



MONT BLANC ADD ON

2018 TRIP NOTES





European Alps

Mont Blanc 3 day Add On

Trip Notes

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Our Mont Blanc Add On is aimed at course and ascent participants who are looking to make the most of their acclimatisation by joining a guided ascent of Mont Blanc. The ascent is programmed to run over 3 days directly following the end of your trip, and for course participants, offers to the opportunity to make the most of newly learnt skills.



We approach Mont Blanc from either the North West via the Goûter Route or the North via the Cosmiques Route. The Cosmiques Route traverses the lesser peaks of Mont Blanc du Tacul and Mt Maudit on the way to the summit. The choice of which route is taken will depend on group size and snow and weather conditions at the time.

On the Goûter Route we begin the approach by tram and railway, then walk up to the

Tête Rousse Hut which takes 3-5 hours. The summit day begins early and the climb takes around 7-8 hours over snow domes and a superb snow ridge to the summit.

The Cosmiques Route is slightly more difficult and therefore guided only as a 1:1 option. This route takes around 6-7 hours to the summit from the Cosmiques Hut and features snow basins followed by some short steeper sections as you ascend the peaks of the Tacul and the Maudit. After the Maudit is passed you climb a large snow dome to Mont Blanc's summit, the highest point in the Alps.

You will have the undivided attention of your guide throughout the duration of your trip, who will be willing to help you revise technical skills throughout the programme.

About the Ascent

You will finish your initial trip and start the Mont Blanc Add On in Chamonix, where you will be met in the morning by your guide who will brief you on the upcoming journey and help you sort equipment for the trip.

Your initial trip will have provided vital preparation for attempting Mont Blanc as it gives a decent level of acclimatisation. Technically speaking, Mont Blanc is not especially difficult but it is very physically demanding and requires a good level of fitness.

We operate the Mont Blanc Add On at a ratio of one guide to one or two climbers. This means you can come by yourself or bring a friend for the 1:2 guided ascent option. You benefit from the higher degree of personal tuition from your guide and your skills will be accelerated because of this. Please note we avoid putting climbers together for the 1:2 trip who do not know each other as this can reduce your chances of a successful ascent when one out of the two has to turn back due to fitness or incompatibility issues.

NOTE: The programme can change due to weather and climbing conditions.

Itinerary

Day 1: Take the Bellevue Lift and Mont Blanc Tramway Lift (2,380m) and hike up to Tête Rousse (3,187m, 4 hrs), or take the Aiguille du Midi Lift, trek to Cosmiques Hut 3,613m (1 hr) with the route selection done by your guide and our team, according to the conditions and season.



Day 2: Very early start for the climb of Mont Blanc (4,807m, 7-8hrs) and descend to Goûter (3,863m) or Tête Rousse Huts (3,187m), or return to Cosmiques Hut (4 to 5 hrs). Sometimes it will be possible to descend to Chamonix the same day.

Day 3: Descend to Les Houches, transfer to Chamonix. Debrief and hotel night.

Depart day: Breakfast and departure. Airport transfers are not included but we can arrange this for you.

Climbing Season

We operate on Mont Blanc in the summer months, mid-June to mid-September, and other times as conditions allow. In June and early July we can expect more snow cover on the routes and as temperatures warm up into the summer months from mid-July, we

traditionally experience more settled weather and warmer temperatures.

Our Guides

Adventure Consultants guides are BMG/NZMGA and/or IFMGA-UIAGM qualified mountain guides. They are professional mountaineers and operate to the highest industry standards.

Being a technically proficient climber alone is not enough to work with us; our standards demand that trip leaders are great guides with good people skills as well. You will find your guide friendly, approachable and focused on providing a safe and enjoyable trip in line with your objectives and comfort level.

Success with the highest margin of care is always a hallmark of our approach; promoting the realisation that even extreme pursuits such as high altitude mountaineering can be undertaken safely.

Adventure Consultants only employs IFMGA qualified guides for European ascents and courses and this is the only certification that is recognised in the French Alps. In order to gain these qualifications, guides must undergo rigorous training and assessment on climbing skills, instructional skills, avalanche training and assessment, wilderness first aid, rescue training and much more. The qualification takes many years to attain and ensures you are getting a world-class professional service.



Communication and Messages

Our guides are in cell phone communication with our operations base throughout the trip. This assists us with schedule and weather forecast updates, lift and accommodation coordination and safety backup. Your own mobile phone should work in the region though you may want to check with your own service provider first. Local mobile phones can be rented at the international airports.

Weather

Europe has a continental climate which in general encourages more stable weather. However, the weather in the high mountains can be changeable and at times very severe. It is possible that weather conditions may thwart our programme. However, due to the proximity of the climbing venues and our focus on the forecasts we can often change our itinerary slightly to work around frontal weather systems.

Equipment

Climbing in the European Alps requires you have high-quality clothing and equipment due to the extremes of weather conditions. Our focus is on having the essential clothing and equipment to keep you warm and comfortable during the climb.

You will be sent an equipment checklist on confirmation of your booking. Your guide will go through an equipment checklist with you at the beginning of your trip. You can rent technical equipment for the duration of your trip but you must provide your own clothing appropriate to mountaineering as per the equipment list. Actual equipment taken may vary subject to seasonal weather and route conditions. Group equipment including ropes and technical hardware (ice screws, rock rack) will be provided by your guide and is included in the trip fee.

Fitness and Health

To make the most of your climbing experience we encourage you to work on your fitness prior to the trip. You will find that training on hills with a +10kg pack on is the best preparation for the mountains, with the aim of building your endurance. Your guide will be attuned to your fitness levels and will regulate the pace accordingly.

Our registration form requests that you advise us of any medical problems you may have and if you are on any medication. Any information you supply will be treated as confidential.

Food

We provide breakfasts and lunches for the duration of the trip and evening meals on the two hut nights while the trip is running. This is from breakfast on Day 1 until breakfast on your departure day. You will be responsible for your own evening meals on the non-mountain nights in Chamonix. This allows you to experience the exciting culinary options available in Chamonix as there are many restaurants and bars within close walking distance that provide a variety of foods to suit your tastes. Any additional food, bottled water, beverages or meals you purchase that are not mentioned in the inclusions will be at your own expense.

We provide nutritious meals and a small supply of snack food throughout the trip according to the programme. It is a good idea to bring a small selection of your favourite snack food and hydration drinks with you to ensure you are fuelled by your preferred brands. Actual amounts depend on your consumption but 2 per day in addition to the lunches we provide would seem reasonable.

If you have any special dietary requirements, please advise us at the time of registration. If your dietary requirements are especially strict you are advised to bring a sufficient supply of your required food types with you to ensure you are provided for.

Insurance

We strongly recommend that you take out trip cancellation insurance and personal travel insurance to protect yourself in the event of injury or mishap prior to/ or whilst on our trips.

While our focus is on safety and our track record supports this, the mountains do have hazards and there is the potential for mishap. If you were injured whilst on the trip, there is a very efficient rescue service nearby. Be sure to arrange a travel insurance policy which covers mountaineering – we can help you with advice on this.

Travel to Chamonix

We commence our Mont Blanc Add On in Chamonix, France. The closest international airport is in Geneva, just over the border in Switzerland. Regular shuttles operate up to Chamonix and the trip takes about 1.5 hours. Your shuttle driver will drop you at our accommodation. At the completion of the course, the shuttle can take you back to the airport. The shuttle transfers are at your own cost but we can help arrange this for you.

Accommodation

Accommodation is provided on a twin share B&B basis from day 1 of the trip through to and including the night of day 3 and breakfast the following morning. Accommodation in the mountains is in alpine huts in shared bunk rooms or dormitory rooms. Blankets are provided and no sleeping bag will be required although you will require a 'sleeping sheet' for personal hygiene under the provided blankets. There is no single supplement or private rooms available in the mountain huts but we can arrange this for you in Chamonix. We can also arrange an upgrade to four or five-star hotel accommodation – ask about the hotel options if interested.

Dates

Dates: Following your course or ascent finish date

Duration: 3 days

Ratio: 1:1 or 1:2

Cost of the Mont Blanc Add On

The Mont Blanc Add On operates 3 days following an Adventure Consultants course or ascent finish date, ex Chamonix, France.

Price: EUR€ 1,270 per person 1:2 guide to climber ratio
EUR€ 2,050 per person 1:1 guide to climber ratio

Note this programme is to immediately follow an Adventure Consultants course or ascent with no rest day in between.

The trip cost includes:

- Guide
- Lifts
- 1 night hotel (3 stars) B&B on twin share basis Transport during course dates as per schedule
- 2 nights mountain huts
- Ropes and group technical equipment
- Breakfast, lunch, and dinner during mountain component

The trip cost does not include:

- Any lifts, huts, hotel B&B, transport costs that are additional to the program due to changes to the program due to weather or organisational changes. Any changes will generally be due to weather/lift failure (etc.) and actioned after you have been consulted by your guide.
- Personal equipment and clothing
- Evening meals during hotel nights in Chamonix
- Cost of upgrade to single supplement
- Extra additional meals or snacks/drinks purchased from huts/hotel
- Insurance
- Transport to and from Chamonix (although we can arrange it for you)
- Gratuities

* We strongly suggest you purchase trip cancellation insurance from your travel agent.

* All prices are subject to change without notice.

Trip Registration and Payment

In order to confirm a guide and your trip, we require a completed booking form and a deposit of EUR €500. The balance of payment is then due 60 days prior to the start date.

Use the attached registration form or use our online booking form at

<http://www.adventureconsultants.com/adventure/BookingForm/>

All payments should be made by bank transfer to the following **EUR€** bank and account:

**Bank of New Zealand
Offshore Branch
1 Willis Street
Wellington
New Zealand**

for the account of **Adventure Consultants Limited**

Account # **1000-594771-0002**
Account Type: **Euros**
Swift Address: **BKNZNZ22**

Note: All bank transfer charges are for the **remitter's account**.

We can also accept your deposit and balance payment by credit card (Visa, Mastercard, and Amex).

Please note: In order to reserve a guide we recommend that you book well in advance. This especially applies to the high season period (mid-July to end of August).

Cancellation and Refund Policy

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 60 days prior to your trip commencement date. Course participants may then cancel their participation on the following basis:

- Cancellations outside of 60 days will result in the loss of the trip deposit.
- Inside 60 days of the departure date, we reserve the right to retain 50% of the full fee.
- Inside 30 days of the departure date, we reserve the right to retain 75% of the full fee.
- Inside 15 days of the departure date forfeit 100% of the full fee.

We recommend you take out trip cancellation insurance via your travel agent.

We Look Forward to Climbing in the European Alps With You Soon!

If you require more information please contact us at;

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Adventure Consultants – is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude and expedition guiding.

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