THE UNUSUAL TRAIL TOUR OF MONT BLANC

6 days of sport and wilderness, for a TMB off the beaten track!

Reference · 305

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

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**4/4 ★★★★**	**915 €**

Seven valleys, 71 glaciers, 400 peaks... the Mont-Blanc mountain range is a stunning place.
To go on its tour is about discovering the world of the high mountains, impressive and magical, and the striking spectacle of the nearby glaciers... to follow this trail while running is to feel even more the strength of this massif, surpass yourself in the heart of this powerful universe.
From Courmayeur to the Chamonix valley, from Lac Blanc to the wild Val Ferret, along the Swiss, Italian and French slopes, the trails venture between mountain pastures, glaciers and peaks, between passes and valleys. Domain of wild nature, this massif is also the location of the most essential trail in the world, the UTMB®
We will not follow the official route of this legendary race but we will be able to perceive the atmosphere. This fast-paced stay invites you to travel the legendary Tour du Mont Blanc along the most spectacular trails and the most secret variants, all in trail mode.
6 days of roaming, 165 kilometers and 11000 m of positive and negative elevation, reserved for seasoned runners.

You will love

- An original route in the opposite direction along less frequented trails enabling you to enjoy a more serene "off the beaten track" mountain experience.
- 165 Kilometers & 11000 meters of positive and negative elevation gain in 6 exceptional stages.
- Your proximity to the fabulous display of glaciers.
- Advice and support from your guide, practicing and passionate about trail running.
- Crossin 3 countries with vibrant mountain traditions.
- Daily baggage transport between accommodation.

Day-by-day itinerary

DAY 1

Meet on Sunday at 8:30am at the Chamonix train station

CHAMONIX - BELLACHAT – BRÉVENT ET BALCONS DU MONT BLANC – LE TOUR

Departure from the center of Chamonix for a first full day facing Mont Blanc. Climb towards the Bellachat refuge and the summit of Brévent before descending towards the numerous lakes on this slope. Following the shape of the group, pass through the Col du lac Cornu and the black lakes then the white lake before descending towards Argentière and the village of Le Tour. Night in lodge in a dormitory.

Elevation : + 2200 m ; - 1900 m / Distance : 32 km

DAY 2

BOVINE OR ARPETTE - CHAMPEX-LAC

Entry into Swiss territory today with the crossing of the Col de Balme. Descent through the mountain pastures with a new climb along the Trient Glacier, to reach the legendary Arpette window (2665m) in a more "high mountain" setting. A further descent brings you to the village of Champex-Lac, where you can enjoy a refreshing swim by the lake. Night in lodge in a dormitory.

Elevation : + 2300 m ; - 2200 m / Distance : 27 km

DAY 3

PETIT COL FERRET – COL SAPIN – TESTA BARNARDA - COURMAYEUR

Transfer to La Fouly by minibus. Direction Italy and the Aosta Valley once you have crossed the little Col Ferret. Magnificent balcony route facing the reverse of the Grandes Jorasses and the entire Mont Blanc massif before finally reaching Courmayeur. Night in hotel.

Elevation : + 2100 m ; - 2600 m / Distance : 32 km

DAY 4

MONT FORTIN – COL DES CHAVANNES – COL DE LA SEIGNE – LES CHAPIEUX

Today's programme includes a beautiful Italian-French stage from Courmayeur to the charming Vallée des Chapieux. Last detours on the Italian crests with a spectacular passage under Mont Fortin, before returning to Savoyard territory at the Col de la Seigne. The day ends with a long, rolling descent into the Chapieux valley, overlooked by the sublime Aiguille des Glaciers. Short transfer to the hut for the evening. Overnight in a refuge in a dormitory.

Elevation : + 2000 m ; -1700 m / Distance : 30 km

DAY 5

CRÊTES DES GITTES – COL DU BONHOMME – LES CONTAMINES MONTJOIE

The morning begins with a series of two superb ridges, Rochers du Vent and Gittes. The feeling of freedom is intense and your gaze is focused on Mont Blanc. A spectacular aerial tightrope walk above the Beaufortain mountain pastures. At the Col de la Croix du Bonhomme, take a short hop over the north face of Les Fours for an exceptional panorama. Finally, a beautiful descent into the Val Montjoie to reach Les Contamines. Overnight in a refuge in a dormitory.

Elevation : + 1300 m ; - 2000 m / Distance : 26 km

DAY 6

GLACIER DE BIONNASSAY - COL DU TRICOT - LES HOUCHES

From the village center, climb near the Bionnassay glacier via the Col du Tricot (2120 m), an unmissable viewpoint over the Chamonix valley, the Miage domes and the nearby Mont-Blanc. Descent to the village of Les Houches.

Elevation : + 1400 m ; - 1500 m / Distance : 18 km

End of the trail day in the afternoon at the foot of the Prarion gondola in Les Houches.

The program was established according to the latest elements known at the time of its writing; imponderables are always possible and situations beyond our control can modify the course.

Dates and prices

THE PRICE

Group of 6 to 7 participants: **1055 euros** per person
Group of 8 to 9 participants: **975 euros** per person
Group of 10 participants: **915 euros** per person

The price includes:

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

The price does not include:

- Personal expenses (drinks, etc.);
- Touristic visits;
- Cancellation insurance;

The price is all inclusive from departure to end point.

The journey

LEVEL ****

Elevation: +/- 2000m approximately per day.
Running time: 6 to 9 hours per day.
Type of trek: The Tour du Mont Blanc is a mountain route presenting no particular technical difficulty but stages that are very (or too long) for most hikers.
This trip is aimed at a well trained public who regularly practice trail running.
You must be able to easily do 40km of trail running (in the plains) and have already experienced trails in the mountains.

GUIDING

Number in a group between 6 and 10 people supervised by a qualified professional mountain leader.

Your tour is led by a regional guide who speaks French for mostly French-speaking clients and, English for international clients if needed.

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

ACCOMMODATION

5 nights in dormitory, in gites, refuges or in hotel.
All accommodation offer hot showers (included in the tour price)

MEALS

Breakfast and dinner are provided in each accommodation.
Picnics are included and are carefully prepared daily by your mountain leader.

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 Sunday at 8:30am in front of the Chamonix train station.

BY TRAIN / BUS
Inbound: departure from Paris-Gare de Lyon the day before at 12:18pm (or 2:18pm) arrival in Chamonix at 7:50pm (8:50pm).
www.oui.sncf
There are regular buses throughout the whole Chamonix valley - with an hourly bus service between Les Houches and Montroc-le-Planet.
www.chamonix.montblancbus.com/en/bus-lines
Return : departure from Les Houches at 2:20pm (or 3:20pm), arrival at Paris-Gare de Lyon at 7:42pm (or 9:22pm).
Times given are indicative and should be verified at a train station or on the SNCF website.

BY CAR
Take the A40 motorway to Chamonix, then follow the main road towards Argentière and Switzerland until you reach the village of Montroc (1 km after Argentière).
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.
There is a large paid parking area in the village of Le Tour, about 1 km from the Montroc-Le-Planet meeting point.
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 point Saturday at 4:00pm at the bottom of the Prarion gondola in Les Houches.

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.

ACCOMMODATION BEFORE AND AFTER

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

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: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Equipment and luggage

EQUIPMENT LIST

Clothing

- trail shorts
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper and Gore-Tex jacket
- Lightweight down jacket
- Waterproof poncho + gaiters or Gore-Tex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Running trail socks (1 pair per day)
- Running trail 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 trail backpack of 10 to 15 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 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 - 6€ per luggage per day.

Details

HOW TO REGISTER

- By internet: www.altitude-montblanc.com

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

- By post: Please provide your contact details

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

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 (6.03% of the tour price).

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 prior 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	**THE UNUSUAL TRAIL TOUR OF MONT BLANC**
Number of days	**6**
Insurance	
Trip price	**915 €**
Estimated deposit (30%)	**274,50 €**
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