

TOUR DU MONT BLANC

HIGHLIGHTS TRIP

GUIDED

ITINERARY: 8 DAYS

The Tour du Mont Blanc is a very popular walk and refuges sometimes get overbooked. Details may change and the actual hotels and refuges booked may vary from what is written here, depending on client numbers, wishes and availability. This adjustment may alter the exact distance walked in a day so the itinerary should be used as an indication only to overnight stops/distances.

We use long-established family-run 2 star (equivalent) rustic hotels and refuges which are chosen for their stunning location and most offer spectacular mountain views. While representative of the country, culture and environment in which they are located, all are clean, well run and set up with the trekker in mind. The atmosphere is friendly and jovial as hikers from many nationalities gather to spend the night. Please be aware that room sizes (twin, double or very occasionally triple or quadruple rooms) and facilities will vary from hotel to hotel and sometimes from room to room in the same hotel. On some nights, facilities are ensuite while others have the possibility, depending on availability and group size, of shared bathroom and toilet facilities. Some nights you may be in triple or quad share depending on the tour selected.

Day 1

ARRIVE IN CHAMONIX

The afternoon is free for you to explore the town and its amazing mountain surroundings. Take a cable car up the famous Aiguille de Midi for spectacular views over the Alps or relax in the many street cafes offering excellent cuisine. You will meet with your leader at 5pm in the hotel for a briefing to go over the



trip, you then have a chance to purchase any last minute items you may have forgotten. Dinner is included tonight at our hotel.

Meals: D

Day 2

TRANSFER TO LES HOUCHES. TREK LES HOUCHES TO LES CONTAMINES (18KM)

Starting by the Col de Bellevue, from where there are great views of the Aiguille du Gouter. A charming traverse passes right at the foot of the Bionnassay Glacier. We cross a bridge over a river and then ascend up to the Col du Tricot (2120m) from where a zigzagging path leads us down to the Chalets de Miage before descending down to the Val Montjoie. In poor weather, your guide may decide to use another route via Bionassay instead.

7 hours walking – Ascent 1478m / Descent 1318m

Meals: B L D

Day 3

TREK LES CONTAMINES TO LES CHAPIEUX (19KM)

From the village of Les Contamines, we will walk up to the Col du Bonhomme. The path at this stage leads gently up the valley to the beautiful church of Notre Dame de la Gorge, a picturesque rest stop. The track that was originally constructed by the Romans is roughly paved with large slabs and flagstones. Once past the church, the path winds steeply through pines beside a narrow gorge where the blue-tinged waters of the Torrent de Tré la Tête boil and thunder between smooth rock walls. We leave the Val Montjoie to cross over to the Beaufortain Valley via the high Col de la Croix du Bonhomme. We arrive at les Chapieux via the petit Mont Blanc pasture.

Accommodation this evening is in a remote location; bathroom facilities are shared.

7 hours walking – Ascent 1316m / Descent 929m

Meals: B L D



Day 4

TREK FROM LES CHAPIEUX TO COURMAYEUR (16KM)

We take a short transfer by shuttle bus to the end of the Vallée des Glaciers. We then enjoy a relatively easy hike over the Col de la Seigne (2516m) and down a long open descent into Italy to La Visaille. From Val Visaille we transfer by vehicle to Courmayeur where we spend the end of the afternoon exploring this small Italian resort town spectacularly situated beneath the Grand Jorasses and Brenva Glacier. Here the views of Mont Blanc are Himalayan in scale – the mountain rises in a breathtaking abruptness from the Veny Valley to the summit over 3000m above.

6 hours walking – ascent 850m / descent 900m

Meals: B L

Day 5

TREK ITALIAN VAL FERRET TO FERRET (SWITZERLAND) (20KM)

This day starts with a short journey by public bus. We then walk up the valley to Refugio Elena where the more demanding climb to the pass begins. The ascent to the Col Ferret (2537m) is steep but enjoyable. Crossing the Grand Col Ferret takes you out of Italy and into Switzerland along the eastern edge of the Mont Blanc Range. The walk down into the Swiss Val Ferret is on a mixture of narrow paths, tracks and through lush pastures to the charming hamlet of Ferret (1620m) where we stay overnight.

Please note that there are no luggage transfers today so you will need to carry a change of base layer clothes and basic toiletries for one night.

7 hours walking – ascent 895m / descent 940m

Meals: B L D

Day 6

TRANSFER LA FOULY TO TRIENT, TREK TO ARGENTIERE (13KM)

We transfer this morning to Trient. We head towards the Col de Balme (2131m) via les Herbageres. It is a long and gradual ascent up to the Col De Balme with its picturesque refuge on the pass that marks the border with France. Superb Views of Mont Blanc and the Chamonix Valley are stretched before you. Returning to the Chamonix Valley from here is a very pleasant walk. Col de La Balme is the furthest point from the summit of Mont Blanc. We'll enjoy panoramic views of lovely snow domes that will remain in sight for most of the descent into Argentiere.



6 hours walking – ascent 1069m / descent 1778m

Meals: B L D

Day 7

TREK ARGENTIERE TO GRAND BALCON TO CHAMONIX (13KM)

Grand Balcon Sud takes you on a spectacular walk above the Chamonix Valley with stupendous views of the Mont Blanc massif opposite. It is one of the most scenic walks imaginable and a fantastic way to end your Mont Blanc hiking adventure. All those rewards require a little effort though and there is a steep climb on a zigzagging path from the valley up to reach the trail. Walking along the Grand Balcon Sud is your best chance of seeing ibex which are common in this area. In good conditions you may choose to walk up to the refuge at Lac Blanc with its cerulean blue waters and fabulous viewpoint for a great lunch in the cafe. At the end of the afternoon descend to the cable car at either La Flegere or Plan Praz (dependent on group wishes and ability) and then descend to Chamonix. Tonight we will enjoy a farewell dinner at the hotel.

5 hours walking

Meals: B L D

Day 8

DEPART CHAMONIX

The trip finishes today and you are free to stay on or you can transfer by private vehicle or shared transfer this morning from Chamonix to Geneva airport (not included in trip price).

Meals: B

