



Compagnie des Guides de Chamonix

190 place de l'église - 74400 Chamonix – France - Tél : + 33 (0)4 50 53 00 88

www.chamonix-guides.com - e-mail : info@chamonix-guides.com

LIGHT PACK HIKING - TOUR DU MONT BLANC 'SOUTH HALF'

Duration: 5

Fitness:   Technique:  

Price from: 1 150 €

For those seeking the full immersive experience of the Tour du Mont-Blanc but facing time constraints, we have divided our complete Tour du Mont-Blanc into two parts. Our North and South half-tours provide a condensed experience over 5 days or the option to complete the full circuit in two parts.

The legendary circuit of the Northern Alps, the Tour du Mont-Blanc, offers a unique panorama. This long-distance hike exposes you to breathtaking panoramic views: lakes, mountain pastures, and glaciers. A circuit for hiking enthusiasts, rich in emotions. This half-tour of Mont Blanc starts on the heights of Chamonix facing the Mont Blanc and guides you to Courmayeur, traversing the French Val Montjoie and the Italian Val Veny. 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. To experience the entire Tour, consider complementing this journey with our [North half-tour](#) on your next visit.

ITINERARY

Day 1

Chamonix Valley

Our journey begins at the top of the Plan-Praz cable car (6,561ft). We head towards Brévent, where Mont-Blanc reveals itself in all its majesty. We reach it via the Brévent Pass (8,281ft) before descending towards the Bellachat refuge and the Merlet Animal Park. A short transfer takes us back to the valley, and we spend the night in Les Houches.

Elevation gain: 2,000 feet - loss: 4,000 feet - Distance : 5.6 miles

Day 2

Val Montjoie

We take a cable car ride up to Bellevue (5,906ft). The view offers a panorama of the Mont-Blanc massif, the Aiguilles Rouges, the Fiz, and the Aravis. After crossing the famous suspended bridge over the Bionnassay torrent, we descend to the village of Les Contamines in the Val Montjoie, where we will spend the night.

Elevation gain: 2,100 feet - loss: 4,250 feet - Distance : 7.5 miles

Day 3

Beaufortain

Starting from Les Contamines, we follow the Roman road towards the Col du Bonhomme (7,641ft). We leave Val Montjoie behind and head towards Beaufortain, at the southern end of the Mont-Blanc Massif. The descent through the alpine pastures takes us to the isolated Glaciers Valley and the hamlet of Les Chapieux. We stay overnight at an inn.

Elevation gain: 4,250 feet - loss: 3,000 feet - Distance : 10 miles

Day 4

Val Veny

In the Ville des Glaciers, a visit to the cheese makers is a must, as Beaufort is well-known here! We cross the Italian border via the Col de la Seigne (8,280ft) and enter Val Veny. From here, we have the choice of various routes to reach the refuge at the foot of the Glacier de la Lée Blanche. **No access to luggage**.

Elevation gain: 2,600 feet - loss: 1,300 feet - Distance : 5.6 miles

Day 5

Aosta Valley

Our final day starts with a descent to Lake Combal. The ascent to the alpine pastures of Arp Vieille provides access to a splendid balcony trail facing the most famous peaks in mountaineering history: Noire de Peuterey, Dent du Géant, Grandes Jorasses, and more. We descend to Courmayeur, a picturesque medieval village with narrow streets, typical of Valdostan architecture. This marks the end of the southern section of the TMB. Return to Chamonix through the Mont-Blanc tunnel in the afternoon.

Elevation gain: 2,000 feet - loss: 4,250 feet - Distance : 9.3 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 : 1150 € 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 (dinner, breakfast and night) in mountain huts and basic hotels in shared room or dormitory.
- picnic lunches
- lift passes
- transfers throughout the hike
- 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**

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

Ability level : 3/5 - The South half-tour du Mont-Blanc hiking trip is a moderate trek. A minimum of 700m (2296ft) and a maximum of 1300m (4265ft) vertical gain and about 5 to 7 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. For active people who do not mind training to prepare for the hike and practice sport regularly. A great multiday hike for people with trekking experience.

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 mountain huts or basic hotels in shared room or dormitory. **No access to your luggage on Day 4 (no road access).** 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. 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
- 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](#)