TECHNICAL SHEET

TOUR OF MONT BLANC 7 days self-guided

You, your hiking shoes and your map, we take care of the rest...

Reference · LTMB7

Document generated on 15/09/2026

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

ACCOMMODATION	LEVEL	FROM
Classic or comfort	**3/4 ★★★☆**	**770 €**

You have never hiked around the Mont Blanc? If the idea of our group tours does not tempt you, go self-guided! We organise your stay and provide a map and a guidebook detailing the route. For the rest, you have total freedom. 7 days in the mountains, facing the giant of the Alps...

Trekking at medium altitude in a setting of high mountains, magnificent peaks and impressive glaciers. From mountain passes to alpine pastures, the balcony trails crisscross the natural wonders of three countries geographically linked by "the roof of Europe", by their traditions and history: the Swiss Valais, the Italian Aosta Valley and the French Savoies.

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
- The panorama and the proximity of major glaciers
- The breathtaking landscapes of the Mont Blanc from the Chécroui Pass
- Accommodation in gites, mountain refuges and small friendly hotels

Day-by-day itinerary

DAY 1

Meeting at 10:30am in front of the train station in Montroc-le-Planet (to collect your baggage)

LE TOUR - COL DE BALME - TRIENT

From the village of Montroc, short walk to reach the village of le Tour to start an easy climb via the Chalets de Charamillon or via the balcony trail of Posettes to the Col de Balme (2200m) on the French-Swiss border. Magnificent view of the surrounding glaciers of Argentiere, Le Tour and the north face of the Mont Blanc range. Descend into Swiss pastures to the village of Trient. Night in a gîte.

5.5 hours walk / Elevation : + 850 m ; - 1050 m / Distance : 13 km

DAY 2

TRIENT - BOVINE or FENÊTRE D'ARPETTE - CHAMPEX

Cross through the pastures of Bovine via a balcony trail overlooking the Rhone valley or take a more 'high mountain' route along the Glacier of Trient to reach the mythic Fenêtre d'Arpette (2665m). Descend to Champex. Night in a gîte.

6.5 hours walk / Elevation : + 1050 m ; - 800 m (via Bovine) / Distance : 16 km

7 hours walk / Elevation : + 1400 m ; - 1200 m (via Arpette) / Distance : 14 km

DAY 3

GRAND COL FERRET - ITALIAN VAL FERRET

Bus transfer to the village of La Fouly. Climb up through the vast pastures of La Peule to the Grand Col Ferret (2537m). Possible detour to the summit of the Tête Ferret. Descend into the Italian Val Ferret in the impressive foothills on the opposite side of the Mont-Blanc. Exceptional views of the Grandes Jorasses. Night in a gîte or refuge with a possible short transfer to get to the gite (Val ferret or La Plalud, depending on availability).

6 hours walk / Elevation : + 1000m ; - 850 m / Distance : 14 km

DAY 4

MONT DE LA SAXE - COURMAYEUR

Ascend to the hamlets of Sécheron and Armina. Follow the exceptional balcony trail of the Mont de la Saxe facing the south face of the Mont-Blanc range or climb to the Col Sapin. Descend to the bus station in Courmayeur for a short bus transfer to the refuge nestled above Courmayeur.

7.5 hours walk / Elevation : + 650 m ; - 1450 m / Distance : 19 km

DAY 5

COL DE LA SEIGNE - VALLE DES GLACIERS

Climb the Val Veny to refuge Elisabetta. Detour possible to the glacial Lake Miage. Continue climbing to the Col de la Seigne forming the border between Italy and France. Higher mountain detour possible via the Balcon de Chécroui and the Mont Fortin. Descend to refuge Mottets or to Les Chapieux (depending on availability). Night in a gîte or refuge.

6 hours walk / Elevation: + 950 m ; - 750 m / Distance : 16 km

8 hours walk / Elevation: +/- 400 m (via the Col Chécroui) / Distance : 19 km

DAY 6

COL DES FOURS or CRÊTE DES GITTES - COL DU BONHOMME - LES CONTAMINES-MONTJOIE

Climb to the Col des Fours (2665m) the highest point of the tour. Followed by a descent to the Col du Bonhomme, once frequented by peddlers. If night spent in les Chapieux, climb directly to the Col du Bonhomme. Descend via the old Roman road to the chapel in Notre Dame de la Gorge. Short free bus transfer to Les Contamines-Montjoie. Night in a hotel or a gite.

7.5 hours walk / Elevation : + 900 m ; - 1500 m / Distance : 17 km

7 hours walk / Elevation : + 800 m ; - 1400 m (via la crête des Gittes if sleeping in Roselend) / 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.

6 hours walk / Elevation : + 900 m ; - 900 m (via Champel) / Distance : 14 km

8 hours walk / Elevation : + 1400 m ; - 1550 m (via the Col du Tricot) / Distance : 17 km

End point during the afternoon in Les Houches.

HOTEL VERSION : modification days 1 and 2

Meeting at 10h at the Flégère gondola in Les Praz, Chamonix.

D1 LES PRAZ DE CHAMONIX – LAC BLANC- ARGENTIERE

Ascend in the Flégère gondola to the Balcons du Mont Blanc to reach the Lac Blanc at 2300m. Descent via the path that winds through the forest to the village of Argentière. Overnight stay in a hotel in Argentière.

6.30 hour-walk / Elevation : +450 m ; -1150 m / Distance : 9 km

D2 TRIENT - BOVINE or FENÊTRE D'ARPETTE - CHAMPEX

Transfer to Cross through the pastures of Bovine via a balcony trail overlooking the Rhone valley or take a more 'high mountain' route along the Glacier of Trient to reach the mythic Fenêtre d'Arpette (2665m). Descend to Champex. Night in a gîte.

6.5 hours walk / Elevation : + 1050 m ; - 800 m (via Bovine) / Distance : 16 km

7 hours walk / Elevation : + 1400 m ; - 1200 m (via Arpette) / Distance : 14 km

ON REQUEST EXTENDED ITINERARY ON 8 DAYS WITH THE STAGE TO LAC BLANC ON DAY 1 or THE STAGE TO BREVENT ON DAY 10

D1 LES PRAZ DE CHAMONIX - LAC BLANC - LE TOUR

Ascent in the Flégère cable-car to the Balcons du Mont Blanc to reach the Lac Blanc at 2300m. The path leads to the lakes of Cheserys and keeps going on balcony to the foot of les Aiguilles Rouges. Then, descent to the Col des Montets. Breathtaking view on the whole Mont Blanc chain. Night in a gite at the village Le Tour.

5 hours walk / Elevation : + 650 m ; - 1000 m / 12 km

D10 LE BREVENT - CHAMONIX MONT-BLANC

From Les Houches, hike through the forest of the Merlet Animal Park and then to the refuge Bellachat. Facing the Mont Blanc, follow the ridge to reach to the summit of Brévent. Breathtaking views of the Mont Blanc massif. Descent to Chamonix (possibility to go down via Planpraz cablecar).

8 hours walk / Elevation : + 1500 m ; - 1450 m / 17 km

Personalised tour available, contact us...

SUISSE
LYON
GENÈVE
1 TRIENT
2 CHAMPEX
Col de Balme
2191 m
MONTROC
LA FOULY
SAINT-GERVAIS
LE-FAYET
CHAMONIX
Grandes Jorasses
4208 m
LES HOUCHES
Mont Blanc
4806 m
Grand Col Ferret
2536 m
3 VAL FERRET
LES CONTAMINES 6
4 COURMAYEUR
FRANCE
Col de la Seigne
2516 m
LES CHAPIEUX 5
ITALIE
graphisme © Adeline Pihuit

Dates and prices

DEPARTURES AND PRICES 2027

Departures from 13th June to 15th September 2027

Departures on Saturdays, Mondays and Wednesdays for the classic versions.

Departures on Saturdays, Sundays, Mondays and Wednesdays for the comfort versions.

Departures on Mondays and Tuesdays for the comfort hotel version.

Without baggage transport

€770 per person classic accommodation.

€975 per person comfort accommodation in bedroom (2 people minimum). No single bedroom available.

€1140 per person for hotel version (4 nights in a hotel and 2 nights in a comfortable gîte). Price based on 2 persons with a slightly adapted itinerary, please ask us for details.

€1620 per person for a single bedroom (subject to availability).

With baggage transport

€890 per person classic accommodation.

€1095 per person comfort accommodation in bedroom (2 people minimum). No single bedroom available.

€1260 per person for hotel version (4 nights in a hotel and 2 nights in a comfortable gîte). Price based on 2 persons with a slightly adapted itinerary, please ask us for details.

€1740 per person for a single bedroom (subject to availability).

Additional day option - Lac Blanc or Brévent

Classic accommodation in a dormitory : **€100 per person**

Comfort accommodation in bedroom / hotel version (minimum 2 people): **€175 per person**

Comfort accommodation in a bedroom / hotel version for a single bedroom : **€210 per person**

Information and reservation online, by email or by phone.

THE PRICE

The price includes:

- Half board from dinner on the first evening to breakfast of the last day;
- 1 hard copy of your travel documents for the group and the digital version for each participant;
- Transfer of day 7 from Les Contamines to la Gruvaz;
- Daily baggage transport between accommodation if you have chosen this option;
- Tourist taxes;
- Organisation and booking fees.

The price does not include:

- Picnic lunches;
- Personal expenses, drinks, touristic visits, etc.;

- Bus transfer (approx 25 to 30€ per person);
- The cable car on Day 1 via the Lac Blanc (approx 18€ per person);
- Cancellation insurance ;
- Guiding: your are responsible for your own safety

The price is all inclusive from departure to end point.

The journey

LEVEL ***

Elevation: +/- 600m to 1200m average 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

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.

Please note: some névés will be present on the paths until the end of June, on 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 TOP 50 map
- 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 in both directions for Grande Randonnée.
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

Two options:
without baggage transport: you carry your baggage.

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

ACCOMMODATION

CLASSIC: 6 nights in dormitory, in a refuge or gîte.

COMFORT: 5 nights in gîtes in a twin/double bedroom. 1 night in gîte in a 4 person bedroom.
All accommodations offer hot showers.

COMFORT HOTEL: 4 nights in hotels and 2 nights in comfortable gites, in bedroom with private bathroom (modified itinerary on day 1).

MEALS

Breakfast and dinner are provided in each accommodation.
Picnics are not included and can be pre-ordered in each accommodation 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.

PERSONALISED TOURS

We can personalise a tour according to your requirements (number of days, participants, level of route, accommodation, etc.)

MAPS

IGN Top 50 - Tour du Mont Blanc

Practical information

DEPARTURE

From mid-June to mid-September.
Departures every Saturday, Sunday, Monday and Wednesday.

ACCESS TO DEPARTURE POINT

Meeting point at 10:30am at Montroc-le-Planet train station to collect your baggage.
Your luggage can also be collected on request at your hotel in the Chamonix valley allowing you to depart freely without meeting.
For the option "without baggage transport", no meeting required at the departure point.

BY TRAIN
Inbound: departure from Paris-Gare de Lyon the day before at 12:18pm (or 2:18pm), arrival in Chamonix at 7:50pm (8:50pm)
Return : departure from Les Houches the day after at 2:20pm (or 3:20pm), arrival at Paris-Gare de Lyon at 7:42pm (9:22pm).

Times given are indicative and should be verified in a train station or on 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

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 by car to Chamonix.
Train every 2 hours to Chamonix, 4:15 journey (40-45€ pp return)
Paris (PAR)

7 hours by car to Chamonix.
Train every 2 hours to Chamonix / 5 or 6-hour journey (80-120€ pp return)

End point during the afternoon at the bottom of the Prarion cable car in Les Houches.

RETURN TO DEPARTURE POINT

At the end of the tour the return to the departure point at 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.

Les Houches - Hôtel St Antoine : +33 (0)4 50 54 40 10
http://hotelsaintantoine.com/accueil/

Hôtel les Campanules : +33 (0)4 50 54 40 71
http://www.hotel-campanules.com/

Le Tour - Chalet Alpin : +33 (0)4 50 54 04 16

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

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. https://www.montblancbus.transdev.com/ligne/les-horaires-de-chamonix-bus/

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), if you sleep in dormitories
- 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 Route 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 7 days self-guided**
Number of days	**7**
Insurance	
Trip price	**770 €**
Estimated deposit (30%)	**231 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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