

ADVENTURE
BASE

THE BIG THREE

TRIPLE CROWN ITINERARY

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Climb the famous Triple Crown of the Alps: Mont Blanc, the Matterhorn and the Eiger. A lifetime mountaineering achievement, all possible within 10 days with the right fitness and preparation.

Please note this is a suggested itinerary only. While we try and stick to the tried and tested itinerary below, the mountain and the weather sometimes has other ideas. You must be capable of sticking to the required group pace in order to complete this trip. If ability or fitness is hindering the trip, you may be asked to drop out on the trip.

DAY 1

ARRIVAL DAY IN CHAMONIX

You will meet with your guide for a briefing in the evening to go through the plan for the trip as well as the current weather and mountain conditions. Here you will have a chance to go through your kit under the experienced eye of your guide and can ask any questions that you may have. Overnight in Chamonix with half board included.

DAY 2

TRAIN AND ACCLIMATISE IN THE MONT BLANC RANGE

We will head up the Aiguille du Midi at 3,842m to train and acclimatise in the Mont Blanc range. There is an endless supply of fantastic glaciers to walk and mountains to traverse to help prepare you for what's to come later in the trip. Overnight in Chamonix with half board included.

DAY 3

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 the Refuge du Nid d'Aigle which sits at 2372m. From here we hike to the Tete Rousse hut (3167m) for an overnight stay in preparation for our summit attempt the following morning. Overnight in the Tete Rousse hut with half board included.

4km / 700m up / 0m down / 2 hours

DAY 4

SUMMIT DAY MONT BLANC

On summit day we wake up early and ascend to the summit of Mont Blanc. This will take between 8-10 hours depending on conditions and your physical ability. On the descent from the summit, we spend the night in the Goûter hut (3813m). By having this second night in the Goûter hut we are less in a rush to make it down to the valley or the Tete Rousse hut, and it also means we 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. Overnight in the Gouter hut with half board included.

10km / 1700m up / 1000m down / 8-10 hours

DAY 5

RETURN TO CHAMONIX

In the morning we descend from the Goûter 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. Overnight in Chamonix with half board included.

7km / 0m up / 1500m down / 4 hours

DAY 6

TRAVEL TO ZERMATT

Drive to Zermatt after breakfast (3 hrs). You will take the uplifts from the town and approach the Hörnli hut where you will spend the night, ready for your summit attempt tomorrow. Overnight in the Hörnli hut with half board included.

4.2kms / 712m up / 43m down

DAY 7

SUMMIT DAY MATTERHORN

Leave the Hörnlihut at 4am and climb the Matterhorn. This is an incredible day and one where you will need to push hard to reach the summit. Once the climb has been completed, you will descend down to Zermatt and overnight in town accommodation with half board included.

7.8kms / 1234m up / 1949m down

DAY 8

TRAVEL TO GRINDELWALD

Today you'll head to Grindelwald in the Bernese Oberland of Switzerland via transfer and take the famous mountain train before continuing on foot to the Mittellegi hut, ready for your summit push the following day. Overnight in the Mittellegi Hut with half board included.

DAY 9

SUMMIT DAY EIGER

Summit day has arrived and with all the preparation and acclimatisation you have done, you set off to climb the Eiger and then descend to the Mönchsloch Hut via the south ridge. Overnight in the Mönchsloch Hut with half board included.

DAY 10

DESCEND TO GRINDELWALD

Today you'll descend down to Grindelwald. There is the option to summit the Monch (4110m) before descending, if you still have some juice left in your legs. Once down in Grindelwald you'll bid farewell to your guide and make your onward journey plans.