



THE COMPLETE TOUR OF MONT BLANC

9 days, the Mont Blanc from every angle




Seven Valleys, 71 glaciers, 400 summits... The Mont-Blanc range is fascinatingly beautiful, like a diamond, from every angle.


Discover a world of unique impressive and magic high mountain with a breathtaking explosive show of summits and glaciers in all directions...


From Courmayeur to the Chamonix valley, from the Fenêtre d'Arpette to the wild Val Ferret, the trails meander along the Swiss, Italian and French mountain sides and valleys, through pastures, over mountain passes, below tumbling glaciers and imposing peaks.


The Mont-Blanc range is inhabited by warm friendly people, hardy to mountain life, keeping pastoral farming and local mountain traditions alive.

This is an enormous playground of untamed natural wilderness waiting to be discovered.


 9 days

 Guided / with a guide

 With or without baggage transport

 Accommodation : Classic (dormitory)

 Level : ***

 From : 1265€

You will like

- The complete tour of this mythic destination
- An original route in the opposite direction along less frequented trails enabling you to enjoy a more serene "off the beaten track" mountain experience
- Your proximity to the fabulous glaciers
- The balcony trails from Chamonix with impressive views over the Mont-Blanc
- Daily baggage transport between accommodation

The route

Day 1

Meeting on Saturday at 9:30am at the Flégère gondola in Les Praz, Chamonix.

LES PRAZ DE CHAMONIX - LAC BLANC - LE TOUR

Ascend in the Flégère gondola to the Balcons du Mont Blanc to reach the Lac Blanc at 2300m. Descend via the Col des Montets and the visitors' centre of the Aiguilles Rouges, then to Montroc and the village Le Tour. Night in a gîte.

5.5-hour walk / Elevation: +/- 450m to 950m

Day 2

COL DE BALME - TRIENT

Climb through the balcony trail Les Posettes to the Col de Balme (2200m), border between France and Switzerland. View over the very close glaciers of Argentière, Tour and the Mont Blanc range. Descend through the Swiss pastures to the village Trient. Night in a gîte.

5 hour walk / Elevation: +840m -930m

Day 3

BOVINE OR ARPETTE - CHAMPEX

Cross through the pastures of Bovine via a balcony trail overlooking the Rhone valley. If the natural conditions and the fitness of the group allow it, ascent to a more 'high mountain' route along the Trient Glacier to reach the Fenêtre d'Arpette (2700m). Night in a gîte.

6 hour walk / Elevation: +1100m -750m (via Bovine)

7 hour walk / Elevation: +1300m -970m (via Arpette)

Day 4

SWISS VAL FERRET - LA FOULY

Pass along the Swiss Val Ferret, dotted with charming small villages. The sight of the glaciers is present, even from the valley, with the glaciers Saleina and A Neuve. Night in a gîte in La Fouly.

5.5 hour walk / Elevation: +600m -500m

Day 5

GRAND COL FERRET - ITALIAN VAL FERRET

Climb up to the grand Col Ferret (2537m), border with Italy, through the summer pasture of La Peule and its little black cows herds. Descend into the Italian Val Ferret in front of the Mont Dolent, meeting point between France, Switzerland and Italie and the Pré de Bar glacier. Possible short transfer to get to the gîte.

6 hour walk / Elevation: +950m -900m

Day 6

MONT DE LA SAXE - MONTE BIANCO

Climb to pasture chalet of Arminaz for an exceptional balcony traverse along the Mont de la Saxe, offering a great view over the Mont Blanc, the Aiguille Triolet and the Grandes Jorasses. Possible variation through the Col Sapin and the ridge of the Mont de la Saxe. Descend to Courmayeur. Bus transfer to reach the refuge nestled over Courmayeur (10-15 minutes lift). Night in a refuge.

6 hour walk / Elevation: +600m -750m

8h hour walk / Elevation: +/-500m

Day 7

COL DE LA SEIGNE - LES MOTTETS

Climb the Val Veny via the glacial Lake Miage to Col de la Seigne forming the border between Italy and France. Possible detour via the Balcon de Chécroui and the Mont Fortin, unveiling another angle of the impressive Mont Blanc range. Night in a refuge.

6 hour walk / Elevation: +850m -650m

8 hour walk / elevation : +/- 450m (via the Col Chécroui)

Day 8

COL DES FOURS - COL BONHOMME - LES CONTAMINES-MONTJOIE

Meet the local dairy farmers of the Beaufort region at work. Climb through pastures and by waterfalls to the Col des Fours (2665m) the highest point of the tour. Followed by a descent to the Col du Bonhomme (2329m), once frequented by peddlers. Descend via the old Roman road to the chapel in Notre-Dame-de-la-Gorge. Short bus transfer to the hotel in Les Contamines-Montjoie. Night in a hotel.

6 hour walk / Elevation: +850m -1500m

Day 9

GLACIER DE BIONNASSAY - COL DU TRICOT - LES HOUCHES

Climb up to the Bionnassay Glacier through the village of Champel or via the Col du Tricot (2120m) with an unmissable view close to the Dômes de Miage, the Chamonix valley and the Mont Blanc. Descend to the village of Les Houches.

5 hour walk / Elevation: +750m -800m (via Champel)

6.5 hour walk / Elevation: +1100m -1250m (via the Col du Tricot)

End point Sunday at 4:00pm at the bottom of the Prarion cable car in Les Houches.

The itinerary is established according to the latest information available, the possibility of unknown factors affecting this itinerary is possible including situations beyond our control which may change the route, timings etc.

Personalised tour available, contact us...

The trip

LEVEL ***

Elevation: +/- 900m approximately per day.

Walking time: 5 to 7 hours per day.

Type of trek: The Tour of Mont Blanc is a long hike route accessible to any person with a good physical condition. Although it does not involve any technical difficulty (no rock climbing or very steep path...), this trip remains a demanding hike where you will need to be able to walk almost 1000 meters up every day for a week.

Advised preparation : regular practice of a cardio sport (hike, running, bike...), 3 to 4 hours of sport every week. Being able to easily walk 15km in less than 3 hours.

Please find the description of the levels by clicking here: [Level of difficulty](#)

GUIDING

Number in a group between 6 and 14 people supervised by a qualified professional mountain leader.

To thank your guide, it is usual to tip him at the end of the trek, according to your satisfaction. It is not mandatory but, it is very appreciated.

ACCOMMODATION

8 nights in dormitory or shared bedroom in refuge, gite or hotel.
All accommodation offers hot showers.

MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are included and are carefully prepared daily by your mountain leader, comprising a variety of healthy salads and local products.

Please inform us about your food allergies and special diets **at the time of booking**.

We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring some additional products for your own picnics.

MAPS

IGN Top 25 - 3630 OT - Chamonix and Top 25 - 3531 ET - Saint Gervais (1/25 000)

Practical information

ACCESS TO DEPARTURE POINT

Meeting on Saturday at 9:30am at the Flégère cable car in Les Praz, Chamonix.

BY TRAIN / BUS

Inbound: depart Paris-Gare de Lyon the day before at 12:18pm (or 2:18pm) arrival in Chamonix at 7:32pm (or 8:32pm).
Return : departure from Les Houches at 6:20pm, arrival at Paris-Gare de Lyon at 11:42pm.

There are regular buses throughout the Chamonix valley - with an hourly bus service between Les Houches and Chamonix www.chamonix.montblancbus.com/en/bus-lines.

Times given are indicative and should be verified in a train station or on www.oui.sncf

BY CAR

Take the A40 motorway to Chamonix, follow the road towards Chamonix, continue to Chamonix or exit at Les Houches, Bellevue/Prarion.

Free parking: Chemin du Biolay, opposite the Montenvers train station in Chamonix.

If you wish to leave your car in a covered garage, contact:

Chamonix Auto Park: 04 50 53 65 71 (40 to 50€ per week).

The easiest option for your return is to leave your car at the end of the tour at the Prarion cable car in the village of Les Houches and take the bus to the meeting point at Chamonix train station.

CAR-SHARING

Get in touch with people to share a lift! Here are some website recommendations: blablacar.fr, covoiturage-libre.fr, laroueverte.com, roulezmalin.com

CLOSEST AIRPORTS

Geneva (GVA)

1 hour by car to Chamonix.

Bus and minibus services direct to your accommodation (25-35€ pp each way)

Lyon (LYS)

2h15 by car to Chamonix.

Train every 2 hours to Chamonix, 4h15 journey (40-45€ pp return)

Paris (PAR)

7 hours by car to Chamonix.

Train every 2 hours to Chamonix / 5-6 hour journey (80-120€ pp return)

End point Sunday at 4:00pm at the bottom of the Prarion cable car in Les Houches.

RETURN TO DEPARTURE POINT

At the end of the tour the return to the departure point in Chamonix is easy via bus.

ACCOMMODATION BEFORE AND AFTER

On request we can book a bedroom for you before and/or after your trek.

Les Houches - Hôtel St Antoine: +33 (0)4 50 54 40 10

www.hotelsaintantoine.com/accueil

Hôtel les Campanules: +33 (0)4 50 54 40 71

www.hotel-campanules.com/

Le Tour - Chalet Alpin: +33 (0)4 50 54 04 16

Tourist Office of Chamonix: +33 (0)4 50 53 00 24

www.chamonix.com

If you book a night in the Chamonix valley, ask the hotel reception for a bus/train pass to use public transport for free in the Chamonix valley.

www.chamonix.montblancbus.com/en/bus-lines

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. In no case can we be responsible for your own Personal Liability. If you chose to take out repatriation insurance with EUROP ASSISTANCE whom we propose, Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You are responsible for compliance with the reporting procedures of any incident.

Before making any decision, contact EUROP ASSISTANCE.

CONTACT US

If you are late please contact us as soon as possible on: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Dates & prices

From 08/06/24 to 16/06/24	Full	1265 €
From 15/06/24 to 23/06/24	Full	1265 €
From 22/06/24 to 30/06/24	Full	1295 €
From 29/06/24 to 07/07/24	Full	1295 €
From 06/07/24 to 14/07/24	Full	1295 €
From 13/07/24 to 21/07/24	Guaranteed departure	1295 €
From 20/07/24 to 28/07/24	Last places available	1295 €
From 27/07/24 to 04/08/24	Last places available	1295 €
From 03/08/24 to 11/08/24	Last places available	1295 €
From 10/08/24 to 18/08/24	Last places available	1295 €
From 17/08/24 to 25/08/24	Full	1295 €
From 24/08/24 to 01/09/24	Guaranteed departure	1265 €
From 31/08/24 to 08/09/24	Guaranteed departure	1265 €
From 07/09/24 to 15/09/24	Full	1265 €

THE PRICE

The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- All meals including picnic lunch and simple snacks during the day;
- Accommodation in gîtes, refuges and small hotels;
- Baggage transport between accommodation;
- Cable cars and bus transfers.

The price does not include:

- Personal expenses (drinks, etc.);
- Touristic visits;
- Cancellation insurance;
- Your return journey from home to the point of departure/end point.

The price is all inclusive from departure to end point.

Equipment and baggage

EQUIPMENT LIST

Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

Other Equipment

- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- Identity card or passport

BACKPACK

Bring a comfortable backpack of 30 to 40 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

BAGGAGE TRANSPORT

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person**. Your baggage will be transported daily between accommodation by our logistics vehicle where access is not always easy. **Baggage which is too big and too heavy won't be accepted by the drivers, please think of their backs!**

If you wish to prolong your holiday, we can safely hold another bag for you which you may leave with us at the departure point and it will be deposited at the end point with your other baggage.

HOW TO REGISTER

- By internet: www.altitude-montblanc.com

- By telephone: +33 (0)4 50 79 09 16

- By post: Please provide your details

- Surname, First Name, Date of birth
- Address
- Email
- Telephone
- Mobile

If you wish to register by post, please complete the form below and return it to:

Altitude Mont-Blanc
62 Passage du Nant Devant
74110 MONTRIOND
FRANCE

Please specify whether you wish to take out an optional cancellation insurance (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% in association with your account details at Altitude Mont-Blanc ('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.

The balance must be paid one month before departure without a reminder from us.

For self-guided tours, we will then send your tour pack (includes maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.



Registration by mail form

Last name:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

A large, light gray rectangular box intended for the user's signature.

Return with your deposit to:
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE