MONT-BLANC HIKES AND TRAINS

A week between hiking trails and railways

Reference · 334

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DURATION	TRAVEL STYLE	LUGGAGE
7 days	**Self-guided**	**Without luggage transfer**

ACCOMMODATION	LEVEL	FROM
Comfort (room)	**2/4 ★★☆☆**	**770 €**

Embark on an unforgettable adventure between sky and mountains. This seven-day journey takes you to the heart of the Alps, following in the footsteps of the legendary Mont-Blanc, Montenvers and Mont-Blanc Express trains. From breathtaking panoramas of the Mer de Glace to the sparkling waters of Lac Blanc, via the unspoilt mountain pastures of La Loriaz, each stage is a living tableau. Cross the border into Switzerland to admire the majestic Emosson dam and the picturesque villages of Finhaut and Salvan, where the magic of the Alps unfolds at every turn. Climb aboard the historic trains, veritable balconies over the grandeur of the peaks, and walk through enchanting landscapes where serenity and raw beauty reign. A timeless experience, combining the intensity of the hikes with the gentleness of the panoramic journeys.

You will love

- Mythical lines all week long between France and Switzerland with breathtaking scenery
- The glacial wonders of the Mont Blanc massif
- Hiking in the mountain pastures between Haute-Savoie and Valais
- The reliability and aesthetic appeal of Mont Blanc's rack-and-pinion trains
- A week without motorised vehicles

Day-by-day itinerary

DAY 1

Departure by train from the Mont Blanc train station at Saint-Gervais-les-Bains-le-Fayet (timetable on the Mont Blanc train website) to the Col de Voza stop.

COL DE VOZA - BIONNASSAY - BELLEVUE

From the Col de Voza, the route descends to the hamlet of Bionnassay before crossing the Pont des Places bridge and taking a forest path up to the famous Bionnassay footbridge. A final climb takes you to the Bellevue gondola arrival station. Take the cable car down to Les Houches.

Overnight in a hotel room.

3.5 hours / Elevation : + 590 m ; - 450 m / Distance : 7 km

DAY 2

PLAN DE L'AIGUILLE - MONTENVERS

Take the cable car up to the Aiguille du Midi. As an option, you can continue to the top of the Aiguille and back for an unforgettable view of the Mont-Blanc massif and the Chamonix valley at an altitude of 3,800 metres. From the Plan de l'Aiguille, cross over to the northern balcony of the Chamonix valley to reach the mer de glace. Descent to Chamonix on the Montenvers train.

Overnight in a hotel room.

2.5 hours walk / Elevation : + 160 m ; - 550 m / Distance : 6 km

DAY 3

LAC BLANC

Today we're heading for the Flégère cable car in the Aiguilles Rouges. From the arrival station, the route climbs up to Lac Blanc and its famous viewpoint over the Mont Blanc range. The massif's most iconic peaks - the Aiguille Verte, the Grandes Jorasses, Mont Blanc and many others - are all within easy reach. Descend to the Cheserys lakes before returning to the Flégère gondola to descend to Les Praz-de-Chamonix.

Overnight in a hotel room.

3.30 hours walk / Elevation : + 520 m ; - 540 m / Distance : 8 km

DAY 4

LORIAZ ALPINE PASTURES

Transfer by train at the start of the day to the hamlet of Le Buet in the commune of Vallorcine. Climb up a forest path to the Loriaz cross, where you reach the mountain pastures and the eponymous refuge in an enchanting setting.
Overnight in a dormitory in the refuge, **without luggage**.
2.5 hours walk / Elevation : + 720 m ; - 40 m / Distance : 6 km

DAY 5

BARRAGE D'EMOSSON - FINHAUT

Start out on a balcony path along the side of the Barberine mountain to reach the Emosson lake and dam in Switzerland. Descend through the Balayer forest to the village of Finhaut. Transfer by train to the village of Les Marécottes.
Overnight in a hotel room.
3.30 hours walk / Elevation : +230 m -1020 m / Distance : 9 km

DAY 6

LES MARECOTTES - FINHAUT - LE TRETIEN

The route leaves Les Marécottes and climbs up to reach the Triège river, then the hamlet of La Crette and further on the Tête de la Boffa. This is followed by a beautiful descent to the village of Finhaut and its century-old hotels before returning to Les Marécottes via an alternative balcony route through the village of Trétien.
Overnight in a hotel room.
4 hours walk / Elevation : + 500 m ; - 500 m / Distance : 11 km

DAY 7

SALVAN - VALLON DE VAN - GORGES DU DAILLEY

Departure from the accommodation in the direction of Salvan via the Chemin de la Digue and then the Col de la Matse to reach the Vallon de Van. Pass through the Dailley gorges, a natural wonder overlooking the Rhône valley. Return to Les Marécottes via Salvan.
Return by train to Saint-Gervais-les-Bains-le-Fayet station.
3.5 hours / Elevation : +/- 400 m / Distance : 10 km

End of the tour in the early afternoon. Return by train to Saint-Gervais-les-Bains-le-Fayet station.

The programme has been drawn up on the basis of the latest information available at the time of writing; imponderables are always possible and situations beyond our control may alter its course.

Dates and prices

DEPARTURES AND PRICES

Departures from 14th June to 13th September 2026

Without luggage transport
770€ per person in comfortable hotel accommodation, based on 2 people
415€ per person single room supplement

With luggage transport
870€ per person in comfortable hotel accommodation, based on 2 people
415€ per person single room supplement

DEPARTURES AND PRICES 2027

Departures from 14th June to 13th September 2027

Without luggage transport
810 € per person in comfortable hotel accommodation, based on 2 people
435 € per person single room supplement

With luggage transport
915 € per person in comfortable hotel accommodation, based on 2 people
435 € per person single room supplement

THE PRICE

The price includes:

- Accommodation in B&Bs from the night of the 1st day to breakfast on the last day;
- Dinner on day 4 in a refuge;
- Road book: description and maps (1 road book per registration pack);
- Tourist taxes;
- Organisational and booking fees ;
- The luggage transportation (except on day 4).

The price does not include:

- Picnic lunches;
- Drinks, visits, etc. ;
- Reservations for trains (around €195) and ski lifts;
- All transfers not specified;
- The journey from your home to the venue and back;
- The luggage transportation on day 4 ;
- Guiding: your are responsible for your own safety;

- Cancellation assistance insurance ;

The price applies from departure to end point.

The journey

LEVEL **

Elevation: +/- 300m - 700m approximately per day.
Walking time: 3 to 6 hours per day.
Type of trek: mountain hike on trails including gravel paths.

You have to be in a general good fitness level. Please practice regurlarly a cardio sport such as hiking, running, cycling or another sport.
Your physical preparation will enable you to enjoy your trek to the maximum.
Please find the description of the levels by clicking here: levels of difficulty

The roadbook provides sufficient information on the itinerary of your hike. However, it is essential to be able to read an IGN 1:25,000 map and to be sufficiently autonomous in the mountains to be able to tackle the itinerary with confidence, whatever the weather (fog, snow, etc.). Guiding is not included in the self-guided package.
You will be crossing areas with no telephone network. For your own safety, you may wish to bring along a radio or the latest generation telephone with a satellite connection.

ROAD BOOK

Before departure, we send you a travel folder containing:
- Swiss maps IGN TOP 50 with the route highlighted.
- 1 road-book containing all the necessary information for the trek.
- 1 waterproof map holder.
- Accommodation list.

SIGNPOSTS AND WAYMARKS ALONG THE TREK

In France and Switzerland, the hiking trails are very well signposted, with regular panels pointing the way.
It is preferable to be able to read a topographic map 1/25000.

LUGGAGE TRANSPORT

Without luggage transport: you carry all your luggage with you.
With luggage transport: we take care of transporting your luggage from accommodation to accommodation (except on D4).

ACCOMMODATION

5 nights in a hotel 3* in a room for 2 people
1 night half-board in a dormitory in a mountain refuge

All accommodation offers hot showers except on day 4.

MEALS

Breakfast is provided in each accommodation.
Dinners are not included (except on day 4) and can be taken in the various outlets or restaurants.
Picnics are not included and can be ordered the day before in some accommodation.
You can buy supplies in local shops.

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.

CURRENCY

During your stages in Switzerland, some shops do not accept euros, so you will need to bring Swiss francs with you.

MAPS

IGN Top 25 - 3630 OT - Chamonix et Top 25 - 3531 ET - Saint Gervais (1/25 000)
Vallée du Trient, carte pédestre – édition MPA 1:25’000

Practical information

ACCESS TO DEPARTURE POINT

Departure from Saint-Gervais-les-Bains-le-Fayet train station.

BY TRAIN / BUS

Inbound: departure from Paris-Gare de Lyon the day before : www.oui.sncf

BY CAR

Take the A40 motorway to Saint-Gervais-les-Bains-le-Fayet.

CAR-SHARING

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

CLOSEST AIRPORTS

Geneva (GVA)

45mn by car to Saint-Gervais-les-Bains-le-Fayet.

Bus and minibus services direct to your accommodation

Lyon (LYS)

2h by car to Saint-Gervais-les-Bains-le-Fayet.

Train every 2 hours to Saint-Gervais-les-Bains-le-Fayet, 4 hours journey

Paris (PAR)

6.5 hours by car to Saint-Gervais-les-Bains-le-Fayet.

Train every 2 hours to Saint-Gervais-les-Bains-le-Fayet / 5-6 hours journey

End point on early afternoon in Les Marécottes.

RETURN TO DEPARTURE POINT

At the end of the tour the way back to the departure point in Montroc-le-Planet is easy via bus: Chamonix Mobilité.

ACCOMMODATION BEFORE AND AFTER

By request we can book a bedroom for you before and/or after your tour.

Hôtel St Antoine*** - Les Houches: +33 (0)4 50 54 40 10
Hôtel les Campanules** - Les Houches: +33 (0)4 50 54 40 71
Chalet Alpin - Le Tour: +33 (0)4 50 54 04 16
Office du Tourisme de Chamonix : +33 (0)4 50 53 00 24

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: Chamonix Mobilité

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability.
The repatriation insurance EUROP ASSISTANCE that we offer is dedicated to French speaking people living in Europe. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

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 the agency as soon as possible: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Equipment and luggage

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
- Lightweight down 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 (0,4l to 0,5l)
- 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 documents) and please keep a little room to carry a picnic and snacks.

LUGGAGE 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.
Baggage which is too heavy won't be accepted by the drivers, please think of their backs!

BACKPACK FOR THE NIGHTS WITHOUT LUGGAGE

For the night 4, when you don't have your luggage at your accommodation, here are a few tips on what to add to your backpack (around 2 kg is enough!):
- a small toiletries bag
- your sleeping bag liner
- a change of clothes (just the bare essentials!) and comfortable shoes/clothes for the evening

Details

HOW TO REGISTER

- Online: 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.

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 35% 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.

Postal booking form

Complete this form and return it with your deposit.

Last name	
First name	
Birth date	
Address	
Phone	
Mobile phone	
Email	
Requested trip	**MONT-BLANC HIKES AND TRAINS**
Number of days	**7**
Insurance	
Trip price	**770 €**
Estimated deposit (30%)	**231 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

+33 (0)4 50 79 09 16 · info@altitude-montblanc.com