




## MONT-BLANC BEST OF


On the paths of the Tour of Mont Blanc, in comfort hotel



If the mythical Tour of Mont Blanc is a little too much for you, we invite you to discover its wonders in small steps. We have selected the most beautiful routes with unique viewpoints, vast panoramic views and also the discovery of the natural and cultural heritage of the region.

Hiking at a gentle pace, allowing time to appreciate the deep blue of gentian flowers, the purple orchids, the soaring golden eagles and the playful marmots.


 7 Days

 Guided / with a guide

 With or without luggage transportation

 Accommodation : Hotel \*\*

 Level : \*\*

 From : 1160€

### You will like

- The exceptional panoramic views of the Mont Blanc range
- An easy and accessible route for all with a very alpine character
- Your proximity to major glaciers throughout the week
- The comfortable accommodation in 2/4 star hotels

# The route

## Day 1

### WELCOME

**Meet on Sunday at 6:00pm at Les Campanules Hotel in Les Houches.**  
Welcome and presentation of the week's itinerary by your mountain leader.

## Day 2

### FRANCE - MONT BLANC FROM THE CHAMONIX SIDE

#### AIGUILLETTE DES HOUCHES

Short transfer to the Merlet Park, starting point for a circuit hike through Bellachat and to the Aiguillette des Houches. Impressive panoramic view over the Mont Blanc and the Dôme du Goûter. Descend on foot to the hotel.  
5 hour walk / Elevation: +750m -1100m

## Day 3

### ITALY - MONT BLANC FROM THE COURMAYEUR SIDE

Transfer to Italy through the Mont Blanc tunnel.

#### LAC AND GLACIER DE MIAGE

Day in the Val Veny to discover the lac du Miage, nestled in the moraine at the foot of a glacial wall. Depending on your fitness condition, follow the Balcon Sud du Mont Blanc to the Col Chécroui, unveiling another angle of the impressive Mont Blanc range. Short bus transfer to the hotel.  
4.5-6 hour walk / Elevation : +/-400m / +680m -800m

## Day 4

#### MONT DE LA SAXE

Short transfer to La Vachey in the Val Ferret. After a gentle ascent to the Mont de la Saxe pastures, a long balcony traverse brings us back to Courmayeur... a full day with an exceptional panorama over the south face of the Mont Blanc range. Short bus transfer to the hotel.  
5 hour walk / Elevation: +600m -950m

## Day 5

### RETURN TO FRANCE - MONT BLANC FROM THE CHAMONIX SIDE

Transfer avec Altitude Mont Blanc from Courmayeur to Col des Montets

#### LACS DES CHESERYS

A comfortable climb leads to the Lacs des Chésery and continues along a superb balcony trail to Planpraz. The classic awe inspiring panoramic view over the Mont Blanc will fill your eyes all day... Return to Chamonix in the Planpraz gondola. Short bus transfer back to the hotel.  
4.5 hour walk / Elevation: +750m -500m

## Day 6

### **MER DE GLACE**

Short transfer to Chamonix. Take the Aiguille du Midi cable car to the mid station. Traverse along the balcony trail to the Forbes Signal (2200m) with a magnificent view over the Chamonix Valley at the foot of towering peaks. Descend to the Mer de Glace, the longest of the Mont Blanc glaciers. Return to Chamonix on the historical Montenvers pinion railway. Short bus transfer back to the hotel.

3 hour walk / Elevation: +250m -600m

## Day 7

### **End point on Friday morning after breakfast at your hotel 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.

Personalised tour available, contact us...

# The trip

## LEVEL \*\*

Elevation: +/- 400m to 750m approximately per day.

Walking time: 3 to 6 hours per day.

Type of trek: mountain hike on marked trails, open to most people. Depending on the level of the group some alternative routes may be proposed.

You will need a good fitness level and must have a good health for this trek. A physical preparation will help you to enjoy your stay: please regularly practice a cardio sport such as hiking, running, biking, swimming.

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 guide 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.

## TRANSPORT

Each day transfers will be made to the departure point of the hike, either by public transport, lifts, a historical rack and pinion railway or by minibus with your mountain leader.

## ACCOMMODATION

6 nights in a comfortable twin/double bedroom.

Individual bookings will be placed in non-mixed bedrooms with 2-3 people unless a single supplement is paid.

In France: 4 nights at the hotel Les Campanules\*\*

In Italy: 2 nights in or near Courmayeur in a 4\* hotel

Number of nights in each hotel may change subject to availability.

## 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 25 - 3630 OT - Chamonix and Top 25 - 3531 ET - Saint Gervais (1/25 000)

# Practical information

## ACCESS TO DEPARTURE POINT

**Meet in the afternoon on Sunday at Les Campanules Hotel in Les Houches.**

### BY TRAIN

Inbound, the day before : depart Gare de Lyon (Paris) at 8:18am (or 10:30am) arrive in Les Houches at 1:47pm (or 4:47pm).

Hotel Les Campanules is 500m on the left side from the train station.

Return, the day after : depart Chamonix at 9:20am (or 12:20pm) arrive in (Paris) Gare de Lyon at 3:42pm (or 5:42pm).  
*Times given are indicative and should be verified in a train station or on [www.oui.sncf](http://www.oui.sncf)*

### BY CAR

Take the A40 motorway towards Chamonix, exit Les Houches/St. Antoine. At the roundabout take the first exit right, 400m away turn right to the SNCF train station. Pass the bridge, turn right and follow the road up the hill. The hotel is 400m on the left. Free parking places near Prarion cable car.

Hôtel Les Campanules, 450 Route de Coupeau, 74310, Les Houches.

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

Chamonix Auto Park: 04 50 53 65 71 (60 to 80€ per week).

### CAR-SHARING

Get in touch with people to share a lift! Here are some website recommendations: [www.blablacar.fr](http://www.blablacar.fr)  
[www.covoiturage-libre.fr](http://www.covoiturage-libre.fr) [www.laroueverte.com](http://www.laroueverte.com) [www.roulezmalin.com](http://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)

### ACCOMMODATION BEFORE AND AFTER

Les Houches - Hotel Les Campanules: +33 (0)4 50 54 40 71

Chamonix Tourist Office: +33 (0)4 50 53 00 24

[www.chamonix.com](http://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](http://www.chamonix.montblancbus.com/en/bus-lines)

## 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 by calling: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

## Dates & prices

From 15/06/25 To 21/06/25	Guaranteed departure	1160 €
From 22/06/25 To 28/06/25	Open departure	1250 €
From 29/06/25 To 05/07/25	Guaranteed departure	1250 €
From 06/07/25 To 12/07/25	Guaranteed departure	1250 €
From 20/07/25 To 26/07/25	Guaranteed at the next registration	1275 €
From 27/07/25 To 02/08/25	Guaranteed departure	1275 €
From 03/08/25 To 09/08/25	Guaranteed departure	1275 €
From 10/08/25 To 16/08/25	Guaranteed at the next registration	1275 €
From 17/08/25 To 23/08/25	Guaranteed departure	1275 €
From 24/08/25 To 30/08/25	Open departure	1250 €
From 31/08/25 To 06/09/25	Guaranteed at the next registration	1250 €

## 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 2/4 star hotels;
- Baggage transport between accommodation, train and bus transfers.

### The price does not include:

- Lift passes for the Planpraz gondola, Aiguille du Midi cable car and the Montenvers train: **approx €50**;
- Personal expenses (drinks, etc.) and touristic visits;
- Airport taxes;
- Cancellation insurance;
- Your return journey from home to the point of departure/end point.

Single supplement: €285

**The price is all inclusive from departure to end point.**

# 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 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
- 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.

**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.*



## HOW TO REGISTER

- By internet: [www.altitude-montblanc.com](http://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

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.



## 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