Compagnie des Guides de Chamonix

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TOUR DU MONT BLANC - SOUTH-HALF

Duration: 4 | Fitness: ▲▲▲△△ | Technique: ▲▲▲△△ | Price from: 950 €

THE SOUTH HALF OF THE TOUR DU MONT BLANC IN 4 DAYS

Would you like to experience the Tour du Mont Blanc but don't have enough time to complete the full circuit? Our North and South Half treks offer the opportunity to discover the Mont Blanc massif over four days of hiking. Our **Tour du Mont Blanc South Half** takes you from the Chamonix Valley to the Italian Val Veny, via the Val Montjoie and Beaufortain. From the panoramic views of the Brévent overlooking Mont Blanc to the Col de la Seigne, you will discover the mountain passes and alpine pastures that characterize this part of the **Tour du Mont Blanc**.

WELCOMING ACCOMMODATION AND LUGGAGE TRANSFERS

You stay in small hotels and inns, in **shared rooms or mixed-gender dormitories**. Your luggage is transferred throughout the trip, so you only need to carry your daily essentials in your rucksack. Transfers between stages are arranged by taxi or public transport, and packed lunches are provided each day. This option allows you to enjoy four days of hiking without having to worry about the logistics.

A GUIDED TREK TO MAKE THE MOST OF THE MOUNTAINS

Your **qualified mountain leader** guides you throughout the trek, shares their knowledge of the Mont Blanc massif and adapts the pace to the conditions and the group's abilities. You can fully enjoy the landscapes and encounters along the way. To complete the full Tour du Mont Blanc, you can combine this trip with our **Tour du Mont Blanc North Half**.

ITINERARY

Day 1

Chamonix Valley

Our Tour du Mont Blanc South Half begins at the top of the Planpraz gondola (2,000 m / 6,560 ft), above Chamonix. We head towards the Brévent, offering spectacular panoramic views of the Mont Blanc massif, via the Col du Brévent. We then descend towards the Bellachat mountain hut and the Merlet Wildlife Park. A short transfer takes us to Les Houches, where we spend the night.

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

Day 2

Val Montjoie

We take the Bellevue cable car (1,800 m / 5,905 ft), enjoying panoramic views of the Mont Blanc massif, the Aiguilles Rouges, the Fiz and the Aravis ranges. After crossing the famous suspension bridge over the Bionnassay torrent, we climb to the Col de Tricot (2,120 m / 6,955 ft). We then descend through alpine pastures to the village of Les Contamines-Montjoie, where we spend the night.

Elevation gain: 700 m (2,295 ft) - Elevation loss: 1,300 m (4,265 ft) - Distance: 12 km (7.5 miles)

Day 3

Beaufortain

From Les Contamines-Montjoie, we follow the old Roman road towards the Col du Bonhomme (2,329 m / 7,641 ft). Leaving the Val Montjoie behind, we enter the Beaufortain region, at the southern end of the Mont Blanc massif. A long descent through alpine pastures takes us into the Vallée des Glaciers and to the hamlet of Les Chapieux, where we spend the night.

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

Day 4

Val Veny

From the Vallée des Glaciers, we climb to the Col de la Seigne (2,516 m / 8,255 ft), marking the border between France and Italy. We discover the Val Veny and the impressive Italian side of the Mont Blanc massif. We then descend to La Visaille, where a transfer takes us back to Chamonix at the end of the trip.

Elevation gain: 800 m (2,625 ft) - Elevation loss: 900 m (2,950 ft) - Distance: 15 km (9.3 miles)

GROUP BOOKING

Our group trips bring together participants who do not necessarily know each other. They offer the opportunity to enjoy a set itinerary at an attractive price on fixed departure dates. This option is ideal for those who enjoy the friendly atmosphere of a group. Already travelling with family or friends and looking for a more personal experience? Consider our private option!

We have been guiding people in the mountains since 1821

Benefit from the expertise of qualified hiking professionals who listen to your needs

Enjoy hiking in small groups of no more than 12 participants

Dates
See the booking module. *The departure will be confirmed if the minimum number of participants (7 people) is reached by the trip confirmation date.*

2027 Price
€950 per person

The price includes
- Trip organization
- Guiding by a qualified hiking guide
- Accommodation: 3 nights in small hotels or inns, in shared rooms or mixed-gender dormitories (shared bathrooms)
- Meals (picnic lunches, dinners and breakfasts) throughout the trip (one set menu for the whole group, except for specific dietary requirements and allergies)
- Lifts and transfers included in the itinerary
- Luggage transfers for one travel bag weighing no more than 15 kg (33 lb) per person

The price does not include
- Personal expenses: souvenirs and drinks
- Any additional costs resulting from a participant's personal decision to change the itinerary or inability to complete a stage (additional transfers or lifts, accommodation, etc.)
- 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, 190 place de l'Église, Chamonix. An optional 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. Your guide will contact you by phone afterwards.

On the last day, you can collect your luggage from our reception desk in the late afternoon. Your arrival time depends on the group's pace and conditions. 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 16 km (5.6 to 9.9 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.

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

Accommodation
3 nights in inns or small hotels, in mixed-gender dormitories accommodating 4 to 20 people, depending on the accommodation. Bathrooms 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 programme and the transfers required between certain stages are included. Transfers are made using local public transport or 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. You 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 be refused by the 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 France and Italy, 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 and luggage
- A 30-litre backpack (approximately 8 US gallons)
- One soft travel bag, maximum 15 kg (33 lb); hard-shell suitcases are not permitted

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 trousers
- Shorts
- Waterproof trousers (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 lightweight flip-flops 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 litres of water (approximately 68 US fl oz; water bottle, hydration bladder or other containers)
- Picnic utensils
- A few small waste bags to carry your waste with you
- A torch 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 diarrhoea, 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)

⚠ **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.