SNOWSHOE AND WELLNESS GETAWAY IN THE MONT BLANC MOUNTAINS

Soft activities and winter hiking

Reference · 321

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DURATION	TRAVEL STYLE	LUGGAGE
3 days	**Accompanied / guided**	**With luggage transfer**

ACCOMMODATION	LEVEL	FROM
Hotel ***	**2/4 ★★☆☆**	**560 €**

A haven of relaxation and beauty, the Mont Blanc region offers an ideal environment for contemplation and gentle sports. **Three days to reconnect** with oneself and enjoy the mountains through **hiking and yoga practices**. Also available as an option, **a wellness break at the Mont Blanc thermal spa.**

You will love

- Snowshoe walks accessible to all, combined with gentle yoga sessions
- Exceptional panoramas of Mont Blanc massif
- Comfortable and bright accommodation in the heart of St Gervais-les-Bains
- A qualified local guide in yoga practice
- Optional thermal activity for maximum well-being

Day-by-day itinerary

DAY 1

Meet at 10am at your accommodation for a debrief with your guide.

Our hikes are chosen to be accessible with no danger for most of the winter. However, the guide may need to modify the program based on the weather or an exceptional avalanche risk, in order to offer the best choice for the day (a forest outing in the snow, a panoramic outing in good weather, etc.) in complete safety. The walking hours and elevation gains are indicative and may vary depending on snow conditions.

MEGÈVE AND THE STASSAZ WATERFALL

A short transfer by minibus (about 20 minutes) to reach the starting point of the hike at the small hamlet of La Livraz, where the cross-country ski area of Megève is located. It’s a soft and magical first day, with cold and sparkling snow stretching out before us. We walk to the impressive frozen Stassaz waterfall, where the group photo is a must. The descent is playful, as we weave between snow 'mushrooms' standing on cut tree trunks and small rock blocks. Transfer back to the hotel.
4-hour walk / Elevation : +/- 400 m

DAY 2

PANORAMIC YOGA-HIKE ON MONT BLANC FOLLOWED BY A RELAXATION SESSION AT THE ST-GERVAIS THERMAL BATHS

A short transfer by minibus (about 25 minutes) to reach the family-friendly resort of Passy Plaine-Joux, which offers a unique panorama of Mont Blanc, heading towards Lake Vert. This lake is the natural emblem of the town of Passy and a popular spot for photography enthusiasts. Next, a short ascent takes us to the Châtelet des Ayères, where a yoga break is a must. Depending on the group's preference, an additional loop can be taken via the Mollays mountain pasture.
4-hour walk / Elevation: +/- 400 m

Optional extras : After this second day of activity, what better than a moment of relaxation at the St-Gervais-les-Bains thermal baths? '*The Thermal Spa of Bains du Mont Blanc offers you an extraordinary wellness experience! Between indoor and outdoor areas, the Bonnant Gorge becomes the stage for an elegant stroll in the heart of a breathtaking environment*'

DAY 3

LOOP OF THE PORCHEREY MOUNTAIN PASTURE

From Plan de la Croix at 1450m altitude, we walk between forest and mountain pasture, facing the Mont Blanc massif, with views of the Aiguille de Bionnassay and the Miage domes. This panoramic view of the Val Montjoie is stunning! Some footprints in the snow lead us to the Croix de Porcherey, where the nature yoga session is invigorating. After a final friendly picnic, we gently return to Plan de la Croix.

3 to 4-hour walk / Elevation: +/- 250m

End of stay around 4pm at the accommodation.

Dates and prices

PERIOD	AVAILABILITY	PRICE
05/03/2027 - 07/03/2027	Open departure	**595 €**
12/03/2027 - 14/03/2027	Départ garanti	**560 €**

Single supplement (subject to availability) : +145€ per person

Option Thermes St-Gervais: '*The Mont Blanc Thermal Spa offers you an extraordinary wellness experience! Between indoor and outdoor spaces, the Bonnant Gorge becomes the setting for an elegant stroll in the heart of a breathtaking environment* ': **+65€ per person** (access to Mont Blanc baths / Classic 3-hour thermal spa entry)

THE PRICE

Includes :

- The organization fees and guidance by a certified mountain guide;
- The rental of snowshoes (or mini-crampons), poles, and safety equipment (ARVA, shovel, and probe);
- Two nights in a 3-star hotel in a 2 to 3-person room with B&B formula;
- Meals and snacks: dinners on days 1 and 2, picnics on days 1 to 3;
- Transfers by minibus to the starting points of the hikes.

Does not includes :

- Cancellation insurance;
- Personnal expenses (drinks, etc...);
- Touristic visits;
- Other exclusions clearly described within the corresponding technical sheet.

The price is all inclusive from departure to end point.

The journey

LEVEL**

Elevation: +/- 400 m depending on the stages.
Walking time: 3 to 5 hours of hiking per day, depending on the group’s level.
Fitness level: This trip is accessible to everyone, even to hikers who have never used snowshoes.

A good overall fitness level is required. A few months before the trip, feel free to train: 2 to 3 hours of walking, swimming, cycling or jogging at least twice a week, will help you arrive in good shape and fully enjoy the snowshoe outings. You can take a rest day during the trip if needed.

SNOW CONDITIONS

With climate change in progress, we can no longer be sure of the presence and quality of snow in the mountains, even in the Northern Alps. However, the mountains in winter, even without snowshoes, are still a treasure trove to be discovered. When snowshoes can't be used due to lack of snow, mini-crampons are available to ensure that you can practise in complete safety.

GUIDING

Number in a group between 6 and 12 people supervised by a qualified professional winter mountain leader, specialist in snow and avalanches.

ACCOMMODATION

Accommodation in a charming small 3-star hotel in the center of Saint-Gervais-les-Bains. Double rooms with private bathrooms (triple rooms if the number is odd). Single rooms available with supplement, upon request.

MEALS

Breakfasts are served at the hotel, and dinners are taken in a restaurant in the center of Saint-Gervais-les-Bains. For lunch, we take a picnic, consisting of a hot soup and regional products.

MAPS

IGN Top 25 - 3531 ET Saint-Gervais-les-Bains et 3531 OT Megève

Practical information

ACCESS TO DEPARTURE POINT

Meeting on friday at 10am with your guide at the accommodation.

BY TRAIN

Outbound (Friday): Paris Gare de Lyon > Saint-Gervais-les-Bains (Gare du Fayet). Then, bus from Gare du Fayet > Saint-Gervais-les-Bains town center.
Return (Sunday): Bus from Saint-Gervais-les-Bains town center > Gare du Fayet, then train back.
Please check your journey with the SNCF.

BY CAR

A40 motorway to Sallanches/Passy, then exit 21 towards Saint-Gervais-les-Bains. Hotel in the centre of the village of Saint-Gervais-les-Bains (74)

The tour ends on Sunday around 4pm at the hotel.

ACCOMMODATION BEFORE AND AFTER

Extra night before or after your stay (based on a 2-person room): €83 in a B&B (subject to availability).
Saint-Gervais-les-Bains tourist office : +33 (0)4 50 47 76 08

TO 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

The equipment for snowshoeing (snowshoes and poles) is provided. However, you are welcome to bring your own if you have it. The safety equipment (ARVA, shovel, probe) is also provided for the group.

Clothing

- Waterproof ski or winter walking trousers
- Wind stopper or Goretex jacket
- Breathable or merino wool t-shirts
- Fleece or jumper
- Insulating down jacket
- 2 pairs of ski gloves and a warm hat
- Walking socks (1 pair per day)
- Sturdy waterproof walking boots

Other Equipment

- Rucksack minimum 35 litre capacity
- Sunglasses and ski mask
- Sun cream
- Water bottle and Camelback (1.5 litre minimum)
- Knife and spoon
- Cup(s) for soup and coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Identity card or passport
- Swimming costume, clean flip-flops suitable for aquatic areas and towel (for your shower before leaving the spa)

BACPACK

Bring a comfortable backpack of 35 to 40 litres for your avalanche safety equipment (transceiver, shovel and probe), personal belongings for the day (warm clothes, water, cup and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

TECHNICAL SHEET

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	**SNOWSHOE AND WELLNESS GETAWAY IN THE MONT BLANC MOUNTAINS**
Number of days	**3**
Insurance	
Trip price	**560 €**
Estimated deposit (30%)	**168 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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