






GLACIER HIKE



Option	 Mer de glace (intro)	 Vallee Blanche (from Aiguille du Midi)	 Vallee Blanche (from Helbronner Italy)
Level required	<p>Good physical condition required (able to hike at altitude for a full day). No mountaineering experience needed.</p>	<p>Good physical condition and not prone to vertigo. You'll descend the Aiguille du Midi ridge, which can be impressive.</p>	<p>Glacier hike with no major technical difficulties; beginners accepted. However, due to altitude and distance, good physical condition is essential.</p>
Duration	1 day	1 day	1 day
Meeting point	Montenvers train station (Chamonix)	In front of Vertical Café, at the bottom of the Aiguille du Midi cable car	Chamonix Sud bus station
Program	<p>Ascent by train to the upper Montenvers station at 1,930 meters altitude (30 minutes). Descent by gondola to reach the glacier bed, where the ice is covered with rocks. A 20–30 minute walk leads to the glacier.</p> <p>Crampons are then fitted before continuing toward the Moulin (a glacial canyon carved by a stream, ending in a deep hole where the water plunges into the heart of the glacier).</p> <p>Depending on current conditions, the guide may offer an introduction to ice climbing and/or continue the hike toward the junction with the Leschaux glacier. You'll explore the glacier for about one hour before heading back.</p>	<p>Meet at the bottom of the Aiguille du Midi cable car. Meet your guide, followed by a short briefing, then take the cable car up to 3,842 meters altitude.</p> <p>Descend the snowy ridge wearing crampons and roped up to reach the glacier. Cross the Vallée Blanche and Glacier du Géant, passing through impressive seracs, then ascend the Italian side to reach Pointe Helbronner.</p> <p>A breathtaking view awaits you on the Italian side, with the Matterhorn and Monte Rosa in sight. Return to the Aiguille du Midi via the Panoramic Mont Blanc gondola, then descend to Chamonix by cable car.</p>	<p>Meet at Chamonix Sud bus station and introduction to your high mountain guide. Transfer by bus to the Skyway departure station in Courmayeur, just after exiting the Mont Blanc Tunnel. Ascent by Skyway cable car to Pointe Helbronner.</p> <p>Roped up, begin a glacier hike toward the Aiguille du Midi, right in the heart of the high mountains, surrounded by seracs and crevasses.</p> <p>You'll be dominated by numerous peaks rising above 4,000 meters. Then ascend back to Helbronner, descend via the Skyway, and return to Chamonix through the Mont Blanc Tunnel.</p>

*The programme may be subject to change depending on weather conditions, glacier conditions, the opening times of the ski lifts and your ability level.