Compagnie des Guides de Chamonix

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PREMIUM HIKING - TOUR OF AOC CHEESES

Duration: 5 | Fitness: ▲▲▲△△ | Technique: ▲▲▲△△ | Price from: 1 500 €

The program is designed to showcase the most beautiful mountains and alpine pastures.

The goal ? To combine hiking with culinary delights and to discover, in just under a week, a region and its mountain products.

In a small group of no more than 8 people, we will have a minibus to travel from one valley to another and explore the finest terroirs of the Savoie region.

ITINERARY

Day 1

Chevrotin and goat cheeses - Chablais

From the chapel in Abondance, we set off towards the Chalets de Resse and the Col de Serpentin. From there, we descend towards Lake Arvouin. The scenery is breathtaking, in the heart of ancient alpine pastures, within the Cornettes de Bise natural site, a Natura 2000 protected area. The descent takes us via the Tête de la Maisonnette, and we return to our starting point in the mid-afternoon. We then visit the Chèvrerie des Thoules goat farm, and a tasting of cheeses made from the alpine pastures visited during the day will conclude this wonderful day.

Elevation gain : 810 m (2,660 ft) - Elevation lost : 775 m (2,540 ft) - Distance : 9.6 km (5.6 miles)

Day 2

Cordon and Tome de Savoie

We set off into the Arve Valley to reach Cordon, where we enjoy one of the most beautiful views of the Mont Blanc massif. We then climb towards the alpine pasture at the foot of the Croisse Baulet, near the Cabane du Petit Pâtre (Little Shepherd's Hut). We will cross the Bénés plateau and finish our day with the descent from Tête Noire, arriving directly at the Abérieux farm. There, we will explore the farm and taste the Tomme de Savoie cheese.

Elevation gain : 925 m (3,035 ft) - Elevation lost : 865 m (2,840 ft) - Distance : 12.6 km (7.5 miles)

Day 3

Aravis - Beauregard plateau - Reblochon - Lorette farm

Today we'll explore the Beauregard plateau, an alpine pasture where tradition meets modern mountain farming. We'll cross the plateau's wetlands and peat bogs, then reach the Lorette farm, where we can sample Reblochon and Raclette cheeses from Savoy. We'll return in the late afternoon to the Col de la Croix Fry, our starting point, to conclude this wonderful day.

Elevation gain : 335 m (1,100 ft) - Elevation lost : 340 m (1,115 ft) - Distance : 9.3 km (5.6 miles)

Day 4

Bauges and Tome des Bauges

We're setting off this morning for a beautiful hike in the Bauges Mountains. A pristine mountain range in the heart of the Northern Alps, the Bauges are a paradise for hikers and lovers of alpine pastures and geology. Today, we're climbing Mont Colombier from Aillon-le-Jeune. Starting in the forest, the landscape opens up as we approach the summit. From there, the view of the entire massif is breathtaking. You won't soon forget it.

We then descend the other side of the mountain to reach Aillon-le-Jeune in the late afternoon and visit the Fruitière Cœur des Bauges - Fromagerie du Val d'Aillon, where we can taste the delicious tome cheese from the Bauges.

Elevation gain : 1155 m (3,790 ft) - Elevation lost : 1120 m (3,675 ft) - Distance : 13.1 km (8.1 miles)

Day 5

Ville des Glaciers - Beaufort

This morning we're setting off against the flow of the famous Tour du Mont Blanc. From Le Chapieux, we'll climb towards the

Chalet du Petit Mont-Blanc, then on to Lac de Mya. We'll then be below the Col des Fours, before descending towards Ville des Glaciers to reach an unmissable stop: a typical mountain farm where Beaufort cheese is made right there on the farm. After the tasting, we will drive to Chamonix. End of this flavorful trip.
Elevation gain : 920 m (3,020 ft) - Elevation lost : 715 m (2,345 ft) - Distance : 9.7 km (5.6 miles)

GROUP BOOKING

The group option brings together participants who may not know each other. For a set programme, 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 below for the group booking module

T*he trip will be confirmed if the minimum number of participants (4 people) is reached by the trip confirmation date.*

Price 2027 : 1 500 € per person

This price includes:
- Trip organization
- Guiding by a qualified hiking guide
- 4 nights in 3- or 4- star hotels in double or twin room
- Meals (picnic lunches, dinners and breakfasts) throughout the trip (one set menu for the entire group, excluding special diets and allergies)
- Transfers during the stay, in a dedicated private vehicle

This 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.

Contact 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
Meet at 7:30 a.m. on the day of departure at the Compagnie des Guides reception desk in Chamonix.
An optional briefing is held at 6:00 p.m. the previous evening at our reception desk, giving you the opportunity to meet the group and finalise the last details with your hiking guide. If you cannot 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 reception desk in the late afternoon. For your return journey, we

recommend booking your departure as late as possible that evening or for the following day.

Ability Level
3/5 -
The Tour of AOC is a hike of moderate difficulty. Good physical condition and preparation are highly desirable. Hiking experience is recommended.
If you are unsure about your fitness level, please contact our advisors before booking.

Accommodation
4 nights in double or twin rooms in 3- or 4-star hotels. Participants booking individually will share a room with another member of the group. Depending on the group composition, we cannot guarantee that you will share with someone of the same gender.
⚠ Depending on availability, the planned accommodation may be replaced by an establishment offering an equivalent level of comfort. This may involve additional transfers at the beginning or end of the day.
⚠ Accommodation in Chamonix before and after the trip is not included. You will find a list of our partner hotels in youe booking contract.

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 transfers required between certain stages are included. A private vehicle is dedicated to the trip.

Luggage
The transfer of one bag weighing no more than 15 kg (33 lb) per person is included. Your bag must be soft-sided and durable. Bags exceeding the weight limit will not be accepted.

Itinerary
Distances and elevation gains are indicative. Your hiking guide may adapt the itinerary depending on mountain conditions and the group's abilities.

Guiding
The trip is led by a qualified hiking guide, with dedicated logistical support. Groups consist of 5 to 7 participants aged 16 and over. Minors must be accompanied by a parent or legal guardian.

Formalities
You must have insurance covering search and repatriation costs, as well as a valid identity document. Cancellation insurance is strongly recommended. We offer combined assistance, repatriation and cancellation insurance, which can be purchased when booking (available to EU and UK residents only).

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 in your backpack.

Backpack and luggage
- A 30-litre backpack
- One soft, durable travel bag, maximum 15 kg (33 lb)

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)
- A change of clothes for the evening
- A swimsuit (some hotels have spa facilities available to guests)

Footwear
- Hiking socks

- A pair of high-cut hiking boots with a good sole
- A pair of lightweight 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 litres of water (water bottle, hydration bladder or other containers)
- A pocket knife and a spork
- A few small waste bags to carry your waste with you
- A torch or headlamp
- A sleeping bag liner for the night in the mountain hut
- 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

⚠ **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