Compagnie des Guides de Chamonix

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TOUR DU MONT BLANC - COMPLETE

Duration: 10 | Fitness: ▲▲▲▲▲ | Technique: ▲▲▲▲▲ | Price from: 1 990 €

THE COMPLETE TOUR DU MONT BLANC IN 10 DAYS

Ten days to make the most of the Complete Tour du Mont Blanc, with **maximum time spent hiking** and minimal transfers. This trek through France, Italy and Switzerland allows you to cover almost the entire route, crossing high Alpine passes, mountain pastures and glaciers, while taking the time to discover the rich natural and cultural heritage of the Alps.

HIKE LIGHT WITH LUGGAGE TRANSFERS

Thanks to **luggage transfers**, you carry only what you need for the day and enjoy the freedom of hiking light. Overnight stays are in mountain huts and inns, in mixed dormitories. On two nights in mountain huts, you will not have access to your transferred luggage and will need to carry your overnight essentials in your backpack.

ALL THE LOGISTICS TAKEN CARE OF

Your hiking guide leads you along the trails and takes care of all the trip logistics. They coordinate transfers by public transport and taxi between stages and coordinate your meals and supplies with accommodation providers and local shops. Enjoy the experience of **long-distance hiking** without having to worry about the organization.

ITINERARY

Day 1

Chamonix Valley

We begin our trip by taking the Plan-Praz gondola. At the top, we head towards Brévent, where Mont Blanc reveals itself in all its majesty. We then descend towards the Bellachat mountain hut and Merlet Wildlife Park. A short transfer takes us back to the valley, to Les Houches.

Elevation gain: 600 m (1,970 ft) - loss: 1,200 m (3,940 ft) - Distance: 9 km (5.6 miles)

Day 2

Val Montjoie

We walk through the village of Les Houches to reach the Bellevue cable car. At the top, we enjoy panoramic views of the surrounding mountain ranges. After crossing the famous suspension bridge over the Bionnassay torrent, we reach the Col de Tricot (2,120 m / 6,955 ft). From there, we descend towards the village of Les Contamines in Val Montjoie.

Elevation gain: 700 m (2,300 ft) - loss: 1,300 m (4,265 ft) - Distance: 12 km (7.5 miles)

Day 3

Beaufortain

From the village of Les Contamines, we follow the historic Roman road towards the Col du Bonhomme (2,329 m / 7,641 ft). Leaving Val Montjoie behind, we enter the Beaufortain and continue to the Col de la Croix du Bonhomme (2,408 m / 7,900 ft). The final descent through alpine pastures takes us into the Vallée des Glaciers and the hamlet of Les Chapieux.

Elevation gain: 1,300 m (4,265 ft) - loss: 900 m (2,950 ft) - Distance: 16 km (9.9 miles)

Day 4

Val Veny

From the hamlet of La Ville des Glaciers, we head towards the Col de la Seigne (2,516 m / 8,255 ft). We cross the Italian border and enter Val Veny. Several route options allow us to reach the Elisabetta mountain hut, located at the foot of the Lée Blanche Glacier. We spend the night in Val Veny, depending on availability. **We will not have access to our transferred luggage for this night.**

Elevation gain: 800 m (2,625 ft) - loss: 400 m (1,310 ft) - Distance: 9 km (5.6 miles)

Day 5

Lake Combal - Courmayeur

We begin the day by making our way to Lake Combal, then climb towards the alpine pastures of Arp Vieille. A spectacular balcony trail, facing some of the most famous peaks in mountaineering history — Noire de Peuterey, Dent du Géant and Grandes Jorasses — leads us to the Col de Chécrouit. From there, we descend towards Courmayeur, a picturesque medieval town with narrow streets and traditional Aosta Valley architecture.

Elevation gain: 600 m (1,970 ft) - loss: 1,300 m (4,265 ft) - Distance: 15 km (9.3 miles)

Day 6

Italian Val Ferret

From the hamlet of Planpincieux, we climb to a spectacular balcony trail offering exceptional views of some of the most impressive peaks of the Mont Blanc massif. We spend the night in the Italian Val Ferret. **We will not have access to our transferred luggage for this night.**

Elevation gain: 1,300 m (4,265 ft) - loss: 850 m (2,790 ft) - Distance: 13 km (8.1 miles)

Day 7

Swiss Val Ferret

The trail takes us to the Grand Col Ferret (2,490 m / 8,170 ft), marking the border between Italy and Switzerland. We discover peaceful alpine pastures overlooked by the snow-covered peaks of Mont Dolent and A Neuve and their glaciers. We then begin our descent into the Swiss Val Ferret, continuing down to La Fouly.

Elevation gain: 900 m (2,950 ft) - loss: 1,300 m (4,265 ft) - Distance: 19 km (11.8 miles)

Day 8

Trient Valley

The day begins with a transfer to the village of Champex-Lac. As we hike towards the Bovine alpine pasture, we admire the Rhône Valley and its vineyards, the high mountains of the Bernese Oberland and the dramatic peaks of the Combins massif. We then descend to the Col de la Forclaz, an important passage between the Rhône Valley and the Trient Valley.

Elevation gain: 800 m (2,625 ft) - loss: 700 m (2,300 ft) - Distance: 14 km (8.7 miles)

Day 9

Trélechamp

Our trail takes us to the Col de Balme (1,997 m / 6,552 ft), on the border between Switzerland and France. From the pass, the views of Mont Blanc and the Aiguilles Rouges are breathtaking. This spectacular scenery accompanies us all the way to Trélechamp, a small, authentic, heritage-listed hamlet.

Elevation gain: 900 m (2,950 ft) - loss: 900 m (2,950 ft) - Distance: 13 km (8.1 miles)

Day 10

Chamonix Valley

Today, we follow the Grand Balcon Sud trail to the Chéserys Lakes. We then continue to Lac Blanc, where the Mont Blanc massif is reflected in the water — a magical setting for our final picnic together! We pass through La Flégère and take the gondola down to the village of Les Praz. Return to Chamonix in the afternoon.

Elevation gain: 1,000 m (3,280 ft) - loss: 500 m (1,640 ft) - Distance: 10 km (6.2 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
€1,990 per person

The price includes
- Trip organization
- Guiding by a qualified hiking guide
- Accommodation: 9 nights in mountain huts or inns, in shared four-person rooms or mixed dormitories
- 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
- Transfer of one soft travel bag per person, weighing no more than 15 kg (33 lb). Luggage is not accessible during the overnight stays in mountain huts on stages 4 and 6

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 8:30 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. You will also need to collect your luggage, which will be delivered to the Compagnie des Guides in the late afternoon. 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 **9 to 19 km (5.6 to 11.8 miles) with 600 to 1,300 m (1,970 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 daypack. Regular exercise is required and previous multi-day hiking experience is strongly recommended to complete 10 consecutive days of hiking.

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

Accommodation
9 nights in mountain huts or inns, in shared four-person rooms or mixed dormitories accommodating 4 to 20 people, depending on the accommodation. Bathroom facilities 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 and taxis.

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

Luggage
Luggage transfers between accommodations are included, except for the nights in mountain huts on stages 4 and 6. You carry only what you need for the day and, on these two nights, your overnight essentials in your backpack.

⚠ Each participant may bring one soft travel bag weighing no more than 15 kg (33 lb). Hard-shell suitcases are not permitted. Bags exceeding the weight limit will not be accepted by the luggage transport provider.

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. You can find the list of our Equipment and Rental partners in the *Practical Information* section of the FAQ.

Backpack
- A 30-liter backpack

⚠ During the overnight stays in mountain huts on stages 4 and 6, you will not have access to your transferred luggage. Pack everything you need for these two nights in your 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 shoes 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 (0.5 US gallons) 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.