TECHNICAL SHEET

MONT-BLANC PANORAMIC self-guided

A selection of the most beautiful hikes, self-guided and at a gentle pace!

Reference · 117

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DURATION	TRAVEL STYLE	LUGGAGE
7 days	**Self-guided**	**With luggage transfer**

ACCOMMODATION	LEVEL	FROM
Hotel ***	**2/4** ★★☆☆	**1 175 €**

If the mythical Tour of Mont Blanc is a little too much for you, we invite you to discover its wonders in small steps.
We have selected the most beautiful routes with unique viewpoints, vast panoramic views and also the discovery of the natural and cultural heritage of the region.
Hiking at a gentle pace, allowing time to appreciate the deep blue gentian flowers, the purple orchids, the soaring golden eagles and the playful marmots.

You will love

- The exceptional panoramic views of the Mont Blanc range
- An easy and accessible route for all, still with a very alpine character
- Your proximity to major glaciers throughout the week
- The comfortable 3 & 4 star hotels

Day-by-day itinerary

DAY 1

Departure from your hotel L'Aiguille du Midi in Les Bossons, Chamonix.
(train station 200m away)

FRANCE : MONT-BLANC FROM THE CHAMONIX SIDE

MER DE GLACE
Short transfer by bus or train to take the Aiguille du Midi cable car to the mid station Plan de l'Aiguille. Traverse along the balcony trail via the Blaitière pastures to the Forbes Signal (2200m). Descend along the Mer de Glace facing the Aiguille des Drus and the Grandes Jorasses. Return to Chamonix on foot through the forest or with the historical Montenvers train. Return to your hotel by bus or train.
Option: take the cable car to the summit of the Aiguille du Midi and admire the spectacular panoramic view and try the "Step into the Void".
4.5 hours walk / Elevation : + 200 m ; - 500 m (-900m extra if descending to Chamonix on foot) / Distance : 11 km

DAY 2

FRANCE : CHESERYS LAKES
Transfer by bus or train to Col des Montets. Gently climb to Lacs des Chéserys (2200 m) and continue along a magnificent balcony trail to Planpraz revealing the most famous panoramas over the Mont-Blanc range ! Return to Chamonix in the Planpraz gondola and return to your hotel by bus or train. Possible alternative route from the top of the Flégère gondola lift to Argentière via the famous Lac Blanc.
4.5 hours walk / Elevation: + 750 m ; - 350 m / 8 km
Variant lac Blanc - Argentière ; 5 hours walk / Elevation : + 550 m ; - 1150 m / Distance : 10 km

DAY 3

FRANCE : COL DE BALME - AIGUILLETTE DES POSETTES
Bus or train transfer to the village of Le Tour. Climb to Col de Balme, the Aiguillette des Posettes and descend through the pastures of Montroc - Le Tour. Beautiful panoramic views over the Mont-Blanc and the glaciers of Argentiere and Tour. Return by bus or train to Chamonix.
5 hours walk */ Elevation : +/- 850 m / Distance : 11 km*

DAY 4

FRANCE : THE GLACIER DES BOSSONS

From the hotel, climb to the hamlet named Mont, then to the Chalet du Glacier des Bossons (a chairlift can be taken from the top of village Les Bossons). Continue to the Chalet d es Pyramides (1895m) to get even closer to the Glacier des Bossons. This is the lowest descending glacier in the Alps even with its vast retreat in the last few years. Walk back to the hotel.

5 hours walk / Elevation : +/- 880 m / Distance : 11 km

DAY 5

TRANSFER TO ITALY : MONT-BLANC FROM THE COURMAYEUR SIDE

PRÉ DE BAR GLACIER

Transfer to Italy through the Mont-Blanc tunnel with Altitude Mont-Blanc and check-in at your hotel. Hike to refuge Elena opposite the Pré de Bar glacier. A day in the Val Ferret in the foothills of the Grandes Jorasses, the Aiguille du Triolet and Mont Dolent the border point between France, Switzerland and Italy. Bus return to the hotel.

3 hours walk / Elevation : +/- 300 m / Distance : 5 km

DAY 6

ITALY : LAKE AND GLACIER OF MIAGE - COL DE CHECROUI

Bus transfer to the Val Veny. Hike to the glacial Lake Miage nestled between the moraine and glacial wall. Depending on your fitness condition, climb to the Grand Balcon Sud du Mont-Blanc to reach col de Chécroui revealing the incredible himalayan face of Mont-Blanc. Bus transfer to your hotel.

5.5 to 6.5 hours walk / Elevation: +/- 850 m or + 1050 m ; - 900 m / Distance : 13 to 15 km depending on the route

DAY 7

ITALY : THE MONT DE LA SAXE

Short transfer by bus to La Vachey in the Val Ferret. Gentle climb to the long beautiful balcony traverse across the Mont de la Saxe back to Courmayeur and your hotel. A full day with an exceptional panorama over the south face of the Mont-Blanc range. A shorter route is possible thanks to the free shuttle buses in Val Ferret.

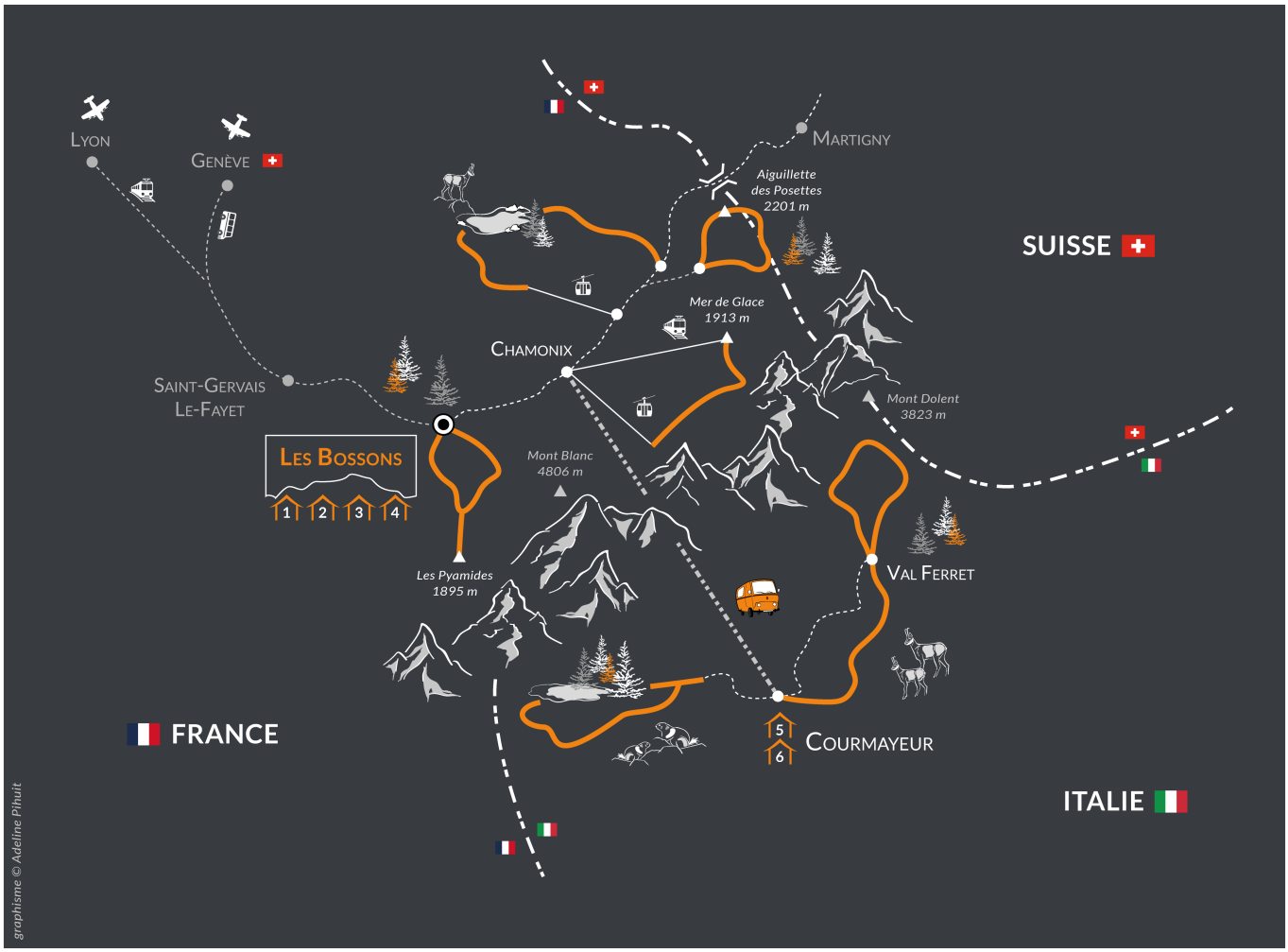
Short route ; 4 hours walk / Elevation : + 550 m ; - 600 m / Distance : 9 km

6,5 hours walk / Elevation : + 650 m ; - 1100 m / Distance : 16 km

Transfer back to Chamonix-Mont-Blanc at 16:00. Arrival in Chamonix at around 16:45. Please note: the tunnel on the return journey can be very busy.

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...



Dates and prices

DEPARTURES AND PRICES 2027

High season: from 28/06 to 22/08/2027

€ 1125 per person**,** in standard bedroom (double/twin) in hotels - 2 person basis

€ 1315 per person**,** in Montagne bedroom - 2 person basis

€ 1445 per person**,** in superior bedroom - 2 person basis

Single bedroom possible with supplement on request.

Low season: from 14/06 to 23/06/2027

€ 1175 per person, in standard room (double/twin) **-** 2 person basis

€ 1260 per person**,** in Montagne bedroom - 2 person basis

€ 1395 per person, in superior bedroom - 2 person basis

Single bedroom possible with supplement on request

THE PRICE

The price includes:

- Half board from dinner the first evening to breakfast of the last day;
- A road book: description and IGN maps (1 road book per registration up to 4 people. A supplementary road book for groups of 5 or more. Extra road book supplement 10-25€);
- Return transfer to Italy;
- Organisation and booking fees, taxes.

The price does not include:

- Picnic lunches;
- Personal expenses, drinks, touristic visits, etc.;
- Bus or train transfers in France and Italy (approx 15€ per person);
- The cablecars (approx 50€ per person);
- Cancellation insurance

The journey

LEVEL **

Elevation: +/- 400m to 850m approximately per day.
Walking time: 3 to 6 hours per day.
Type of trek: this tour is not technically difficult and is open to most people. Depending on your level some alternative routes may be proposed.

You will need a good fitness level. A physical preparation will help you to enjoy your stay: please regularly practice a cardio sport such as hiking, running, biking, swimming.
Please find the description of the levels by clicking here: level 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.

TRANSPORTATION

Every day, transfers to the hikes will be made using public transportation in the region: buses, cable cars, and trains.

ACCOMMODATION

6 nights in a hotel in comfortable twin/double bedroom.

France: 4 nights at the Aiguille du Midi Hotel in Les Bossons, 3km from Chamonix centre, recently renovated family hotel with swimming pool and wellness centre.
www.hotel-aiguilledumidi.com
Italy: 2 nights in Courmayeur at Maison Saint Jean Hotel, traditional alpine style hotel with swimming pool and wellness centre.
www.msj.it
*Number of nights in each hotel may change subject to availability.

MEALS

Breakfast and dinner are provided in each accommodation.
Picnics are not included and can be pre-ordered at each accomodation in the evening.
Possibility to buy picnic supplies in small 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.

MAPS

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

Practical information

ACCESS TO DEPARTURE POINT

Meeting point on Day 1 at your hotel in Les Bossons, Chamonix.

BY TRAIN

Inbound: depart Gare de Lyon (Paris) at 8:18am arrive in Les Bossons at 3:10pm. Hotel L'Aiguille du Midi is 200m from Les Bossons train station. *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.

You can park at the free parking lot “Le Stade, Le Fayet” in Saint-Gervais-les-Bains and then take the train to your starting point.

It’s also possible to leave your car at the free parking area of the Prarion cable car in Les Houches (the end of your hike), but free spots are limited.

If you prefer to leave your vehicle in a covered parking, please contact Chamonix Park Auto in Chamonix at +33 (0)4 50 53 65 71 (around €60–€70 per week).

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)

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 of your trek in Chamonix.

ACCOMMODATION BEFORE AND AFTER

Hôtel de l’Arve*** – Chamonix : +33 (0)4 50 53 02 31

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.

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 the agency as soon as possible on: **+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 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.

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. The luggage transfer fee is €6 per day per bag.

Details

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.

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 PANORAMIC self-guided**
Number of days	**7**
Insurance	
Trip price	**1 175 €**
Estimated deposit (30%)	**352,50 €**
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

Capital 6000 EUR - IM 074100150 - APE 7912Z - SIRET 48156356700025 - VAT FR67481563567
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