



Compagnie des Guides de Chamonix

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AUTHENTIC HIKING - TOUR DU MONT BLANC VIA MOUNTAIN HUTS

Duration: 7

Fitness: ▲▲▲▲▲ Technique: ▲▲▲▲▲

Price from: 1 230 €

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. Immerse yourself completely in nature with our Authentic Tour du Mont Blanc. It's an experience that allows you to discover the fauna, flora, and local cultures up close.

Hike from mountain hut to mountain hut through typical alpine villages and fully enjoy the spectacle offered by the mountains, guided by a professional. It's a unique opportunity to delve deeper into the alpine diversity of France, Switzerland, and Italy, as well as the rich heritage of these regions. This Tour du Mont-Blanc is as authentic and close to nature as it gets. With your backpack on for the entire week, embark on the trails and spend the nights in mountain huts. You carry your weekly belongings in your backpack. Accommodation is in a hostel or refuge with nights in a dormitory. Transfers are handled by local transport, and picnics are provided by the accommodations.

This journey is part of a series of itineraries that we have designed to allow you to complete the Tour du Mont Blanc with logistics and comfort tailored to your needs. Explore the highlights with our [classic tour](#) or have an experience closer to nature with our [authentic circuit](#). Enhance your journey even further with our [comprehensive tour](#), and finally, maximize your comfort with our [luxury tour](#).

ITINERARY

Day 1

Chamonix - - Le Tour - Col de la Forclaz

We start our journey in the village of Le Tour. Col de Balme (7,188ft), on the Franco-Swiss border, is our first objective. Upon reaching the col, we leave behind us Mont Blanc and the other mountains of the Chamonix Valley. We continue towards the Alpage des Grands and then descend to the waters of Trient. The Col de la Forclaz hotel (5,010ft), where we will spend the night, is nearby.

Elevation gain: 2,600 feet - Elevation loss: 3,300 feet - Distance : 8.7 miles

Day 2

Alpage de Bovine - Champex - La Fouly (La Léchère)

We walk towards the Giète alpine pasture (6,180ft). The Hérens cows greet us with their cowbells as the cheesemaker diligently works with the milk from the first milking. Our trail now ascends to Col de Portalo (6,722ft). Overlooking the great Rhône Valley, the viewpoint is superb. It's time to descend to the charming village of Champex-Lac (4,920ft). A transfer takes us to La Fouly in the Swiss Val Ferret for the last ascent of the day (20 minutes), where we will spend the night.

Elevation gain: 3,000 feet - Elevation loss: 2,600 feet - Distance : 9.3 miles

Day 3

Grand Col Ferret - Refuge Maison Vieille

On our way to Grand Col Ferret (5,036ft), on the Italian-Swiss border, the southern slope of the Mont Blanc massif reveals itself to us. We also discover Mont Dolent, an iconic summit at the intersection of three borders. The descent to the Italian Val Ferret unfolds with views of the Pré de Bar and Miage glaciers. From the hamlet of Arnouva, a local shuttle takes us to Courmayeur. After a quick visit to the town, we head to the last climb of the day towards the Maison Vieille refuge (6,562ft), where we will

spend the night. We will use the Dolonne cable car to shorten the ascent.
Elevation gain: 3,900 feet - Elevation loss: 2,950 feet - Distance : 9.3 miles

Day 4

Col Chécrouit - Ville des Glaciers

We leave behind the Maison Vieille refuge and Col Chécrouit as we begin our descent to Lake Combal. The steady trail leads us to near the Elisabetta refuge and then to Col de la Seigne (8,215ft), the famous Italian-French border. During the descent, we reach the Beaufortain alpine pastures with their herds of goats, and most importantly, their Tarine cows: magnificent fawn-colored cows with velvet eyes. We spend the night in Les Chapieux.

Elevation gain: 3,900 feet - Elevation loss: 4,250 feet - Distance : 12.4 miles

Day 5

Col du Bonhomme - Refuge des Prés

We start our day with a beautiful climb through the alpine pastures to Col de la Croix du Bonhomme (8,136ft) via La Raja. We then reach Col du Bonhomme, where we enjoy a superb natural terrace and the view before beginning our descent to the Refuge des Prés, where we spend the night.

Elevation gain: 2,950 feet - Elevation loss: 2,000 feet - Distance : 8 miles

Day 6

Refuge des Prés - Refuge du Truc via Tré la Tête

From the Refuge des Prés, we start the descent to the Chalet de Nant Borrant, located along the famous Roman road, before to go up to the Refuge Tré la Tête. A pretty, hilly crossing then takes us to the Refuge du Truc.

Elevation gain: 2,950 feet - Elevation loss: 3,900 feet - Distance : 8.7 miles

Day 7

Col du Tricot - Bellevue - Les Houches

After reaching the Refuge de Miage, we tackle the Col du Tricot to reach the Bionnassay valley and then Bellevue. The last descent of our trip takes us through the Grand Bois forest to reach the village of Les Houches.

Elevation gain: 2,600 feet - Elevation loss: 4,600 feet - Distance : 8.7 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

Price 2026 : 1230 € per person - based on a minimum of 7 participants

This price includes :

- the organization and supervision by a state qualified trekking guide
- half-board accommodation in either a basic hotel or gîte / hut in a mixed dormitory
- picnic lunches
- lift passes
- transfers throughout the hike

Not included in the price :

- drinks and personal expenditure (souvenirs...)
- repatriation insurance (compulsory). Cancellation Insurance highly recommended

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 : 4/5 - The Authentic Tour du Mont Blanc is a strenuous trek, involving a minimum vertical gain of 800m (2350ft) and a maximum of 1300m (4265ft), with approximately 6 to 8 hours of hiking daily. The route includes generally well-maintained mountain trails, sometimes featuring out-of-trail sections. This multiday hike is ideal for individuals with trekking experience, requiring good physical training and previous multiday hiking experience on mountain trails

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 7 and maximum 12 people per guide. The Compagnie des Guides de Chamonix's guiding policy guarantees the most balanced groups as possible as well as 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.*

Accommodation :

- During the trip : 4 nights in refuge, 1 night in gite, 1 night in basic hotel / halfboard / in a mixed dormitory. Each hiker carries all their personal belongings and picnic for the entire trek
- 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 Compagnie 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. The weight of your backpack, including all your belongings, should not exceed 9kg

Your gear

- A 40L backpack
- 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 pair of Gore-Tex waterproof trousers
- A pair of shorts
- 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
- Flip flops for the hut
- 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](#)