# Compagnie des Guides de Chamonix

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## PREMIUM HIKE - TOUR OF MONT BLANC HERITAGE

Duration: 7 Fitness: Technique:

The Tour du Mont-Blanc "Heritage" combines short, easy hikes focused on diverse themes (heritage, history, agriculture, climatology, etc.) with encounters with the cultures of the past and present of the local people.

Our ancestors, the Romans, builders of Aosta and Martigny, were great pioneers and likely initiated this mountain identity that connects the three countries traversed: France, Switzerland, and Italy.
Using hiking as a pretext for discovering this mountain heritage, or vice versa!, everyone will find their own source of inspiration on this intentionally contemplative route.
COMFORT: Overnight stays in mountain inns and comfortable 1- to 3-star hotels in double rooms. Lunches are usually taken in mountain inns, where we will offer traditional dishes typical of the regions we traverse. In the evenings, delicious and hearty dinners will be enjoyed in a relaxed atmosphere.

This stay is available on request as a private package from July to September.

## ITINERARY

### Day 1

**Chamonix - Beaufort**
As with a classic Tour du Mont Blanc, we leave Chamonix on foot to explore the small southern balcony overlooking Mont Blanc.
Then we take the Tour du Mont Blanc route via Val Montjoie, Megève, and the Col des Saisies (1633 m), a renowned cross-country skiing destination in winter, offering a fabulous panorama of Mont Blanc, the Aravis range, and the Beaufortain massif. We'll stop for a short hike to admire the west face of Mont Blanc. From here, we'll cross into the Beaufortain region.
Guided tour of the dairy cooperative that produces the "Prince" of Gruyère cheeses, known as Beaufort.
Overnight stay in a hotel in Beaufort.

### Day 2

**Beaufort - Les Chapieux - Hospice of the Petit Saint Bernard**
We head towards the Roselend Dam at 1600m, then on to the town of Les Chapieux. We visit an alpine cheese dairy before lunch in Les Chapieux, an iconic stop on the Tour du Mont Blanc. Next, we head towards Bourg-Saint-Maurice and Sées, visiting the Arpin Spinning Mill, which produces the famous Bonneval cloth, highly sought after by mountaineers in the last century. The ascent continues along the road towards the Little Saint Bernard Pass (2100m), the Franco-Italian border. We visit the Hospice, learning about its history, the Pass itself, and its archaeological excavations. There's an option for a short hike to Lake Longet before drifting off to sleep under the stars. Overnight near the Hospice of the Petit Saint Bernard.

### Day 3

**Courmayeur, Mont Blanc South Side**
A more relaxed day to enjoy the south face of the Mont Blanc massif.
At dawn, we cross the Italian border to reach Courmayeur. After a quick cappuccino, we'll gain altitude for a hike on the Tour du Mont Blanc trail, at the foot of the legendary faces of the Grandes Jorasses and Mont Dolent. Back in Courmayeur, we'll explore this charming little town with its distinctive narrow streets. Overnight in a hotel in Courmayeur.

### Day 4

**Courmayeur - Aosta - Great St. Bernard Pass**

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We continue our day in Italy via Aosta, the "Rome of the Alps," through the central valley, famous for its castles and medieval churches. We'll visit the city and its Roman ruins before having lunch in a trattoria.
The route continues towards the Great St. Bernard Pass (2,469 m), another pass steeped in history, also famous for its kennel of the same name. From here, we'll take a walk to admire the surrounding peaks in a magnificent, rocky setting. And just before aperitifs, a visit to the Hospice and its treasury will be offered. Overnight at the Hotel de l'Hospice du Grand St. Bernard, an experience not to be missed.

### Day 5

**Val Ferret, Switzerland**

Early morning, the journey continues into the Swiss Valais. From here, we'll stop in Val Ferret for a hike following the Tour du Mont Blanc trail to reach an inn where we'll sample the famous raclette cheese. A transfer will then take us to Champex, a small village with a resort-like atmosphere on the shores of its lake—a truly picture-postcard setting.
Visit to the Fort of Champex and a stroll through the botanical garden. Overnight stay in a hotel in Champex.

### Day 6

**Champex - Chamonix**

After Italy and Switzerland, we're back in France. A short hike is planned to cross the border on foot! We'll take the ski lifts up to the Col de Balme, a viewpoint offering a magnificent view of the Chamonix valley and the majestic Mont Blanc. A short hike will lead us to an alpine pasture for lunch. Then, we'll return to the Chamonix Guides Company for a tour of the company and the town.

### Day 7

**Aiguille du Midi and Montenvers**

Cable car ascent to the Aiguille du Midi (3842 m). Extraordinary panoramic views of the Mont Blanc massif and surrounding mountain ranges. Cable car descent to Plan de l'Aiguille. Mountain lunch at the Refuge du Plan de l'Aiguille (2238 m), overlooking the valley. Hike along a scenic trail to Montenvers (1909 m). 2.5 hours of walking on an easy, flat path.
Descent to Chamonix by cog railway.
Return to Chamonix expected around 4:00 PM.

## GROUP BOOKING

**Dates:** upon request, subject to accommodation availability.
Included in the trip:
- Trip organization
- Guiding by a mountain guide
- 6 nights in a hotel in a double/twin room. For individuals registering alone, we cannot guarantee a room share with a person of the same sex.
- Picnics
- Any lifts included in the program
- Transfers during the hike in a private minibus
- Transport of one piece of luggage during the trip: soft bag, no hard-sided suitcases. Maximum 15 kg. In case of excess weight, your luggage will not be handled by our service provider.

Not included in the trip:
- Transportation to the meeting point
- Nights before and after the hike
- Personal expenses: souvenirs, drinks, etc.
- Ski lifts or taxi transfers in case of personal inability to complete the planned stage
- Mandatory repatriation insurance. Cancellation insurance is strongly recommended. (Residents of the following countries—Andorra, Austria, Belgium, Denmark, Finland, France, Germany, Gibraltar, Greece, Ireland, Italy, Liechtenstein, Luxembourg, Monaco, Netherlands, Norway, Portugal, San Marino, Spain, Sweden, Switzerland, and the United Kingdom—can purchase repatriation and cancellation insurance at the same time as their trip registration. This insurance is non-refundable in case of cancellation.)
- Booking fees
- Anything not mentioned under "This 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

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 :** 2/5 - For regular hikers, capable of navigating slightly rough mountain trails with roots or stones.

**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 :** The groupe is composed of 5 to 8 people maximum to ensure better communication comfort and a genuine convivial atmosphere. *Registration possible from 16 years of age. Registration is not permitted to anyone under the age of 18 without a legal guardian.*

**Accomodation :** - During your stay: 6 nights in a 1- to 3-star hotel in a double/twin room. For solo travelers, we cannot guarantee a room share with a person of the same sex.
- Before and after: Enjoy preferential rates with our hotel partners in Chamonix

**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 bed liner for the night in the hut
-A pocketknife and a spork
- A flashlight or headlamp
- Sunscreen and lip balm
- 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
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