TOUR OF MONT BLANC 7 days Comfort Hotel

The essential... cosy version!

Reference · 106

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

ACCOMMODATION	LEVEL	FROM
Hotel	**3/4 ★★★☆**	**1 675 €**

If we had to choose a first trek, this would be the one!
This is a famous classic. Hike around the highest mountain of Europe along well-marked trails whilst discovering the impressive and magical high mountain universe. Along long valleys and through green pastures, the mountain passes invite you to travel. Balme, Ferret, la Seigne, les Fours, le Bonhomme, mountain passes as famous as the highest peaks which surround them!
To hike around the Mont Blanc also means discovering a region of thriving traditions, three countries linked by the roof of Europe: the Swiss Valais, the Italian Aosta valley and the French Savoies.

You will love

- The most beautiful stages of the Tour of Mont-Blanc
- Your proximity to the fabulous display of glaciers
- The accommodation in hotels every day
- Daily baggage transport between accommodation

Day-by-day itinerary

DAY 1

Meeting on Sunday at 9:45am at the Flégère gondola in les Praz, Chamonix.

LES PRAZ DE CHAMONIX - LAC BLANC - ARGENTIERE

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

5.5 hours walk / Elevation : + 550 m ; - 1150 m / Distance : 9 km

DAY 2

BOVINE OR ARPETTE - CHAMPEX

Transfer to Switzerland to the Col de la Forclaz (20/30 minutes lift). Cross through the pastures of Bovine via a balcony trail overlooking the Rhone valley. If the natural conditions and the fitness of the group allow it, ascent to a more 'high mountain' route along the Trient Glacier to reach the Fenêtre d'Arpette (2700m). Night in a hotel.

5.5 hours walk / Elevation : + 800 m ; - 750 m (via Bovine) / Distance : 16 km

6 hours walk / Elevation : + 1100m ; - 1200 m (via Arpette) / Distance : 14 km

DAY 3

GRAND COL FERRET - ITALIEN VAL FERRET

Bus transfer to the village La Fouly (about 1h). Climb up to the Col Ferret (2537 m), border with Italy. You may encounter the local famers of La Peule. Descend into the Italian Val Ferret in the impressive foothills of Pré de Bar Glacier and Mont Dolent, meeting point between France, Switzerland and Italy . Night in very comfortable gite in Arnouva or possible transfer by public bus to a hotel in La Palud, depending on availability.

5 hours walk / Elevation : + 850 m ; - 750 m / Distance : 16 km

DAY 4

MONT DE LA SAXE - COURMAYEUR

Ascend to the refuge Bonatti. Follow the exceptional balcony trail of the Mont de la Saxe facing the Mont Blanc, the Mont Dolent, L'Aiguille du Triolet, the Grandes Jorasses and more. Descend to Courmayeur and night in a hotel.

5.5 hours walk / Elevation : + 650 m ; - 1200 m / Distance : 15 km

DAY 5

COL DE LA SEIGNE - LES CHAPIEUX

Bus transfer to La Visaille (about 30 mins). Climb the Val Veny via the glacial Lake Miage to the Col de la Seigne forming the border between Italy and France. Detour possible via le Balcon de Chécroui and le Mont Fortin, unveiling another angle of the impressive Mont-Blanc range. Night in a very comfortable gîte in Les Chapieux.

6 hours walk / Elevation : + 850 m ; - 650 m / Distance : 20 km

DAY 6

COL BONHOMME - LES CONTAMINES-MONTJOIE

Climb up into the pastures to the Col du Bonhomme (2329m) , once frequented by peddlers. Descend via the old Roman road to the chapel at Notre-Dame-de-la-Gorge. Short transfer and night in a hotel in Les Contamines.

6 hours walk / Elevation : + 850 m ; - 1500 m / Distance : 17 km

DAY 7

GLACIER DE BIONNASSAY - COL DU TRICOT - LES HOUCHES

Climb up to the Bionnassay Glacier through the village of Champel or via the Col du Tricot (2120m) with an unmissable view close to the Dômes de Miage, the Chamonix valley and the Mont Blanc. Descend to the village of Les Houches.

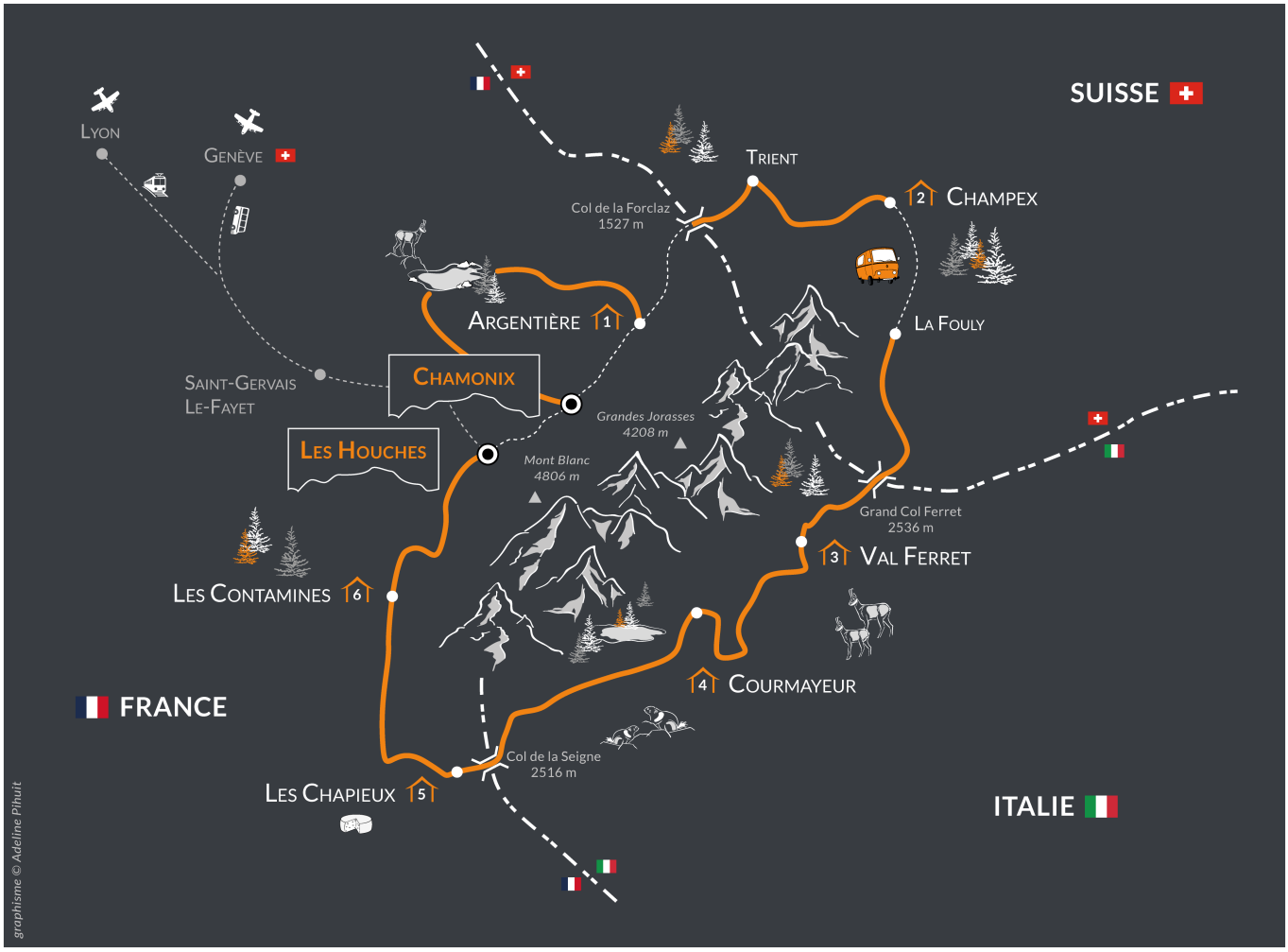
5 hours walk / Elevation: + 750 m ; - 800 m (via Champel) / Distance : 13 km

6.5 hours walk / Elevation: + 1100 m ; - 1250 m (via the Col du Tricot) / Distance : 16 km

End point Saturday around 4:00pm at the Prarion cable car in Les Houches.

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. (depending on natural conditions and the fitness of the group).

Personalised tour available, contact us...



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

PERIOD	AVAILABILITY	PRICE
13/06/2027 - 19/06/2027	Départ garanti	1 675 €
20/06/2027 - 26/06/2027	Départ garanti	1 675 €
27/06/2027 - 03/07/2027	Départ garanti	1 675 €
04/07/2027 - 10/07/2027	Départ garanti	1 675 €
11/07/2027 - 17/07/2027	Départ garanti	1 675 €
18/07/2027 - 24/07/2027	Départ garanti	1 675 €
25/07/2027 - 31/07/2027	Départ garanti	1 675 €
01/08/2027 - 07/08/2027	Départ garanti	1 675 €
08/08/2027 - 14/08/2027	Départ garanti	1 675 €
15/08/2027 - 21/08/2027	Départ garanti	1 675 €
22/08/2027 - 28/08/2027	Départ garanti	1 675 €
29/08/2027 - 04/09/2027	Départ garanti	1 675 €
05/09/2027 - 11/09/2027	Last places available	1 675 €

THE PRICE

The price includes:

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

The price does not include:

- Personal expenses (drinks etc...);
- Touristic visits;
- Cancellation insurance;
- Your return journey from home to the point of departure/end point.

The price is all inclusive from departure to end point.

The journey

LEVEL ***

Elevation: +/- 900m approximately per day.
Walking time: 5 to 7 hours per day.
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

GUIDING

Number in a group between 6 and 14 people supervised by a qualified professional mountain leader. The mountain leader may have to modify the programme to adapt it to the level of the participants and/or the natural conditions. As a last resort, he is the sole decision-maker.

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

ACCOMMODATION

4 nights in twin/double bedrooms in hotels.
2 nights in twin/double bedroom in very comfortable gites with private bathroom.
3 person-bedroom possible for single registration and if odd number in the group.
One single room possible per tour with a supplement : 350 euros
All accommodation offers hot showers (included in the price).

MEALS

Breakfast and dinner are provided in each accommodation.
Picnics are included and are carefully prepared daily by your mountain leader, comprising a variety of healthy salads and local products.
Please inform us about your food allergies and special **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 50 Tour du Mont Blanc

Practical information

ACCESS TO DEPARTURE POINT

Meeting point Sunday at 9:45am in front of the Flégère gondola in Les Praz, Chamonix.

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)
Return : departure from Les Houches the day after 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 in a train station or on www.oui.sncf
There are regular buses throughout the Chamonix valley - with an hourly bus service between Les Houches and Flégère.
www.chamonix.montblancbus.com/en/bus-lines

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: https://www.blablacar.fr https://covoiturage-libre.fr https://www.laroueverte.com https://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 around 4:00pm in Les Houches.

RETURN TO DEPARTURE POINT

Transfer by bus or train from Les Houches to Chamonix at the end of the trek.

ACCOMMODATION BEFORE AND AFTER

On request, we can book a bedroom for you before and/or after your trek.

Les Houches - Hôtel St Antoine: +33 (0)4 50 54 40 10
Chamonix - Hôtel de l'Arve: +33 (0)4 50 53 02 31
Hôtel Vallée Blanche: +33 (0)4 50 53 04 50
Chamonix Tourist Office: +33 (0)4 50 53 00 24
www.chamonix.com

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.com/pdf/chambus.pdf

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** ou **+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
- Lighweight down jacket
- Wind stopper or Goretex 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
- 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 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	**TOUR OF MONT BLANC 7 days Comfort Hotel**
Number of days	**7**
Insurance	
Trip price	**1 675 €**
Estimated deposit (30%)	**502,50 €**
Signed in	
Date	
Signature	

Return with your deposit to

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