineering. He has spent his alpine career as part of the FEDME team (Spanish Federation of Mountain and Climbing Sports) and his passion and profession have led him to travel to other continents to carry out his activity.

ROGER

Roger has spent over 15 years guiding around the world. He is a Guide instructor at the Spanish School of Guides and is fascinated by discovering mountains with clients. Roger has a big passion about showing people his beloved mountains and sharing climbs and descents with skis.



KIT LIST

“THERE’S NO SUCH THING AS A BAD WEATHER, ONLY INAPPROPRIATE CLOTHING”

Ranulph Fiennes

As the highest mountain in Western Europe, Mont Blanc requires some specific, technical clothing and equipment to help you summit it. It might seem like an investment at first but once you’ve got the kit your set for other popular mountain routes like the [Matterhorn](#), [Elbrus](#), the [Eiger](#) and the [Monte Rosa](#). Below is a list of our recommended kit for your trip.

**DOWNLOAD
FULL KIT HERE**

- Hardshell Waterproof Jacket
- Insulated Mid Layer
- Long Sleeve Base Layer Tops X 2
- Short Sleeve Base Layer Tops X 2
- Hardshell Waterproof Shell Pants
- Soft-Shell Mountaineering / Trekking Pants
- Base Layer Leggings
- B3 Boots (Can Be Rented)
- Trail Shoes / Hiking Shoes
- Hats / Face Coverings
- Eyewear
- Hand Gear
- Packs
- Ice Axe (Can Be Rented)
- Crampons (Can Be Rented)
- Climbing Helmet (Can Be Rented)
- Harness (Can Be Rented)
- Trekking Poles (Can Be Rented)

HARDSHELL WATERPROOF JACKET - A hardshell jacket of Gore-Tex, or similar standard, is one of your key pieces of kit. Make sure it's big enough to put over multiple layers and that it comes with a hood. You'll use this if the weather becomes a little wild and you need protection from wind and rain. Something like: The 'Hodr', 'Grim' or 'Odin' Jottnar hardshell jacket.

INSULATED MID LAYER - There are a few options here depending on your preferences but this layer needs to be a warm thick fleece, a softshell or a light down jacket. This is one of your key insulating layers so something comfortable and technical is recommended. Something like: The 'Asger' or 'Floyen' jackets from Jottnar are ideal.

LONG SLEEVE BASE LAYER TOPS X 2 - Some long sleeve lightweight mid layers are required as they will be the second piece of your layering system. Something like: The 'Svend' or 'Tyer' from Jottnar.

SHORT SLEEVE BASE LAYER TOPS X 2 - The first of your layering system. A top tip is to look for an anti-microbial treatment to keep things as fresh as possible. Something like: The 'Ove' or 'Mar' from Jottnar.

HARDSHELL WATERPROOF SHELL PANTS - Hardshell trousers of Gore-Tex, or similar standard, are required for this trip. Ideally they come with side zips to provide a little more ventilation when you're working hard. Something Like: The 'Valdyr' from Jottnar works well.

SOFT-SHELL MOUNTAINEERING / TREKKING PANTS - This is the trouser you will spend a lot of your time in so make sure it's comfortable. Something like: The 'Valen' from Jottnar is ideal.

BASE LAYER LEGGINGS - Make sure you've got some full leg, lightweight leggings will keep you warm and toasty.
SHORTS - A shorts option is great for warm days or when spending time indoors.

B3 BOOTS (CAN BE RENTED) - We recommend the use of B3 boots for this mountain adventure. These should be waterproof, warm and sturdy for when you're on the glacier. Top tip if you're buying them, make sure you leave a little room at your toes but not enough so that your heel moves when you walk. It will make for a much more comfortable fit. Something like: The Scarpa Mont Blanc Pro, unsurprisingly, work well

TRAIL SHOES / HIKING SHOES - Trail or hiking boots will be more comfortable on the lower section of the mountain as well as any days you're in the town.

HATS / FACE COVERINGS - You'll need a sun cap, a warm hat that covers your ears and a buff or balaclava. The idea should be that if needed, you can cover your whole face.

EYEWEAR - You'll need sunglasses (ideally glacier glasses), that provide 100% UV protection. You'll also need some goggles (Ski goggles are ideal) that can be thrown on if it's windy.

HAND GEAR - You will need a thin softshell glove that provide protection in the cooler temperatures and when on the glacier and a thick warm glove (Like expedition shell gloves) that are ideally Gore-Tex and have a removable inner glove.

PACKS - We recommend a 30-40 litres pack but it all depends on how you light to pack and what you like to bring. It should be large enough to carry all your equipment up to the huts where you can remove certain items before summit days. Something like: The Osprey Mutant 38 Litre

ICE AXE (CAN BE RENTED) - You will need one ice axe with or without a strap. Something like: The Black Diamond 'Raven' Ice Axe.

CRAMPONS (CAN BE RENTED) - You will need some 12-point steel mountaineering crampons with anti-balling plates. Something like: The Black Diamond 'Serac' crampons.

CLIMBING HELMET (CAN BE RENTED) - While it's highly unlikely anything will fall on you, a head injury can occur. Taking every precaution in a remote environment is important which is why you will need a lightweight climbing helmet. Something like: The Black Diamond 'Vision' Helmet would work well.

HARNESS (CAN BE RENTED) - This should be comfortable, adjustable and large enough to fit over all clothing. Something Like: The Black Diamond 'Couloir' harness is great.

TREKKING POLES (CAN BE RENTED) - Adjustable poles will help on some of the trekking sections both ascending and descending.



WHAT INSURANCE DO I NEED?

Let's face it, these types of trips don't come risk free. We're putting ourselves in amazing environments but also environments that carry an element of risk with them. In order to protect yourself adequately you will need a specialist travel insurance that caters for the types of activities you will be undertaking. It is a condition of our agreement that you are covered by adequate travel insurance for your arrangements. [Click here to understand which one is for you.](#)

ARE SKI/SNOWBOARD TROUSERS SUITABLE?

Ski/snowboard trousers aren't suitable for the conditions on Mont Blanc. You'll need a pair of mountaineering trousers (soft shell) as well as a waterproof hard shell pair that are lightweight and not insulated. Conditions can be harsh especially on the summit days so it's important

to have these two layers. We also recommend to bring lightweight thermal leggings. Read through our kit list for a full description of what you'll need to bring.

CAN I STORE MY BELONGINGS WITH ADVENTURE BASE WHEN I'M IN THE HUTS?

Yes. From when you arrive till when you depart you are able to store your belongings in the Chamonix accommodation. Please note rooms are usually allocated on a twin share basis, in most cases sharing with others from your course.

DO I NEED TO HAVE PREVIOUS EXPERIENCE?

This is a hot topic and based on our extensive experience we are confident to say that you do not need any previous experience to climb Mont Blanc, However: You must be in good shape as per the previous FAQ 'What kind of fitness level do I need' and you must also

be prepared to accept that if you are not fit enough your guide will have no option but to turn you around. Your safety is always our top priority and therefore you must have a good level of cardiovascular endurance in order to keep up with the required pace for a Mont Blanc ascent. Crucial to success you must also be able to learn new skills quickly and have an ability to develop new skills, such as walking with crampons whilst attached to your guide with a rope. These are skills we will teach during your first 3 days with us, prior to your Mont Blanc ascent. This training period is also an opportunity for your guide to evaluate your skills and capability to climb Mont Blanc.

HOW MANY CLIENTS PER GUIDE?

For the three training days at the beginning of the week we have a 4 client:1 guide ratio. For your Mont Blanc attempt our ratio is 2 clients:1 guide.

IS THERE WIFI IN THE MOUNTAIN HUTS?

No. All mountain huts are fairly basic and do not have access to WiFi. Some huts will have phone signal and some will even have 3g signal but we cannot guarantee this will work at all times.

What are the guides like?
All of our guides are highly experienced and friendly

people. They have all been hand picked by us over the many years we've been in the guiding industry. Our guides are of various nationalities and all speak a good level of English and are very attentive. Their primary role is to get you to the summit and back safely, but they also provide a high level of customer service along the way and are very interesting people to spend time with. They like to share their knowledge of the mountains and their experiences, so don't hesitate to ask questions and pick their brains. Lastly, they know the route on Mont Blanc like the back of their hands and this is the most important thing when it comes down to making key decisions in the mountains and providing the safest experience for our clients.

WHAT ARE THE MOUNTAIN HUTS LIKE?

The mountain huts we use for our Mont Blanc course are fairly basic but comfortable. You will sleep in dormitories on a shared basis, usually 6-8 per room. The huts provide breakfast, lunch and a 3 course dinner. In Gran Paradiso we tend to use the Refugio Chabod. On Mont Blanc we tend to use the Refuge de Tete Rousse followed by the Gouter Refuge.

WHAT KIND OF FITNESS LEVEL DO I NEED?

You need to be able to hike comfortably with a heavy

pack for up to 10 hours at a moderate pace. Mountaineering is all about having good cardiovascular endurance to be able to continue being active for long periods. As well as this you will need to have a good head for heights and good overall body balance and awareness.

WHAT SIZE BACKPACK SHOULD I BRING?

Your backpack should be no bigger than 45l and no smaller than 35l. It is important that your backpack has an ice axe strap to stash your ice axe when you are not using it. Your backpack must also have a rain-proof cover. Think light-weight, remember you have to carry it!

WHAT TYPE OF BOOTS DO I NEED FOR MONT BLANC?

You will need a B2 or B3 mountaineering boot for Mont Blanc. All mountaineering boots are graded in a B1, B2, B3 system. B3 boots are the most rigid, and therefore most suitable for walking on snow with crampons, and B2 boots are a little more comfortable but less rigid and also less warm. An example of a B3 boot is the La Sportiva Nepal Evo GTX or Scarpa Mont Blanc Pro.

WHAT WILL WE DO IF THE WEATHER IS BAD?

This depends on a few factors and how bad the weather actually is. Should Mont

Blanc be unsafe, we will study the conditions on other peaks in the Alps, like Mont Rosa. Should conditions be a lot better elsewhere, we will propose this to you as an option. Strong winds of 50km. This means reaching the summit difficult. High winds on the final ridge to the summit are dangerous and therefore summit success is very unlikely. In the case of high winds all over the high peaks of the Alps, we will look for suitable alternatives in the mid-mountain range. It is also unlikely that a helicopter will be able to fly in a rescue situation if there are high winds, which adds to the decision-making process. Precipitation. When it snows on Mont Blanc it usually means a summit attempt will be difficult. Route finding in a snow storm is generally quite unsafe. An attempt will depend on the thickness of the snowfall and it will also greatly depend on the wind. Whiteout. A cloudy whiteout will make a summit attempt difficult. It depends on the thickness of the cloud and we will most likely still attempt a summit but turn back if necessary. Heat. When it's been very warm for a long period of time on Mont Blanc the Gouter couloir tends to become unsafe due to regular rock fall. The local authorities are quick to issue warnings when the couloir becomes unsafe and it has been known in recent summers that the Gouter route to Mont Blanc has been briefly

closed. We will always listen to and obey local warnings.

WILL I DEFINITELY MAKE IT TO THE SUMMIT?

In short, no. Whilst we will always strive to get you to the summit safely, sometimes the weather or the conditions of the mountain don't play ball. When there is precipitation, high winds and low visibility for example, we cannot guarantee reaching the summit and will sometimes recommend an alternative. Each Mont Blanc course has a lead guide. The lead guide will always conduct a meeting with the clients and other guides the day before the Mont Blanc ascent is due to begin. During this meeting the latest weather forecast, conditions of the mountain, and the clients own ability to reach the summit will be discussed. Clients and guides

will voice their opinions and/or concerns at the time and then decide how best to proceed. We fully trust and back our guides to make the final decision based on their years of experience on the mountain. They are entrusted to make the final call and the client must accept any decision made. All decisions will have client safety as a top priority.

IS YOUR BOOKING SAFE?

We use a trust account set up with Serenity Travel Trusts. That means that all the money paid towards your holiday stays in this account until after the trip has taken place. We don't have access to it meaning your money is safe and secure.

ENVIRONMENT IMPACT



ENVIRONMENTAL RESPONSIBILITY

Great news! Your place on this adventure is carbon offset along with our footprint in creating it.

We've made it our mission to improve our environmental practices as a standard. Not as a promotion to make us look better, but because it's essential. That's why we've designed our three point action plan that holds us, as a company, and you, as individuals, responsible for any damage we might cause. We want healthy adventures, not just fun ones!

- You offset your carbon emissions on every trip you book by paying a little bit more
- We offset our own carbon emissions as a business on a monthly basis through 'Ecologi'
- We commit ourselves to being part of the conversation by constantly improving, innovating and holding ourselves accountable to whatever needs to be done. We're doing that through 'Tourism Declares'



A high-angle, top-down photograph of two mountaineers climbing a steep, snow-covered mountain. The climber in the upper left is wearing a white helmet and dark gear, reaching up to hold a rope. The climber in the lower right is wearing an orange helmet and dark gear, also reaching up. The background is a vast, white, snow-covered mountain slope under a clear sky.

12 YEARS IN BUSINESS


5000+ CLIENTS

WHY US

‘Founded by world renowned adventurer and 14 time Everest summiteer Kenton Cool, we’ve delivered some great mountain experiences to over 5000+ clients. We live by three key principles here at Adventure Base; Provide daring adventures, human experiences, and effortless organisation. We do this because we believe life is better when you’ve been in the mountains.

SAFETY IS OUR #1 PRIORITY.

We pride ourselves on getting you up, down or around safely. “Getting to the summit is optional, getting down is mandatory.” – Ed Viesturs. We have been guiding clients in the mountains for decades with a great safety and success rate. We take great care in training our clients and monitoring the weather and mountain conditions closely to achieve the best results for you.

A close-up, right-side profile of a man with a beard and mustache, smiling broadly. He is wearing a teal jacket over a bright yellow-green vest. A black watch with a white dial is visible on his left wrist. The background is a blurred, high-altitude mountain range with snow-capped peaks under a cloudy sky.

“Having led countless teams up and down mountains for over 20 years, I can truly say there is nothing quite like the bond formed during these experiences. It lasts a lifetime. I couldn’t be more confident in the service our operations team, creative team and guides deliver, no matter how big or small your mountain objectives. We’ve worked extremely hard to build a company with pedigree, helped by decades of expertise, all the while doing everything with our trademark personal approach. We are looking forward to helping you enjoy the mountains with us”

**KENTON COOL: FOUNDER OF ADVENTURE BASE
& 15 X EVEREST SUMMITEER**

READY TO CLIMB MONT BLANC?

We hope you've found all the information you need above, but if not don't hesitate to get in touch and book a true mountaineering adventure.

GET IN TOUCH?

📍 WWW.ADVENTUREBASE.COM

✉ HELLO@ADVENTURE.COM

☎ [+44] 02038 134779



NOT READY YET?

GET STARTED: UK WINTER SKILLS

Join our winter skills trip that will provide practical learning and the necessary skills required for mountain exploring whether that's in the UK or further afield. If you are new to winter mountaineering, or just need to dust off the cobwebs, this practical trip will cover everything you need to know in order to stay as safe as possible in the mountains, whilst having an awesome time exploring and taking in new experiences.

DURATION

3 Days

GUIDE RATIO

8:1

START LOCATION

Cairngorms, Scotland

ABILITY

Level A

DATES

January - February

PRICE

€650

[LEARN MORE](#)

OTHER CLIMBS

MONTE ROSA

Monte Rosa lies on the border between Switzerland and Italy and is one of the best kept secrets in the Alps. The highest peak of the range is the Dufourspitze (4634 m) which is the highlight of four peaks you climb on this stunning mountain adventure. Speak to any mountaineer whose taken this trip and they'll tell you how truly special it is.

DURATION

1 Week

GUIDE RATIO

2:1

START LOCATION

Zermatt, Switzerland

ABILITY

Level B

DATES

June - September

PRICE

€2930



MATTERHORN

The Matterhorn is probably the most iconic peak out there in the mountains. Rising behind the charming town of Zermatt on the Swiss / Italian border this is a highly sought after summit for mountaineers and adventurers alike. Daring, dramatic and intimidating this is one of our favourite mountains to guide.

DURATION

1 Week

GUIDE RATIO

1:1

START LOCATION

Chamonix, France

ABILITY

Level C

DATES

June - September

PRICE

€3690



EIGER

The Eiger is one of the most sought after summits in the Alps and a formidable challenge for any keen mountaineer. Located in the Bernese Alps of Switzerland, this is a major Alpine classic steeped in historic tales of heroic climbing. On this trip we climb via the Mittellegi ridge. Got what it takes?

DURATION

1 Week

START LOCATION

Chamonix, France

DATES

June - September

GUIDE RATIO

1:1

ABILITY

Level D

PRICE

€3690



ELBRUS

Elbrus is the highest mountain in Europe, one of the 7 summits and is perfectly suited for expedition style mountaineering. A great way to get a taste of what it's like mountaineering at 5642m above sea level.

DURATION

11 Days

START LOCATION

Mineralnye Vody
Airport, Russia

DATES

June - September

GUIDE RATIO

3:1

ABILITY

Level B

PRICE

€2393



OUR PARTNERS

We only partner with companies who have products we would use ourselves. Whether it's good kit suggestions, a taste of altitude, some UK fun or some good old fashioned training, they've got you covered.



**STAY DRY, WARM
AND PROTECTED
WITH JÖTTNAR**

Jöttnar was born in Arctic Norway by two Royal Marine commandos. They make technical clothing for climbing, skiing and adventure and they're one of the best in the business. We've teamed up with the guys to help us stay dry, warm and protected in the mountains. Having the right kit is fundamental in unforgiving mountain environments where you can experience a full range of conditions in the space of just a few hours. The founders at Jöttnar are lifelong mountaineers, climbers and skiers and that DNA runs deep in the company. They don't follow fabric trends and they have no need to follow retail trends. They simply design the gear they want to wear.

**ALL ADVENTURE BASE CLIENTS RECEIVE
A 15% DISCOUNT ON ALL THEIR KIT.**

THE ALTITUDE CENTRE™

GET READY WITH THE ALTITUDE CENTRE

The altitude centre is the UK's number 1 altitude training specialist. Founded in 2003 The Altitude Centre has become the leading company in its field. Their clients include National Governing Bodies, Sports Teams, Olympic Champions, Climbers and members of the general public. If you want to make sure you're ready for your trip or get the first exposure to altitude, these are your guys. Fill out this form to learn more

**CLICK HERE AND FILL OUT
THE FORM TO LEARN MORE**



ADVENTURES WITH CITY MOUNTAINEERING

City Mountaineering is a London based adventure company committed to providing a hassle-free and affordable approach to getting out of the city and into the UK mountains. With years of experience in exploring the UK mountain landscapes, City Mountaineering specialise in taking the road less travelled, getting off the crowded tourist trails and into the wilderness. From day and weekend trips; to full on UK-based expeditions, City Mountaineering has every corner of the UK covered.

**ALL ADVENTURE BASE CLIENTS RECEIVE A
10% DISCOUNT WHEN USING THE CODE
'ADVENTUREBASE10'**