Compagnie des Guides de Chamonix

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LIGHT PACK HIKING - FAMILY TOUR DU MONT BLANC

Duration: 6 Fitness: Technique:

The legendary circuit of the Northern Alps, the Tour du Mont-Blanc, offers a unique panorama. During this hike, you can appreciate the beauty of the Mont-Blanc massif and discover the natural and cultural heritage of Valais, Valle d'Aosta, and Pays du Mont Blanc. Departing from the Chamonix Valley, you will traverse mountain trails through France, Switzerland, and Italy. This long-distance hike exposes you to breathtaking panoramic views: lakes, mountain pastures, and glaciers. A circuit for hiking enthusiasts, rich in emotions.

Our Tour du Mont Blanc Family is designed to allow you to share discoveries and emotions with your children. A specific selection of routes and the guidance of your mountain guide are dedicated to exploring mountain life, tailored to the age of the children. Two nights in mountain refuges ensure total immersion in the mountains for an even more comprehensive experience. Luggage transport is arranged for the majority of the hike, allowing you to concentrate on the essentials in your backpack and fully relish your trek. Accommodations include stays in small local hotels or mountain huts with sleeping arrangements in small rooms and dormitories. Transfers and luggage handling are efficiently managed by taxi companies, and daily picnics are prepared by the accommodations.

We recommend the Tour du Mont Blanc from the age of 10, but regardless of your children's age, we are at your disposal to create an itinerary that meets your specific needs.

ITINERARY

Day 1

Chamonix - Col de Balme

We begin our journey in the village of Le Tour. Col de Balme (7,188 feet), the Franco-Swiss border, is our first objective. Once we reach the Col, we leave behind Mont-Blanc and the other mountains of the Chamonix valley. We continue towards Trient. From there, one final effort takes us to Col de la Forclaz (5,013 feet), where we will spend the night.
Elevation gain: 3,100 feet - descent: 3,000 feet - Distance: 7.5 miles

Day 2

Croix de Bovine - Champex

We walk towards the Giète alpine pasture (6,181 feet). The Hérens cows welcome us with their cowbells as the cheesemaker methodically tends to the first milking. Our path now ascends to Col de Portalo (6,725 feet). Overlooking the Rhône valley, the view is magnificent. It's time to descend to the charming village of Champex-Lac (4,921 feet), where we can take a refreshing swim. Then, we will be transferred to La Fouly, where we will spend the night.
Elevation gain: 2,300 feet - descent: 2,600 feet - Distance: 8.7 miles

Day 3

Grand Col Ferret

We head towards Grand Col Ferret (5,036 feet), the Italian-Swiss border, with the southern face of the Mont Blanc massif in view. We also discover Mont Dolent, an iconic summit at the junction of three borders. The descent to the Italian Val Ferret unfolds with views of the Pré de Bar and Miage glaciers. In the early afternoon, our assistance minibus transfers us to Courmayeur, where we will spend the rest of the day in the Italian mountaineering capital, enjoying ice cream and experiencing the local cuisine and history.
Elevation gain: 3,000 feet - descent: 2,500 feet - Distance: 8.7 miles

Day 4

Col de la Seigne - Ville des Glaciers

We begin our hike toward Lake Combal, where glacial waters merge with the snowmelt from winter, creating a striking contrast! We continue toward the Elisabetta refuge and then to Col de la Seigne, a famous Italian-French border. During the descent, we arrive in the alpine pastures of Beaufortain with their herds of goats, and notably their Tarines: beautiful tan-colored cows with velvety eyes. We conclude our hike with a visit to a farm where we can taste Beaufort cheese and engage with local farmers.
Elevation gain: 3,000 feet - descent: 2,500 feet - Distance: 9.3 miles

Day 5

Ville des Glaciers - Hauts du Val Montjoie

We leave Ville des Glaciers to ascend toward the Bonhomme refuge and then the Col du Bonhomme, where we will enjoy a stunning natural terrace and views for a break before descending to La Balme. We are in the Contamines Montjoie nature reserve and we enjoy the calls of marmots to detect the presence of the Golden Eagle or the famous Bearded Vulture. We continue toward the Refuge des Prés, where we will spend the night. **No access to luggage.**
*Elevation gain: 3,100 feet - descent: 2,000 feet - Distance: 7.5 mile*s

Day 6

Hauts du Val Montjoie - Aiguillette des Houches

After a short morning descent, we reunite with our taxi at Notre Dame de la Gorge for a transfer to the heights of Les Houches. We head toward Aiguillette des Houches. Several options are available for this stage, and the group's fitness will allow the guide to offer the best possible experience. The second part of the afternoon will be dedicated to a visit to Merlet Park, during which the children can review what they have learned during the week and see the last animals they may not have had the chance to encounter in the wild. We will then return to the center of Chamonix, where our journey began six days ago.
Elevation gain: 1,000 feet - descent: 2,600 feet - Distance: 5 miles

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 8am at the Compagnie des Guides office, 190 Place de l'Eglise, 74400 Chamonix.

Ability level : 3/5 - The Tour du Mont-Blanc Family hiking trip is a moderate trek. It involves a minimum vertical gain of 700m (2350ft) with approximately 5 to 7 hours of hiking daily. The route follows generally well-maintained mountain trails, sometimes including off-trail sections. Good physical conditioning and previous multiday hiking experience on mountain trails are required. The recommended minimum age is 10 years old.

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 : maximum 12 people per guide. This group size is specific to the Compagnie des Guides de Chamonix, ensuring better dialogue comfort and genuine friendliness. Registration is only possible for families, and any minor must be accompanied by a legal guardian.

Accomodation :
- During the trip : 3 nights in hotels and 2 nights in mountain huts (in dormitories or triple/quadruple rooms).
- Before & after the trip : benefit from preferential prices from our partner hotels in Chamonix. If you wish to receive information just ask the Randonnée department.

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 30L backpack
- 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