TOUR OF MONT BLANC 7 days

The classic...

Reference · ATMB7CL

Document generated on 15/11/2026

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

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**3/4 ★★★☆**	**1 120 €**

Seven valleys, 71 glaciers, 400 summits...
The Mont Blanc range is fascinatingly beautiful, like a diamond, from every angle.
Discover a world of unique and impressive high mountains with a breath-taking show of summits and glaciers everywhere!
From Courmayeur to the Chamonix valley, from la Fenêtre d'Arpette to the wild Val Ferret, the trails meander along the Swiss, Italian and French mountain sides and valleys, through pastures, over mountain passes, below tumbling glaciers and imposing peaks.
The Mont Blanc range is inhabited by warm friendly people, hardy to mountain life, keeping pastoral farming and local mountain traditions alive. This is an enormous playground of untamed natural wilderness waiting to be discovered.

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 breathtaking landscapes of the Mont Blanc from the Col de Chécroui.
- Your proximity to the fabulous display of glaciers.
- Accommodation in gîtes, mountain refuges and small friendly hotels.
- Daily baggage transport between accommodation.

Day-by-day itinerary

DAY 1

Meet on Sunday at 10:00am infront of the train station in Montroc-le-Planet

COL DE BALME - TRIENT

Climb via the balcony trail of Posettes to the Col de Balme (2200m) on the French-Swiss border. Magnificent view of the surrounding glaciers of Argentière, 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 hour walk / Elevation: +850m -1050m / 13Km

DAY 2

BOVINE OR ARPETTE - CHAMPEX

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 gîte.

6.5 hour walk / Elevation: +1100m -750m (via Bovine) / 16Km

7 hour walk / Elevation: +1400m -1200m (via Arpette) / 14Km

DAY 3

GRAND COL FERRET - VAL FERRET ITALIEN

Descend to the village of Champex. Bus transfer to the village of La Fouly. Climb up through the vast pastures of La Peule with unavoidable encounters with local farmers to the Col Ferret (2537m). 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 a refuge facing the glacier.

6 hour walk / Elevation: +1000m -850m / 14Km

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, short bus transfer to the refuge Monte Bianco nestled above Courmayeur.

7.5 hour walk / Elevation: +650m -1450m / 19Km

DAY 5

COL DE LA SEIGNE - VALLEE DES GLACIERS

Climb the Val Veny via the glacial lake Miage to the Col de la Seigne forming the border between Italy and France. Possible detour via the Balcon Sud of Mt Blanc through the Col Chécroui and the Mont Fortin, unveiling another angle of the impressive Mont-Blanc range. Night in a refuge.

6.5 hour walk / Elevation: +950m -750m / 16Km

8 hour walk / Elevation : +/- 400m (via the Col Chécroui) / 19Km

DAY 6

COL DES FOURS - COL BONHOMME - LES CONTAMINES-MONTJOIE

Meet the local dairy farmers of the Beaufort region at work. C limb through pastures and along waterfalls to the Col des Fours (2665m) the highest point of the tour. Followed by a descent to the Col du Bonhomme (2300 m), once frequented by peddlers. Descend via the old Roman road to the chapel in Notre-Dame-de-la-Gorge. Short bus transfer to Les Contamines-Montjoie.

7.5 hour walk / Elevation: +900m -1500m / 17Km

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.

5.5 hour walk / Elevation: +800m -850m (via Champel) / 13Km

7.5 hour walk / Elevation: +1200m -1300m (via the Col du Tricot) / 16Km

End point Saturday at 4:00pm at the bottom of the Prarion gondola 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 the natural conditions and the fitness of the group).

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

PERIOD	AVAILABILITY	PRICE
23/05/2027 - 29/05/2027	Départ garanti	1 120 €
30/05/2027 - 05/06/2027	Départ garanti	1 120 €
06/06/2027 - 12/06/2027	Départ garanti	1 150 €
13/06/2027 - 19/06/2027	Départ garanti	1 150 €
20/06/2027 - 26/06/2027	Départ garanti	1 150 €
27/06/2027 - 03/07/2027	Départ garanti	1 150 €
04/07/2027 - 10/07/2027	Départ garanti	1 150 €
11/07/2027 - 17/07/2027	Départ garanti	1 150 €
18/07/2027 - 24/07/2027	Départ garanti	1 150 €
25/07/2027 - 31/07/2027	Départ garanti	1 150 €
01/08/2027 - 07/08/2027	Départ garanti	1 150 €
08/08/2027 - 14/08/2027	Départ garanti	1 150 €
15/08/2027 - 21/08/2027	Départ garanti	1 150 €
22/08/2027 - 28/08/2027	Départ garanti	1 120 €
29/08/2027 - 04/09/2027	Départ garanti	1 150 €
05/09/2027 - 11/09/2027	Départ garanti	1 150 €
12/09/2027 - 18/09/2027	Départ garanti	1 120 €

Altitude Montblanc · 62 Passage du Nant Devant · 74110 Montriond
+33 (0)4 50 79 09 16 · info@altitude-montblanc.com

Capital 6000 EUR - IM 074100150 - APE 7912Z - SIRET 48156356700025 - VAT FR67481563567
Professional insurance MMA SARL SAGA - Groupama guarantee 840,000 EUR

PERIOD	AVAILABILITY	PRICE
19/09/2027 - 25/09/2027	Départ garanti	**1 120 €**

THE PRICE

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;
- Your return journey from home to 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.

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running, cycling, from 3 to 4 hours a week.
Your physical preparation will enable you to enjoy your trek to the maximum.
Please find the description of the levels by clicking here: levels of difficulty

Please note: snow and névés will be present on the paths until mid-june at least. You may walk on long snowy sections that can make the tour a bit more challenging. High mountain boots, gaiters and walking poles are mandatory. Be prepared!

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 program to adapt it to the level of the participants and/or the natural conditions. As a last resort, he is the sol decision-maker.

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

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

6 nights in dormitory, in gites and refuges
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, comprising a variety of healthy salads and local products.
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 50 - Tour du Mont Blanc

Practical information

ACCESS TO DEPARTURE POINT

Meeting point Sunday at 10:00am infront of the train station in Montroc-le-Planet.

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.
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: Chamonix Mobilité.

ACCOMMODATION BEFORE AND AFTER

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

Hôtel St Antoine*** - Les Houches: +33 (0)4 50 54 40 10
Hôtel les Campanules** - Les Houches: +33 (0)4 50 54 40 71
Hôtel de l'Arve*** – Chamonix : +33 (0)4 50 53 02 31
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: Chamonix Mobilité

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability.
The repatriation insurance EUROP ASSISTANCE that we offer is dedicated to French speaking people living in Europe. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

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

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Lightweight down jacket
- Wind stopper or Gore-Tex jacket
- Waterproof poncho + gaiters or Gore-Tex 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 (0,40l à 0,50l)
- 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 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 - 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.

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 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	**TOUR OF MONT BLANC 7 days**
Number of days	**7**
Insurance	
Trip price	**1 120 €**
Estimated deposit (30%)	**336 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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