Compagnie des Guides de Chamonix

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TOUR DU MONT BLANC - AUTHENTIC

Duration: 7 | Fitness: ▲▲▲▲▲ | Technique: ▲▲▲▲▲ | Price from: 1 230 €

THE AUTHENTIC TOUR DU MONT BLANC IN 7 DAYS

Hike through Switzerland, Italy and France, crossing high mountain passes, alpine pastures and glacier valleys beneath some of the highest peaks in the Alps. This **Authentic trip** is our most immersive itinerary around Mont Blanc. Over 7 days, hike this legendary trail while staying in mountain huts or inns right along the route. Enjoy a shared experience and forge strong bonds with your fellow adventurers.

STAYING IN MOUNTAIN HUTS ALONG THE ROUTE

Staying in mountain huts means enjoying long summer evenings high in the mountains and watching the sunrise over the peaks while you eat breakfast. Nights in mountain huts or inns are an integral part of the Authentic Tour du Mont Blanc experience. You stay in mixed-gender dormitories, in accommodations located right along the route. You carry your gear for the week, giving you greater independence.

ALL THE LOGISTICS TAKEN CARE OF THROUGHOUT YOUR TRIP

Your guide leads you along the trails and handles all the logistics of the trip. They organize your transfers from one stage to the next using public transportation and manage your supplies with local accommodations and shops. All you have to do is **fully enjoy** your Tour du Mont Blanc, with nothing else to worry about but the pleasure of hiking.

ITINERARY

Day 1

Chamonix - Le Tour - Col de la Forclaz

We begin our trip in the village of Le Tour, with our first objective being the Col de Balme (2,191 m / 7,188 ft), which marks the French-Swiss border. We leave Mont Blanc behind us and continue towards the Alpage des Grands. We then descend towards Trient before finishing the stage at the Col de la Forclaz (1,527 m / 5,010 ft), a key pass on the route between Chamonix and the Rhône Valley.

Elevation gain: 900 m (2,950 ft) - Elevation loss: 900 m (2,950 ft) - Distance: 15 km (9.3 miles)

Day 2

Alpage de Bovine - Champex - La Fouly

This morning, we hike towards the Alpage de la Giète, where Hérens cows graze. Our trail then climbs to the Col de Portalo (2,049 m / 6,722 ft). Overlooking the Rhône Valley, the views are superb. We then descend to the charming village of Champex-Lac. A transfer takes us to La Fouly in the Swiss Val Ferret, where we reach our accommodation for the night.

Elevation gain: 900 m (2,950 ft) - Elevation loss: 800 m (2,625 ft) - Distance: 15 km (9.3 miles)

Day 3

Grand Col Ferret - Col Chécrouit

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We head towards the Grand Col Ferret (2,537 m / 8,323 ft) and Italy! From the pass, we discover the spectacular southern side of the Mont Blanc massif. We descend with views of the Pré de Bar and Miage glaciers to the hamlet of Arnouva, in the heart of the Italian Val Ferret. A shuttle takes us to Courmayeur. After a quick visit to the town, we continue towards Col Chécrouit, using the Dolonne lifts to shorten the ascent. Our stage ends here, with a night in a mountain hut.

Elevation gain: 1,200 m (3,940 ft) - Elevation loss: 900 m (2,950 ft) - Distance: 15 km (9.3 miles)

Day 4

Col Chécrouit - Ville des Glaciers

We leave Col Chécrouit behind and descend to Lac Combal. The trail then climbs steadily to the Col de la Seigne (2,516 m / 8,255 ft), on the French-Italian border. Descending into France, we enter the alpine pastures of the Beaufortain, where Tarine cows produce the famous Beaufort cheese. We continue to the Ville des Glaciers, where a shuttle takes us to the hamlet of Les Chapieux, the end of today's stage.

Elevation gain: 1,300 m (4,265 ft) - Elevation loss: 1,200 m (3,940 ft) - Distance: 21 km (13.0 miles)

Day 5

Les Chapieux - Val Montjoie

We begin our day with a beautiful ascent through the alpine pastures to the Col de la Croix du Bonhomme (2,479 m / 8,133 ft). We then continue to the Col du Bonhomme, where we enjoy a superb natural terrace and the views as we take a break before beginning our descent towards Val Montjoie and our mountain hut for the night.

Elevation gain: 1,000 m (3,280 ft) - Elevation loss: 600 m (1,970 ft) - Distance: 12 km (7.5 miles)

Day 6

Val Montjoie

From the mountain hut, we descend to the famous Roman road overlooking impressive natural gorges. We then climb towards the Tré la Tête mountain hut (1,969 m / 6,460 ft). A beautiful undulating traverse takes us to the Alpage du Truc, beneath the Dômes de Miage.

Elevation gain: 900 m (2,950 ft) - Elevation loss: 1,200 m (3,940 ft) - Distance: 14 km (8.7 miles)

Day 7

Col du Tricot - Bellevue - Les Houches

For this final day, we have one last major pass to cross: the Col du Tricot (2,120 m / 6,955 ft). From there, we reach the Bionnassay Valley and its Himalayan-style footbridge before continuing to Bellevue. A final descent through the Grands Bois takes us to the village of Les Houches.

Elevation gain: 800 m (2,625 ft) - Elevation loss: 1,400 m (4,595 ft) - Distance: 14 km (8.7 miles)

GROUP BOOKING

The group option brings together participants who may not know each other. For a set program, it offers an attractive price on fixed departure dates. This option is ideal for those who enjoy the friendly atmosphere of a group. Already a group of friends and looking to share a special experience together? Consider the private option!

We have been guiding people in the mountains since 1821

Enjoy the expertise and personal attention of our hiking professionals

Travel in a small group of no more than 12 participants

Dates

See the booking module. *The departure will be confirmed once the minimum number of participants (7 people) has been*

reached by the trip confirmation date.

2027 Price
€1,230 per person

The price includes
- Trip organization
- Guiding by a qualified hiking guide
- Accommodation: 6 nights in mixed-gender dormitories (shared bathrooms)
- Meals (picnic lunches, dinners and breakfasts) throughout the trip (one set menu for the entire group, excluding special diets and allergies)
- Lifts and transfers included in the itinerary

The price does not include
- Personal expenses: souvenirs and drinks
- Any costs resulting from a participant's personal decision to modify the itinerary or inability to complete a stage (additional transfer or lift, accommodation...)
- Mandatory repatriation insurance and strongly recommended cancellation insurance
- Booking fees
- Anything not listed under "The price includes"

PRIVATE BOOKING

Would you like to hike with family or friends? With the private option, you choose your departure dates, subject to accommodation availability. Together with our advisors, you create a trip tailored to your plans. **Duration, itinerary, level, accommodation and pace**: we help you make the right choices to create a program that suits your group, your preferences and your goals.

You can enjoy a **trip designed around you**, while benefiting from our local knowledge and having all the organization and logistics taken care of.

The price decreases according to the number of participants.

Ask us for a quote

FURTHER INFORMATION

In this section, you will find all the information you need about this trip. For any additional information, please contact our advisors.

Meeting Point
Please meet at 8:00 a.m. on the day of departure at the Compagnie des Guides reception desk in Chamonix. An information meeting is held the day before at 6:00 p.m. at the reception desk, giving you the opportunity to meet your group and finalize the last details with your guide. If you are unable to attend, please let us know.

On the last day, your arrival time depends on the group's pace and conditions. For your return journey, we recommend booking your departure as late as possible that evening or for the following day.

Technical Level
The itinerary does not present any particular technical difficulties but follows trails that can be steep and rugged.

⚠ In June, high-altitude sections may still be covered in snow, making progress more difficult.

Fitness Level
You must be able to hike **11 to 15 km (6.8 to 9.3 miles) with 700 to 1,300 m (2,300 to 4,265 ft) of vertical ascent per day**, at an average uphill pace of 350 to 400 vertical metres per hour (1,150 to 1,310 ft/h), while carrying your backpack. Regular exercise is required and previous multi-day hiking experience is strongly recommended.

If you have any doubts about your fitness level, please contact our advisors before registering.

Accommodation
6 nights in mountain huts or inns, in mixed-gender dormitories for 4 to 20 people. Bathrooms are shared.

⚠ Depending on availability, the planned accommodation may be replaced by accommodation offering an equivalent level of

comfort . This may result in additional transfers at the beginning or end of the day.

⚠ Accommodation in Chamonix before and after the trip is not included. You can find the list of our partner hotels in the *Booking - Cancellation* section of the FAQ

Meals
Breakfasts, picnic lunches and dinners are included from lunch on the first day through lunch on the last day. Please specify any special dietary requirements or allergies on your registration form.

Transfers and Lifts
The lifts included in the program and the transfers required between certain stages are included. Transfers are made using local public transportation.

⚠ At the beginning and end of the season, the itinerary may be adapted depending on lift opening dates.

Luggage
You carry all your belongings throughout the trip.

Itinerary
Distances and elevation figures are provided for information only. The itinerary may be adapted by your guide depending on mountain conditions and the level of the group.

Guiding
The trip is led by a qualified hiking guide. The group consists of 7 to 12 participants aged 16 and over. Participants under 18 must be accompanied by a legal guardian.

Formalities
You must have insurance covering search and repatriation costs in all three countries visited, as well as a valid form of identification. Cancellation insurance is strongly recommended. We offer combined assistance, repatriation and cancellation insurance, which can be purchased when you register (EU and UK residents only). You can find the list of eligible countries of residence in the *Booking - Cancellation* section of the FAQ.

For European residents, the European Health Insurance Card is also strongly recommended.

EQUIPMENT

Take special care when choosing your gear to maximize your chances of success. Stick to the essentials to keep your backpack as light as possible. This equipment list is provided to help you pack. It has been tested and approved by our guides. We recommend following it when deciding what to pack in your backpack. You can find the list of our Equipment and Rental partners in the *Practical Information* section of the FAQ.

Backpack
- A 40-liter backpack

Clothing
- Breathable long- and short-sleeved T-shirts
- A lightweight fleece jacket
- A warm, lightweight and packable insulated jacket
- A waterproof jacket (e.g. Gore-Tex)
- Hiking pants
- Shorts
- Waterproof pants (e.g. Gore-Tex)

Footwear and evening wear
- Hiking socks
- A pair of high-cut hiking boots with a good sole
- A change of clothes for the evening
- A pair of lightweight flip-flops for the evening

Protection and hiking accessories
- A pair of telescopic trekking poles
- A rain poncho
- A pair of gloves
- A beanie

- A hat or cap
- A pair of Category 3 sunglasses

Personal equipment and essentials
- At least 2 liters of water (water bottle, hydration bladder… one or more containers of your choice)
- Picnic utensils
- A few small waste bags to carry your waste with you
- A flashlight or headlamp
- A sleeping bag liner
- Sunscreen and lip balm
- A basic toiletry kit: towel, earplugs and toilet paper
- A small personal first-aid kit: Compeed-style blister dressings and medication for common ailments such as diarrhea, constipation, sore throat, headaches, aches and pains, and allergies (your guide carries a first-aid kit)

Documents and money
- A valid form of identification
- Money for personal expenses (euros and Swiss francs)

⚠ **The weather changes quickly in the mountains**
Even in the middle of summer, you may encounter all kinds of weather. Make sure you bring adequate protection against rain and cold.