



THE UNUSUAL TRAIL TOUR OF MONT BLANC

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



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.

 6 Days

 Guided / with a guide

 With or without luggage transportation

 Accommodation : Classic (dormitory)

 Level : ****

 From : 915€

You will like

- 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.

The route

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.

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

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.

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

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.

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

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.

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

Day 5

CRÊTES DES GITES – 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.

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

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.

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

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.

The trip

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.

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.montblanchbus.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, follow the main road towards Argentière and Switzerland to the village of Montroc (1km after Argentière) or exit at Les Houches, Bellevue/Prarion.

There is ample parking at the meeting point in Montroc-le-Planet or in the village of Le Tour 1km away.

If you wish to leave your car in a covered garage, contact:

Chamonix Auto Park: 04 50 53 65 71 (40 to 50€ per week).

The easiest option for your return is to leave your car at the end point of the tour at the Prarion gondola in the village of Les Houches and take the bus to the meeting point in Montroc-le-Planet.

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.

Les Houches

Hôtel St Antoine: +33 (0)4 50 54 40 10

www.hotelsaintantoine.com

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

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

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.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**

Dates & 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.

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!**

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 (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 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.



Registration by mail form

Last name:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:

Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE