

Not everyone who climbs Mont Blanc will reach the summit. Having a sufficient level of fitness is required to achieve this goal. Our groups training day will act as a fitness test. **If the guides feel your fitness is not adequate to continue they will remove you from the group** without a refund.

This is strictly for the safety of the group.

START WALKING

Getting your feet in shape for this climb is very important. You will be wearing mountaineering boots for our summit, but wearing hiking boots for your training hikes is still necessary. Even if it's on a treadmill or your sidewalk...this process will pay dividends on the mountain. Nobody wants to worry about sore feet and blisters if they can help it.

READINESS TEST: Hike for 6 hours on uneven terrain carrying a 15-25lb pack.

CARRY A PACK

Load up your pack with some clothes or water or rocks and hit the road or the treadmill. Find places to hike with elevation changes, or use the treadmill to gradually increase the incline. It's a good opportunity to get familiar with your pack, make sure it fits and is adjusted to suit you and feel what a few pounds feels like on your back.

READINESS TEST: With a 30lb pack set a treadmill on the steepest grade possible. Hike for 10min, then increase your pace slightly until you've completed 1 hour.

HIT THE GYM

Long days on the mountain carrying all of your equipment requires strength and stamina. Finding a local gym and focusing on legs and upper back exercises will be very beneficial. Include cardio training during this time as well. Running, rowing, biking and climbing stairs are great options!

READINESS TEST: Complete 8 weeks of 2-3 days of gym training with strength and cardio combined!

GET SOME ALTITUDE

If you've never been at altitude before, it wouldn't hurt. If you have an opportunity to get some altitude it'll help you know what your body might do and how you'll feel. And it's a fantastic time to test the recommended Diamox.

READINESS TEST: Hike to 14,000 feet.

USE CRAMPONS

We will have a training day before heading to the mountain, however it is HIGHLY suggested to have previous experience with crampons. This can be a little tricky because you must be on snow and ice in order to use crampons. Look up opportunities for ice climbing or glacier hiking, these are both activities that will utilize mountaineering boots and crampons for beginners.

READINESS TEST: Put on your crampons without assistance and walk without falling down!