



Compagnie des Guides de Chamonix

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TRAIL RUNNING - 5-DAY TOUR DU MONT BLANC

Duration: 5

Fitness: ▲▲▲▲▲ Technique: ▲▲▲▲▲

Price from: 1 095 €

The legendary loop in the Northern Alps offers a unique adventure to trail runners in search of self-transcendence. Over more than 150 kilometers and 10,000 meters of elevation gain, the Tour du Mont Blanc trail provides magnificent views of the peaks and glaciers of the Mont Blanc Massif. It's also an opportunity to immerse yourself and discover an exceptional natural and cultural heritage. This race will take you on the trails of the famous Ultra Trail du Mont Blanc, spanning France, Switzerland, and Italy. To ensure a high-quality experience, the group size is limited to 8 people. Your guide will take good care of you to help you endure and surpass yourself.

This program is part of a series of programs we have developed thanks to the unique experience of our trail team, composed of specialized mountain guides who are multi-finishers in major races. Challenge yourself with our [day Tour of the Aiguilles Rouges](#), develop endurance during our [intensive weekend](#).

ITINERARY

Day 1

Chamonix - Nant Borrant refuge

Departure from the Chamonix church next to the Compagnie des Guides. The first section to Les Houches is considered as a warm-up: a few short climbs and descents on very rolling terrain. The first real climb takes us to Bellevue, where we change valleys and reach the Val Montjoie. The Col du Tricot, the first real difficulty, is nevertheless easy to climb. We then descend to Miage valley, where we will have lunch. In the afternoon, we pass through the village of Les Contamines Montjoie before tackling the famous Roman road to reach our refuge, Nant Borrant, where we spend the night.

Distance: 29 km / Total ascent: D+ 1740m

Day 2

Nant Borrant refuge - Courmayeur

We start our day with a succession of two passes: the Bonhomme pass followed by the Croix du Bonhomme. A long descent takes us to Les Chapieux and then to La Ville des Glaciers, following the glacier's eponymous torrent. After a refreshing lunch break, the next climb takes us to the Col de la Seigne and Italy, where we descend into the Val Vény in the direction of Lac Combai, at the foot of the Pyramides Calcaires and close to the remains of the Great War. Our trail then climbs back up towards the Arp Veille alpine pastures, a remarkable panoramic path. Finally, a long descent leads us to Courmayeur.

Distance: 37.5 km / Total ascent: D+ 2360m

Day 3

Courmayeur - La Fouly

From Courmayeur, we begin by an ascent that takes us to the Bertone refuge, at 1991 metres. We are in front of the magnificent valley of the Italian Val Ferret and the southern side of the Mont Blanc massif. We return to the Bonatti hut, where we will have a refreshing break. The magnificent balcony trail gives us a chance to admire some of the massif's iconic peaks, including the Dent du Géant, the Grandes Jorasses and Mont Dolent. Once we reach Arnava, we are in front of the imposing Grand Col Ferret. The steep and straightforward ascent takes us to the Italian-Swiss border at the top of the pass at 2537 metres. The descent to the Swiss Val Ferret is smooth and very pleasant all the way to La Fouly. You will have access to your luggage at the hotel where we will spend the night !

Distance: 30 km / Ascent: D+ 1900 m

Day 4

La Fouly - Trient

After this first Swiss night of our Tour du Mont Blanc, we continue our journey along a very pleasant path along the Dranse de Ferret to Praz de Fort, from where we begin a climb in the shade of spruce trees towards the charming village of Champex and its lake. We anticipate the lunch, thanks to few shops, before heading to Trient. A dreaded climb by runners of the legendary ultra-trail called "Bovine" awaits us. It is steep and hard, but relatively short! Beautiful Helvetian alpine pastures cross our path as we make our way to the Col de la Forclaz, from where we can see our refuge for the night at Trient. There's just one more descent before our rest.

Distance: 30 km / Difference in altitude: D+ 1450 m

Day 5

Trient - Chamonix

Last wake-up, last efforts, last admiration. On this fifth day of our lovely trail running, we enjoy a magnificent ascent, first through the forest, then around beautiful alpine meadows dotted with colourful flowers, towards the Col de Balme, from where we overlook the entire Chamonix valley. The rolling path leads us to the sublime Aiguillettes des Posettes. We admire The Tour glacier with its characteristic bluish colors. A fairly technical path takes us to the Col des Montets, for our final ascent to Tête au vent. The short and narrow trails give way to a vast alpine meadow bordered by lakes as far as the Lac Blanc refuge, where we can enjoy a break. The descent to La Flégère and then Chamonix is our last effort before the great comfort of returning to the Arve river, which we follow until we reach the church in Chamonix. The end, well done ! A tour du Mont-Blanc in 5 days, that's something to celebrate!

Distance: 29 km / Ascent: D+ 2083 m

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 (5 people) has been reached by the trip confirmation date.*

Price 2027 : 1095 € per person

The price includes

- Trip organization
- Guiding by a qualified hiking guide trail running expert
- Accommodation 4 nights
- Meals (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 (except day 1)

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

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

Meeting Point

Please meet at 8:00 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, 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

The Tour du Mont Blanc trail running trip is a demanding and strenuous undertaking. It involves 1,400 to 2,400 meters of elevation gain per day, with an average of 7 to 9 hours of physical exertion daily. The stages are long and intense, linking high-altitude mountain passes with long descents into the valleys.

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

Accommodation

1 night in a mountain hut dormitory and 3 nights in shared rooms (accommodating 2 to 4 people) in simple hotels or guesthouses. Depending on the accommodation, bathroom facilities may be shared. Individuals booking alone will share a room with another member of the group. Please note that, depending on the group's composition, we cannot guarantee that you will share a room with someone 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, 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.

Luggage

Luggage transfer between accommodations is included, except on day 1. You carry your own belongings, allowing you to be self-sufficient during the day.

⚠ Each participant may bring one soft travel bag weighing no more than 15 kg (33 lb). Hard-shell suitcases are not permitted.

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, trail running specialist. The group consists of 5 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

The content of your trail backpack is quite close to the mandatory equipment required on an Ultra Trail. Take special care in choosing your equipment because it contributes greatly to the success of your trip, lightening the load is paramount to a successful trip ! Hand washing possible every night and lunches will be in a refuge or inn. All equipment must be protected against the rain (zip loc type freezer bags).

Equipment

- A trail backpack (maximum 12L)
- A pair of trail shoes in good condition

Clothes

For added comfort regarding underwear, (t-shirts, boxers, socks), avoid cotton which is heavy, cold and dries very slowly. Opt for synthetic technical fabrics or wool, which is making a comeback. They are warmer and dry quickly.

For the entire trip :

- 1 running shorts
- short sleeves t-shirt
- 1 pair of leggings
- 1 very light waterproof overtrousers
- 1 light warm layer
- 1 additional warm jacket (sufficiently compressible)
- 1 lightweight gore-tex jacket
- Lightweight beanie
- Cap
- Buff neckband
- Light gloves
- trail running socks

Accessories

For the entire trip :

- 1 pair of sunglasses index 3 minimum
- Sun protection cream
- Toilet paper and a lighter (to make it disappear)
- A reduced pharmacy (Ibuprofen, double skin, elastoplast-type bands, etc.)
- Survival Blanket
- A toiletry bag reduced to its bare minimum (sample of toothpaste, toothbrush, small soap, dry shampoo, moisturizer, etc.)
- A small terry towel
- Handkerchief
- Hydroalcoholic gel to clean your hands
- Sleeping bag liner (cotton or silk)
- Earplugs for the dormitory
- 1 pair of poles
- Flasks or camel bag with a capacity of 1.5 litres
- Mini frontal light
- Energy food for the day
- Money for your personal expenses
- A little laundry soap
- Charger for watch and smartphone
- Anti-friction cream

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](#)