TOUR OF MONT BLANC 6 DAYS SELF-GUIDED IN 3*HOTEL

A selection of 6 stages and 5 very comfortable (almost luxurious) hotels. The best of the tour!

Reference · LTMB6H

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DURATION **6 days**	TRAVEL STYLE **Self-guided**	LUGGAGE **With luggage transfer**
ACCOMMODATION **Hotel *****	LEVEL **3/4 ★★★☆**	FROM **1 105 €**

A tour of Mont Blanc accessible to anyone in good shape... but we have also selected the most comfortable accommodation for you, the best food and the warmest welcomes. Benefit from adaptable stages, easy to really sporty enabling you to discover some of the most beautiful panoramas of the TMB.

Seven valleys, 71 glaciers, 400 summits... the impressive, magical high mountains and the striking display of glaciers descending from summits to alpine pastures... viewed from the track, no risk and no height induced fears!

You will love

- The choice of stages at this mythical destination
- The spectacular views and proximity to large glaciers
- The Mont-Blanc balcony trails of the Chamonix Valley
- The transport of your baggage each day
- The accessible level of the tour
- The choice of accommodation

Day-by-day itinerary

DAY 1

Meeting at 9:30am at the Flégère cablecar in les Praz, Chamonix.

LES PRAZ DE CHAMONIX - LAC BLANC - ARGENTIERE

Ascend in the Flégère cablecar to the Balcons du Mont Blanc to reach Lac Blanc at 2300m. Descend on the path which winds through the forest to the village of Argentière. Night in a hotel.

Possibility to go back down to the valley with the same cablecar and then take a bus to Argentière.

5.5 hours walk / Elevation : + 500 m ; - 1100 m / Distance : 13 km

DAY 2

BOVINE or FENÊTRE D'ARPETTE - CHAMPEX

Transfer to Switzerland and traverse through the mountain pastures of Bovine via a balcony trail overlooking the Rhone Valley or climb alongside the Trient Glacier to reach the mythical Fenêtre d'Arpette, a more "high mountain" route. Night in the village of Champex.

6 hour walk / Elevation : + 1050 m ; - 700 m / Distance : 16 km (via Bovine)

7 hour walk / Elevation : + 1380 m ; - 1040 m / Distance : 13 km (via Arpette)

DAY 3

THE GRAND COL FERRET - COURMAYEUR

From the village of Champex, transfer by bus to the village of La Fouly. Ascend to the Col Ferret (2537m) on the Swiss/Italian border. Possible meetings with alpine pasture farmers at the Alpage de la Peule. Descend into the Italian Val Ferret under the impressive towers of the south face of the Mont-Blanc range. Approach the foot of the Pré de Bar glacier. Transfer by bus to Courmayeur.

5 hours walk / Elevation: + 840 m ; - 750 m / Distance : 12 to 17 km

DAY 4

COL DE LA SEIGNE - LES CHAPIEUX

Transfer to La Visaille and climb via the glacial lake of Miage and continue to the Col de la Seigne on the French/Italian border unveiling the unreal Himalayan profile of the south face of the Mont-Blanc range. Possible detour by the south balcony of the Mont-Blanc passing by the Col de Chécroui. Descend the Vallée des Glaciers into France.
Possible bus from Ville des Glaciers to Les Chapieux in July and August.
6,5 hours walk / Elevation : + 850 m ; - 650 m / Distance : 14 to 20 km
additional - 250 m if descent to les Chapieux is on foot

DAY 5

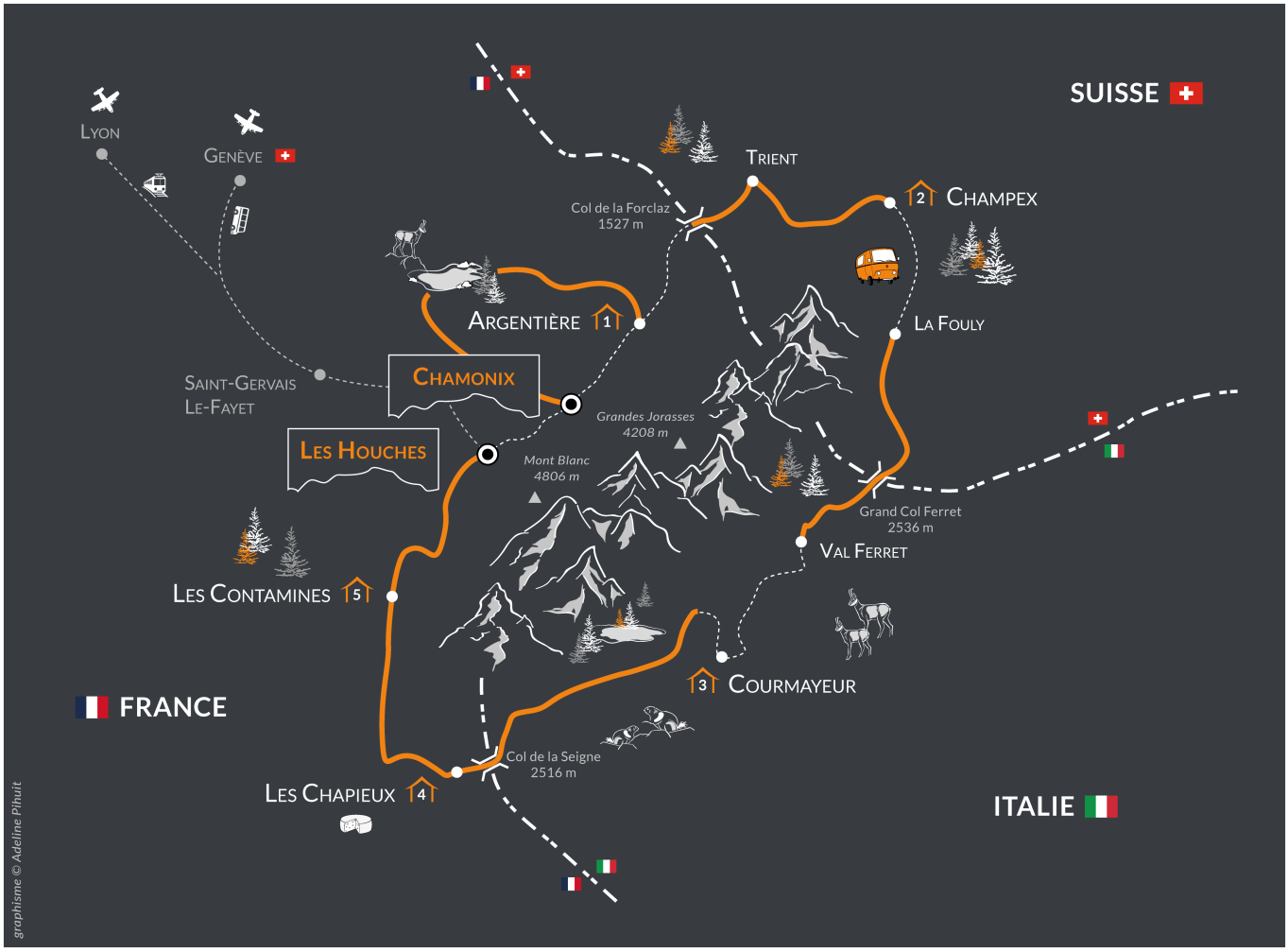
THE COL DU BONHOMME - LES CONTAMINES MONTJOIE

Climb to the Col de la Croix du Bonhomme and on to the Col du Bonhomme (2329m), a passing place of the hawkers of old. Descend to Notre Dame de la Gorge passing by the old Roman road at the end of the valley. Small transfer to your hotel in the village of Les Contamines.
6.5 hours walk / Elevation : + 930 m ; - 1270 m / Distance : 13 km

DAY 6

COL DU TRICOT or CHAMPEL - LES HOUCHES

Climb to the Bionnassay Glacier passing via the village of Champel or by the Col du Tricot (2120m) with a magnificent panorama of the Chamonix Valley, the domes of Miage and the Mont-Blanc close up. Descend to Bellevue then by cable car to Les Houches village.
5 hours walk / Elevation : + 850 m ; - 850 m / Distance : 13 km (via Champel)
7.5 hours walk / Elevation : + 1400 m ; - 1550 m / Distance : 17 km (via the Col du Tricot)



Altitude Montblanc · 62 Passage du Nant Devant · 74110 Montriond
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Capital 6000 EUR - IM 074100150 - APE 7912Z - SIRET 48156356700025 - VAT FR67481563567
Professional insurance MMA SARL SAGA - Groupama guarantee 840,000 EUR

Dates and prices

DEPARTURES AND PRICES

Departures from mid-June to mid-September 2027

Departures on Saturdays or Tuesdays.

Comfortable accommodation with baggage transport

€1105 per person 6 days/5 nights (based on twin or double bedroom)

€1475 per person in single room (subject to availability)

€1565 departure single person, single room

Information and reservation by email or by phone.

THE PRICE

The price includes:

- Organisation and booking fees;
- 1 hard copy of your travel documents for the group and the digital version for each participant;
- Half board from dinner the first evening to breakfast of the last day;
- Daily baggage transport between accommodation;
- Taxes.

The price does not include:

- Picnic lunches;
- Personal expenses, drinks, touristic visits, etc.;
- Bus transfers (approx 20 à 25€ per person);
- The gondola on Day 1 (approx 18€ per person) and the possible gondola on Day 6 to go down to Les Houches;
- Travel to and from your home;
- Cancellation insurance
- Guiding : your are responsible for your own safety

The journey

LEVEL ***

Elevation: +/- 800m average per day.
Walking time: 4 to 6.5 hours per day. Possible route options to add to elevation and walking times are listed in the road book.
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.

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 satellite connection.

Please note: some névés will be present on the paths until the end of June, in particular on the North slopes. High mountain boots, gaiters and walking poles are essential. Be prepared!

ROAD BOOK

One month prior to departure, we will send you your travel documents. We offer two roadbook versions:

The "paper" version we send by post :
- 1 IGN map TOP 50
- 1 road book with all the necessary information for the hike.
- 1 card holder.
- The list of accommodations.

The "digital" version is an application to download on your smartphone, accessible to each of the participants of the file. The information for downloading and using it is sent by e-mail.

SIGNPOSTS AND WAYMARKS ALONG THE TREK

The tour of Mont-Blanc is a very well indicated trek:

In France: marked with red and white stripes for Grande Randonnée (in both directions).
In Switzerland and Italy: a black dot on a yellow diamond (in both directions).
It is preferable to know how to read a topographical map at 1/25000.

BAGGAGE TRANSPORT

With baggage transport: your baggage is transported daily by our logistics vehicle.

ACCOMMODATION

COMFORT: 3* Hotel or gîte

Day 1 - night in 3* Hotel in Argentiere.

Day 2 - night in 3* Hotel in Champex.

Day 3 - night in 3* Hotel in Courmayeur.

Day 4 - night in a gite, in a room with a private bathroom (very comfortable accommodation serving excellent traditional cuisine).

Day 5 - night in 3* Hotel in Les Contamines-Montjoie - very comfortable hotel.

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 (Days 1,2,3,4 and 6).

Allergies and diets: please inform us about your allergies and diet **at the time of booking**.

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

CURRENCY

During the stages of your tour in Switzerland, Euros are widely accepted and it is not essential to carry Swiss Francs.

MAPS

IGN Top 50 : Tour du Mont Blanc

Practical information

ACCESS TO DEPARTURE POINT

BY TRAIN

Inbound: departure from Paris-Gare de Lyon the day before at 12:18pm (or 2:18pm) arrival in Chamonix at 7:32pm (8:32pm).

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 9:20am (or 12:20pm), arrival at Paris-Gare de Lyon at 3:42pm (5:42pm).

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)

2.15 hours by car to Chamonix.

Train every 2 hours to Chamonix, 4.15 hour 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 telecabine in Les Houches.

RETURN TO DEPARTURE POINT

At the end of the tour the return to 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 Les Campanules: +33 (0)4 50 54 40 71
Hôtel de l'Arve*** – Chamonix : +33 (0)4 50 53 02 31
Hôtel Le Labrador: +33 (0)4 50 55 90 09
Chamonix Tourist Office: +33 (0)4 50 53 00 24
www.chamonix.com

Additional nights: at the start and at the end of the hike, your luggage can be picked up and dropped off directly at your accommodation booked with Altitude Mont Blanc.

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
- 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
- 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 dropped off 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

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	**TOUR OF MONT BLANC 6 DAYS SELF-GUIDED IN 3*HOTEL**
Number of days	**6**
Insurance	
Trip price	**1 105 €**
Estimated deposit (30%)	**331,50 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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Professional insurance MMA SARL SAGA - Groupama guarantee 840,000 EUR