TOUR OF MONT BLANC 6 DAYS SELF-GUIDED IN 3*HOTEL

A selection of 6 stages and 5 very comfortable (almost luxurious) hotels. The best of the tour!

A tour of Mont Blanc accessible to anyone in good shape... but we have also selected the most comfortable accommodation for you, the best food and the warmest welcomes. Benefit from adaptable stages, easy to really sporty enabling you to discover some of the most beautiful panoramas of the TMB.

Seven valleys, 71 glaciers, 400 summits... the impressive, magical high mountains and the striking display of glaciers descending from summits to alpine pastures... viewed from the track, no risk and no height induced fears!

6 days

Self-guided / without a guide

With or without baggage transport

Accommodation : Hotel ***

Level : ***

From : 935€

You will like

- The choice of stages at this mythical destination
- The spectacular views and proximity to large glaciers
- The Mont-Blanc balcony trails of the Chamonix Valley
- The transport of your baggage each day
- The accessible level of the tour
- The choice of accommodation

The route

Day 1

Meeting at 9:45am at the Flégère cablecar in les Praz, Chamonix.

Possibility to walk via les Balcons with a departure from Chamonix.

LES PRAZ DE CHAMONIX - LAC BLANC - ARGENTIERE
Ascend in the Flégère cablecar to the Balcons du Mont Blanc to reach Lac Blanc at 2300m. Descend on the path which winds through the forest to the village of Argentière. Night in a hotel.
Possibility to go back down to the valley with the same cablecar and then take a bus to Argentière.
5.5 hour walk / Elevation: +500m -1120m

Day 2

BOVINE or FENÊTRE D'ARPETTE - CHAMPEX
Transfer to Switzerland and traverse through the mountain pastures of Bovine via a balcony trail overlooking the Rhone Valley or climb alongside the Trient Glacier to reach the mythical Fenêtre d'Arpette, a more "high mountain" route. Night in the village of Champex.
6 hour walk / Elevation: +1050m -700m (via Bovine)
7 hour walk / Elevation: +1380m -1040m (via Arpette)

Day 3

THE GRAND COL FERRET - COURMAYEUR
From the village of Champex, transfer by bus to the village of La Fouly. Ascend to the Col Ferret (2537m) on the Swiss/Italian border. Possible meetings with alpine pasture farmers at the Alpage de la Peule. Descend into the Italian Val Ferret under the impressive towers of the south face of the Mont-Blanc range. Approach the foot of the Pré de Bar glacier. Transfer by bus to Courmayeur.
5 hour walk / Elevation: +850m -780m

Day 4

COL DE LA SEIGNE - LES CHAPIEUX
Transfer to La Visaille and climb via the glacial lake of Miage and continue to the Col de la Seigne on the French/Italian border unveiling the unreal Himalayan profile of the south face of the Mont-Blanc range. Possible detour by the south balcony of the Mont-Blanc passing by the Col de Chécroui. Descend the Vallée des Glaciers into France.
Possible bus from Ville des Glaciers to Les Chapieux in July and August.
5.5 hour walk / Elevation: +820m -750m (Ville des Glaciers)
additional -250m if descent to les Chapieux is on foot

Day 5

THE COL DU BONHOMME - LES CONTAMINES MONTJOIE
Climb to the Col de la Croix du Bonhomme and on to the Col du Bonhomme (2329m), a passing place of the hawkers of old. Descend to Notre Dame de la Gorge passing by the old Roman road at the end of the valley. Small transfer to your hotel in the village of Les Contamines.
6.5 hour walk / Elevation: +930m -1270m

Day 6

COL DU TRICOT or CHAMPEL - LES HOUCHES
Climb to the Bionnassay Glacier passing via the village of Champel or by the Col du Tricot (2120m) with a magnificent panorama of the Chamonix Valley, the domes of Miage and the Mont-Blanc close up. Descend to Bellevue then by cable car to Les Houches village.
3.5 hour walk / Elevation: +780m -50m (via Champel)
6 hour walk / Elevation: +1220m -600m (via the Col du Tricot)

The trip

LEVEL ***

Elevation: +/- 800m average per day.
Walking time: 4 to 6.5 hours per day. Possible route options to add to elevation and walking times are listed in the road book.
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. Being able to easily walk 15km in less than 3 hours.

The path of the TMB is very well marked and the Roadbook you receive is complete enough to allow you to hike safely. Nonetheless, it is crucial to be able to read a 1:25'000 topographic map and to have a good orientation sense in order to do this trek, even under bad weather.

Please find the description of the levels by clicking here: Level of difficulty

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 :
- 2 IGN TOP 25 maps with route layout.
- 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 for Grande Randonnée (in both directions).
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

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

ACCOMMODATION

COMFORT: 3* Hotel or gîte
Day 1 - night in 3* Hotel in Argentiere.
Day 2 - night in 3* Hotel in Champex.
Day 3 - night in 3* Hotel in Courmayeur.
Day 4 - night in a very comfortable gîte in Les Chapieux, bedroom with private bathroom.
Day 5 - night in 3* Hotel in Les Contamines-Montjoie - very comfortable hotel.

MEALS

Breakfast and dinner are provided in each accommodation.
Picnics are not included and can be pre-ordered at each accomodation 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 25 - 3630 OT - Chamonix and Top 25 - 3531 ET - Saint Gervais (1/25 000)

Practical information

ACCESS TO DEPARTURE POINT

BY TRAIN
Inbound: departure from Paris-Gare de Lyon the day before at 12:18pm (or 2:18pm) arrival in Chamonix at 7:32pm (8:32pm).
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
Return : departure from Les Houches 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 at a train station or on the SNCF website.

BY CAR
Take the A40 motorway to Chamonix,
FREE PARKING: There is ample parking at Chemin du Biolay, opposite the Montenvers train station, Chamonix.
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 free parking at the Prarion telecabine in the village of Les Houches and take the bus to the departure point in Chamonix.
www.chamonix.montblancbus.com/en/bus-lines

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 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 at 4:00pm at the bottom of the Prarion telecabine in Les Houches.

RETURN TO DEPARTURE POINT

At the end of the tour the return to Chamonix is easy via bus.

ACCOMMODATION BEFORE AND AFTER

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

Les Houches - Hôtel Les Campanules: +33 (0)4 50 54 40 71
Chamonix - Hôtel de l'Arve: +33 (0)4 50 53 02 31
Hôtel Le Labrador: +33 (0)4 50 55 90 09
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 on: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Dates & prices

DEPARTURES AND PRICES

Departures from mid-June to mid-September 2024
Departures on Sundays or Tuesdays.

Comfortable accommodation with baggage transport
€935 per person 6 days/5 nights (based on twin or double bedroom)
€1185 per personSingle room possible (subject to availability)
€1285 departure single person, single room

Online bookings are open for 2025!

Departures from mid-June to mid-September 2025
Departures on Sundays or Tuesdays.

Comfortable accommodation with baggage transport
€1030 per person 6 days/5 nights (based on twin or double bedroom)
€1280 per personSingle room possible (subject to availability)
€1360 departure single person, single room

Information and reservation online, by email or by phone.

THE PRICE

The price includes:

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

The price does not include:

- Picnic lunches;
- Personal expenses, drinks, touristic visits, etc.;
- Bus transfers (approx 20 à 25€ per person);
- The gondola on Day 1 (approx 18€ per person) and the possible gondola on Day 6 to go down to Les Houches;
- Travel to and from your home;
- Cancellation insurance (4.2% of total tour cost).

Equipment and baggage

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
- 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
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches
- 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 dropped off at the end point with your other baggage.

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

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:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

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