

TREKKING

HOW DIFFICULT IS IT TO CLIMB MONT BLANC?

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As the tallest mountain in the Alps, towering at 4,808 metres, Mont Blanc is no walk in the park. But summiting this iconic peak is never out of the question. It was first successfully climbed in 1786 (without all the high-tech gear we have today!) and thousands continue to summit it each year. With the right level of training and preparation, you can almost certainly do it too!

At Adventure Base, we have decades of mountaineering experience behind us, which we use to help people on our epic Alps peak summit tours. We've created this guide breaking down how difficult it is to climb Mont Blanc, with some tips to help you begin your journey. If you have any questions about our excursions, don't hesitate to get in touch.

ROUTES UP MONT BLANC

The difficulty of climbing Mont Blanc is largely determined by which route you take and how much technical skill is required. Here are some of the main routes and what is involved in each:

GOÛTER ROUTE

The Goûter Route is the most popular route up Mont Blanc, requiring a minimal amount of technical skills. It's the route we follow on our Climb Mont Blanc Tour to ensure the highest chance of success for our climbers. This doesn't necessarily mean it's easy — you will still face the challenge of acclimatising to the altitude and you will have to use crampons and ice axes at times to navigate the terrain.

Length: 21 kilometres

Elevation gain: 2,400 metres

Total time: 2-3 days

COSMIQUES ROUTE

On the Cosmiques Route, you will summit three peaks, including Mont Blanc du Tacul, Mont Maudit and Mont Blanc. Although it is shorter than the Goûter Route and involves less elevation gain, it requires much more technical skill and mountaineering experience.

Length: 14 kilometres

Elevation gain: 1,600 metres

Total time: 2 days

GRAND MULETS ROUTE

The Grand Mulets Route is the original route up Mont Blanc, and one of the most dangerous. Popular among skiers, this route exposes you to crevasses and seracs. Due to the risks, this route can only be done in spring.

Length: 21 kilometres

Elevation gain: 2,700 metres

Total time: 2 days



FITNESS AND TECHNICAL SKILLS REQUIRED FOR CLIMBING MONT BLANC

No matter which route you take up Mont Blanc, you'll need to be physically, and mentally, fit. Summiting the peak requires grit, determination, and a can-do attitude. And preparing yourself physically can make all the difference to your mindset!

You'll need a solid level of fitness in order to manage the high elevation gain. On the Goûter Route, you'll on average be gaining approximately 240 metres for every kilometre on the ascent, so you'll certainly feel the strain. Strong legs and core will be essential for tackling the summit, especially since you'll be carrying gear on your back too!

Cardio is imperative as your body will be working twice as hard as you gain altitude. It's necessary to increase your lung capacity as the air gets thinner the higher you go.

When it comes to technical experience, it's not necessarily required to have any on the Goûter Route since you can learn with a guide in the days beforehand. You'll need to be equipped with crampons, an ice axe, a helmet, and a harness to tackle the more difficult glacial sections.

Remember that Mont Blanc is an extreme environment that will test your stamina and your mental strength. That's why it's so worth the climb! To see whether you're ready, take our Mont Blanc 'Readiness' Test, where we'll rate your experience, fitness level, and mindset.



TRAINING TO CLIMB MONT BLANC

While climbing Mont Blanc can take two days, it can take weeks and even months of preparation to get to the point of being physically and mentally fit. But the more prepared you are, the better your summit will be!

One of the best ways of training is to get outdoors, increasing your distances and elevation gain where you can. Your preparation will be even better if you can experience a similar alpine environment that will give you a taste of the conditions you'll face. Remember to carry a pack, so you can replicate the trek.

Strength and cardio training will be essential to conditioning your body for being on the mountain, so make sure you're squatting, lunging, and running! You can find out more tips for physical fitness with our blog on Getting Ready to Climb Mont Blanc.

If you're interested in tackling harder routes or gaining new skills, you could always join our Chamonix Winter Alpine Skills Course where we show you the ropes of mountaineering in the heart of Chamonix.

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FANCY CLIMBING MONT BLANC?

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CLIMB MONT BLANC WITH US!

If you dream of summiting Mont Blanc, we can make it happen. Our Climb Mont Blanc Tour is designed to give you the highest chance of success, and we even attempt the summit of Gran Paradiso before Mont Blanc! This gives you the opportunity to acclimate yourself and learn how to walk with crampons while being tied to your guide with a rope.

Our guides have your safety top of mind at all times and will be there to motivate you on to the summit. You may be a bit stiff after the climb, but it will be more than worth it. If you have any questions about our guided treks, don't hesitate to contact us.