Compagnie des Guides de Chamonix

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TOUR DU MONT BLANC - FAST HIKING

Duration: 6 | Fitness: ▲▲▲▲▲ | Technique: ▲▲▲▲▲ | Price from: 1 475 €

This 6-day version of the Tour du Mont Blanc is a condensed format of our classic complete10-day itinerary. Although the route remains the same, some stages have been combined to give a decidedly sporty character to this adventure. The entire circuit is done on foot, without any reliance on transportation. However, it is not a race; no section requires running, but a brisk walk is required. This full tour is suitable for hikers with regular practice, capable of completing stages of around twenty kilometers with a positive elevation gain of 2000 meters.

Starting from the Chamonix Valley, you will traverse stunning landscapes, particularly in the Beaufortain, Val Veny, and Val Ferret. Whether in France, Switzerland, or Italy, you will have the opportunity to admire breathtaking panoramas, including glaciers, high-altitude lakes, alpine meadows, waterfalls, and much more. Take advantage of this unique experience by returning to your starting point on foot, without any reliance on transportation: an ideal route for hiking enthusiasts who want to complete the Tour du Mont Blanc entirely on foot.

Immerse yourself in a unique trail experience, guided by the anecdotes and thoughtful advice of your mountain guide, all without worrying about logistics. You only carry your daypack; baggage handling is taken care of by taxis, and daily picnics are organized by accommodations. Spend the night in a mountain hut or hotel, in a dormitory or a small room.

ITINERARY

Day 1

Chamonix - Les Contamines

From the church in Chamonix (3,415ft), an iconic starting point for the Tour du Mont-Blanc, we follow the waters of the Arve River to the village of Les Houches. We cross the Col de Voza (5,423ft) to enter the Val Montjoie. Passing through multiple hamlets, we reach the village of Les Contamines Montjoie (3,773ft), the terminus of our first day.
Elevation gain: 4,800 feet - Elevation loss: 4,500 feet - Distance: 16 miles

Day 2

Les Contamines - Les Chapieux

After warming up in the valley at Notre-Dame-de-la-Gorge, we begin a long uphill climb on a Roman road that leads us to Col du Bonhomme (7,641ft). The traverse to Col de la Croix du Bonhomme offers us the wildest part of the Tour du Mont-Blanc. We descend into the Vallee des Chapieux.
Elevation gain: 4,790 feet - Elevation loss: 3,000 feet - Distance: 12.5 miles

Day 3

Les Chapieux - Courmayeur

We ascend the border Col de la Seigne (8,215ft). We discover the spectacular Italian side of the Mont Blanc Massif. We descend into the Val Veny. From Lake Combal (6,562ft), our trail ascends to the alpine pastures of Arp Veille, a remarkable panoramic path. A long descent takes us to Courmayeur.
Elevation gain: 5,580 feet - Elevation loss: 5,800 feet - Distance: 18.7miles

Day 4

Courmayeur - La Fouly

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This is our longest day of the week. From Courmayeur, we climb through a beautiful larch forest to reach the Bertone Refuge (6,526ft). We enjoy the panoramic trail to the Bonatti Refuge (6,630ft) and then the Grand Col Ferret (8,316ft). Now we are in Switzerland. A rolling descent takes us to the village of La Fouly (5,249ft) in the Swiss Val Ferret.
Elevation gain: 6,100 feet - Elevation loss: 4,800 feet - Distance: 19 miles

Day 5

La Fouly - Col de la Forclaz

We traverse the Swiss Val Ferret, dotted with small hamlets with preserved architecture, to the village of Issert (3,445ft). An ascent leads us to Champex-Lac (4,757ft). Through a sustained climb, we reach the panoramic alpine pastures of Bovine (6,562ft). A long descent takes us to Col de la Forclaz (5,000ft) and then the village of Trient (4,199ft).
Elevation gain: 4,000 feet - Elevation loss: 4,200 feet - Distance: 17 miles

Day 6

Col de la Forclaz - Chamonix

We leave Switzerland through the alpine pastures of Catogne to reach those of Les Posettes (6,562ft). We are back in the Chamonix Valley. With the Mont Blanc Massif in view, we complete our week in front of the church in Chamonix.
Elevation gain: 6,600 feet - Elevation loss: 8,200 feet - Distance: 17 miles

GROUP BOOKING

The collective formula associates several people who do not necessarily know each other. It allows for a planned program to benefit from an attractive price on fixed dates. This formula is ideal for people looking for the friendliness of a group.

Dates : See below for the group booking module

The departure will be confirmed once the minimum number of participants (6 people) has been reached by the trip confirmation date.

Price 2027 : 1475 € per person

This price includes:
- the organization of the trip
- the supervision by a state qualified trekking guide
- half-board accommodation in either a basic hotel or inns in shared rooms 2 to 4 people. Sanitories can be collectives.
For people signing up alone, we cannot guarantee that you will share your room with a person of the same gender.
- pic-nic lunches
- transportation of one piece of luggage throughout the trek : soft bag, no hard suitcase. **Max 15 kg, in case of excess weight, your luggage will not be transported by our provider**

This price does not include:
- Transportation to the starting point of the hike
- Accommodation before and after the hike
- Personal expenses: souvenirs, drinks, etc.
- Ski lifts or taxi transfers in case of personal inability to complete the planned stage
- Mandatory repatriation insurance. Cancellation insurance is strongly recommended. *(Residents of the following countries—Andorra, Austria, Belgium, Denmark, Finland, France, Germany, Gibraltar, Greece, Ireland, Italy, Liechtenstein, Luxembourg, Monaco, Netherlands, Norway, Portugal, San Marino, Spain, Sweden, Switzerland, and the United Kingdom—can purchase repatriation and cancellation insurance at the same time as their trip registration. This insurance is non-refundable in case of cancellation.)*
- Booking fees
- Anything not mentioned under "This price includes"

PRIVATE BOOKING

Want to go hiking with family or friends? Want the freedom to choose your departure dates*, enjoy a tailor-made itinerary adapted to your desires, and benefit from guidance specifically suited to your level? Choose the private package!
This is the traditional relationship between a guide and their clients. It allows you to be alone or in a group with your guide, who will respond to your specific needs. The ideal package for realizing your plans, as it guarantees maximum comfort.

Discounted rates based on the number of participants.
*Subject to availability of accommodation.
Contact us for a quote.

FURTHER INFORMATION

In this section, find all the information about this activity. To prepare your trip effectively, refer to the guides' tips. They share their expertise and recommendations, ensuring you have a great experience

Meeting point : Meet at 8.30am in front of the Compagnie des Guides in Chamonix, 190 place de l'Eglise, 744000 Chamonix Mont-Blanc.

Ability level : 5/5 - This 6-day full Tour du Mont-Blanc is a challenging hiking experience. With a positive elevation gain ranging from 900 meters to 2500 meters, equivalent to an average of 6 to 8 hours of walking per day, this itinerary requires excellent physical fitness. Mountain trails are generally well-maintained, although the route may sometimes include off-trail sections. Prior experience in fast-paced, multi-day hiking is necessary.

Itinerary : The guide may need to adjust the itinerary based on weather conditions and/or the physical and/or technical abilities of the group

Guiding policy : minimum 6 and maximum 8 people per state qualified guide. The Compagnie des Guides de Chamonix's guiding policy guarantees a better level of comfort and a high-quality personalised advice. *Registration possible from 16 years of age. Registration is not permitted to anyone under the age of 18 without a legal guardian.*

Accomodation :
- During the trip : 5 nights half board in inns or small hotels in shared rooms 2 to 4 people (sanitories may be collective)
For people signing up alone, we cannot guarantee that you will share your room with a person of the same gender.
- Before & after the trip : benefit from preferential prices from our partner hotels in Chamonix.

Documentation :
- Participants must have sports insurance with repatriation cover. We strongly recommend that this also includes cancellation cover. You can take out insurance offering both of these types of cover when you sign up.
- Participants must also take valid ID with them.

Preparing for the trip : An information meeting with your guide is scheduled the day before departure at 6pm at the Compagie des Guides office. We highly recommend your participation, as this meeting provides an opportunity to fine-tune your preparation.

EQUIPMENT

Weight is a hiker's adversary, so it is crucial to carefully select your equipment as it plays a key role in ensuring the success of your trip

Your gear
- A 20L backpack (a bag similar to a "trail running jacket" is recommended for comfort and ergonomics)
- A compact and sturdy travel bag, maximum 15 kg
- A pair of top quality hiking boots
- A pair of telescopic poles
- A hat or cap
- A warm hat
- Category 3 sunglasses
- Breathable long and short-sleeved T-shirts
- A polar fleece
- A warm down jacket
- A Gore-Tex waterproof jacket
- A rain poncho
- A hiking trouser
- A Gore-Tex waterproof trouser
- A short
- A pair of gloves
- Hiking-appropriate socks
- A minimum 2L water bottle

- A pocketknife and a spork
- A flashlight or headlamp
- Sunscreen and lip balm
- A sleeping bag liner
- Toiletry kit, towel, earplugs, and toilet paper
- Minimal personal pharmacy: blister pads like Compeed, medications for common ailments such as diarrhea, constipation, sore throat, headaches, pain, allergies
ID, money for personal expenses
- Spare shoes
- Flip flops for the hut with no luggage access
- Spare clothes as per your preference

Our Rental Partners : You can rent your equipment with our rental shops partners and benefit from special price Millet (excluding crampons, ice axes and helmet), Sanglard Sports, Ravanel & Co & Concept Pro Shop
Our Equipment Partners : Millet, Dynastar, Julbo, Grivel & Monnet