Compagnie des Guides de Chamonix

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TOUR DU MONT BLANC - FAST HIKING

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

THE TOUR DU MONT BLANC FAST WALKING

This 6-day version of the Tour du Mont Blanc is a condensed version of our 10-day Complete itinerary. Although the route is the same, some stages have been combined to give this adventure a decidedly sporty character.

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 smalls hotels and inns, in shared-room 2 to 4 people.

ALL THE LOGISTICS TAKEN CARE OF

Your hiking guide leads you along the trails and takes care of all the trip logistics. This way you can **fully enjoy your trip**.

ITINERARY

Day 1

Chamonix - Les Contamines

From the church in Chamonix (1,042m / 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 (1,653m / 5,423ft) to enter the Val Montjoie. Passing through multiple hamlets, we reach the village of Les Contamines Montjoie (1,150m / 3,773ft), the terminus of our first day.

Elevation gain : 1,500m (4,800 ft) - Elevation loss : 1,400m (4,500 ft) - Distance : 26km (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 (2,329m / 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 : 1,460m (4,790 ft) - Elevation loss : 900m (3,000 ft)- Distance : 21km (12.5 miles)

Day 3

Les Chapieux - Courmayeur

We ascend the border Col de la Seigne (2,516m / 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 : 1,700m (5,580 ft) - Elevation loss : 1,800m (5,800 ft) - Distance : 30km (18.7miles)

Day 4

Courmayeur - La Fouly

This is our longest day of the week. From Courmayeur, we climb through a beautiful larch forest to reach the Bertone Refuge (1,989m / 6,526ft). We enjoy the panoramic trail to the Bonatti Refuge (2,022m / 6,630ft) and then the Grand Col Ferret (2,537m / 8,316ft). Now we are in Switzerland. A rolling descent takes us to the village of La Fouly (1,600m / 5,249ft) in the Swiss Val Ferret.

Elevation gain : 1,900m (6,100 ft) - Elevation loss : 1,500m (4,800 ft) - Distance : 30km (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 (1,050m / 3,445ft). An ascent leads us to Champex-Lac (1,450m / 4,757ft). Through a sustained climb, we reach the panoramic alpine pastures of Bovine (2,000m / 6,562ft). A long descent takes us to Col de la Forclaz (1,526m / 5,000ft) and then the village of Trient (1,280m / 4,199ft).

Elevation gain : 1,200m (4,000 ft) - Elevation loss : 1,300m (4,200 ft) - Distance : 28km (17 miles)

Day 6

Col de la Forclaz - Chamonix

We leave Switzerland through the alpine pastures of Catogne to reach those of Les Posettes (2,000m / 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 : 2,000m (6,600 ft) - Elevation loss : 2,500m (8,200 ft) - Distance : 28km (17 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 8 participants

Dates
See the 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

The price includes
- Trip organization
- Guiding by a qualified hiking guide
- Accommodation: 5 nights in smalls hotels or inns, in shared-rooms 2 to 4 people
- Meals (picnic lunches, dinners and breakfasts) throughout the trip (one set menu for the entire group, excluding special diets and allergies)
- Transfer of one soft travel bag per person, weighing no more than 15 kg (33 lb).

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 **21 to 30 km (12.5 to 19 miles) with 1,200 to 2,000 m (4,000 to 6,600 ft) of vertical ascent per day**, at an average uphill pace of 400 to 500 vertical metres per hour (1,315 to 1,640 ft/h), while carrying your daypack. This itinerary requires excellent physical fitness. A regular sports practice and aprior experience in fast-paced, multi-day hiking are necessaries.

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

Accommodation
5 nights in inns or small hotels, in shared-rooms 2 to 4 people. Bathrooms may be shared in some accommodations. Participants registering alone may share a room with another participant. We cannot guarantee that the other participant will be of the same gender.

⚠ 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 entire route is done on foot.

Luggage
Luggage transfers between accommodations are included. ou carry only your personal belongings for the day.

⚠ 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 6 to 8 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.

Bags
- A 20L backpack (a bag similar to a "trail running jacket" is recommended for comfort and ergonomics)
- A soft travel bag

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)
- A change of clothes for the evening

Footwear
- Hiking socks
- A pair of high-cut hiking boots with a good sole
- 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.

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