



Compagnie des Guides de Chamonix

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HIKING - SOUTH PART OF TOUR DU MONT-BLANC

Duration: 5 days

Level: ▲▲▲▲▲

Price from: 750 €

The Tour du Mont-Blanc, also called the 'TMB', is a hiking tour at mid-altitude. It crosses three countries and offers three different views of the Mont-Blanc massif :

- The Italian side and its giant cliff faces
- The Swiss side with its rolling valleys
- The French side with its huge glaciers

From Chamonix, this South part of the TMB will bring us to Courmayeur, the Italian side of the Mont-Blanc.

Group transfers, luggage transportation and lunch preparation are taken care of by the mountain leader team. Bring just the hiking necessary and fully enjoy the hike !

ITINERARY

Day 1 : Chamonix Valley

Our trek starts from the top of Plan-Praz cable car (2 000m). A nice path leads us to the Brevent summit (2 525m) from where Mont-Blanc reveals itself in all its majesty. From this unforgettable viewpoint, the trail heads down towards Bellachat mountain hut and on to the Merlet animal park. A short transfer brings us down to the valley to Les Houches where we will spend our first night.

Elevation gain: 525m - Elevation loss: 1 025m

Day 2 : Val Montjoie

Today we start from the the top of the Bellevue cable car (1 800m), where we will have panoramic views on the Mont-Blanc mountain range, the Aiguilles Rouges, the Fiz and the Aravis massifs. We will cross the suspended bridge over the Bionnassay torrent. A short uphill leads us to Col du Tricot overlooking the alpine hamlet of Miage. Descent towards Les Contamines to reach the Val Montjoie. Night in a gîte, triple/quadruple room.

Elevation gain: 570m - Elevation drop: 1200m

Day 3 : Beaufortain

Departure is from Notre Dame de la Gorge with its romantic baroque church. At the Col du Bonhomme (2 479m), we leave Val Montjoie behind us and head to Beaufortain towards the southernmost tip of the Mont-Blanc massif. The trail rolls down to the hidden valley of Les Chapieux (1 549m). Night in dormitory.

Elevation gain: 1270m - Elevation drop: 930m

Day 4 : Val Veny

At la Ville des Glaciers, a visit to the local cheese factory is a must where Beaufort cheese is the king ! At the Col de la Seigne (2 516m) we reach the Italian border and the Val Veny. From there, we have many route choices to rejoin the Elizbeta mountain hut (2 195m). Night at the mountain hut, no access to your luggage.

Elevation gain: 720m - Elevation drop: 320m

Day 5 : Aosta Valley

Our last day begins with a descent towards Lac Combal. The uphill to Arp Vieille takes us onto a magnificent balcony trail facing mythical peaks such as the Noire de Peuterey, the Dent du Géant and the Grandes Jorasses. Descent to Courmayeur. End of the trek. Transfer back to Chamonix.

Elevation gain: 460m - Elevation drop: 990m

The guide may have to adapt the route to weather conditions and/or to group physical and/or technical ability.

GROUP BOOKING

Group session associates several people who don't 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 2020 :

- From Monday July 6th to Friday July 10th
- From Monday July 27th to Friday August 31th
- From Monday August 17th to Friday August 21th

Price 2020 : 750€ pers person based on minimum 6 participants.

Included in the package :

- The organization and supervision of each tour by State qualified trekking guide/s
- Half-board accommodation (dinner, breakfast and night) in mountain hut and basic hotel (4-bed room & dormitory)
- Picnic lunches
- Lift passes
- Minivan assistance throughout the trek
- Luggage transportation throughout the trek (except on Day 4 - maximum 15kg)

Not included:

- Drinks and personal expenditure (souvenirs...)
- Repatriation insurance (mandatory)

FURTHER INFORMATION

Meeting point : meet at 8.30 am in front of the Compagnie des Guides in Chamonix.

Ability level : 3/5 - Half-TMB South hiking trip is a moderate trek. A minimum of 700m (2350ft) vertical gain and about 5 to 7 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including easy out-of-trail sections. For active people who do not mind training to prepare for the hike. A great multiday hike for people with trekking experience.

Guiding policy : By a state qualified trekking guide with a maximum of 12 people in the group. The Compagnie des Guides de Chamonix's guiding policy is one of the strictest in the mountain guiding business. It guarantees the most balanced groups as possible as well as high-quality personalised advice.

Important: no booking accepted in our scheduled groups for people under the age of 18 without a legal guardian.

Accommodation :

- During the trip : 4 nights in basic hotel or mountain hut (**in dormitory or triple/quadruple room**).

Please Note : no access to your luggage on Day 4 (no road access).

- Before & after the trip : we have some hotel partners in Chamonix with special prices for our customers. If you want to receive information just ask Anaïs.

Documentation :

- Participants must have an insurance with repatriation cover. Cancellation insurance is highly recommended. 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 : you are welcome to come and meet your guide the evening before at our office at 6 pm.

EQUIPMENT

Hiking boots

- Ankle supporting boots with notched technical rubber sole (i.e. VIBRAM).

- We strongly recommend wearing new boots (several days and preferably hiking) to break them in before the hike.

- To avoid blisters, try rubbing baby talc on dry feet before using boots (sprinkling talc inside boot works too)

Back-pack

- Minimum size recommended 40 L (bigger is better than too small).

- Take out lunch should fit AFTER packing all your personal belongings.

- Bad weather precaution: pack covers are great to protect pack from rain or snow. We also recommend packing your belongings in a large and solid plastic bag (i.e. garbage bag) for a better protection in case of heavy rainfall.

Clothing

Avoid using cotton underwear. Compared to technical synthetic material, it is heavier and it dries slowly. Wool is also getting popular amongst sportswear brands. Synthetic and wool are warmer; they dry fast, and allow you to pack light (you can easily wash a piece of underwear in the sink as you arrive at the mountain inn/hut. It'll be dry before you finish your first beer!)

Carrying weight

Taking enough time to pack is essential, as you are going to carry every item for several days in a row. Avoiding extra weight can easily be done by packing your clothes tightly, placing heavy items at the bottom of the pack, and avoiding empty spaces. As a result weight is better spread throughout your back and weight impression diminished. Your back pack should not exceed 19 pounds (9kg).

DAILY NEEDS

- 1 long-sleeve shirt + 1 Tshirt (both synthetic)
- 1 polar fleece + 1 light down jacket (or a second fleece)
- 1 pair of shorts + 1 pair of hiking pants
- 1 pair of synthetic hiking socks
- 1 Goretex jacket (waterproof windbreaker)
- 1 poncho (large rain cover that fits over your pack) or 1 pack cover
- 1 pair of rain pants (although light Gore-tex pants are expensive, other types of light rain pants work too)
- 1 water bottle (1.5 quart, to 2 quarts minimum) 1 pocket knife + 1 « spork »
- Sun hat or ball cap, sunscreen, sun glasses, lip protection
- 1 warm hat and a pair of gloves
- 1 pair of telescopic poles

FOR THE ENTIRE HIKE

- 2 changes of clothes: (T-shirt, underwear and socks) prefer synthetic to cotton
- 1 pair of long underwear (synthetic recommended)
- 1 pair of ultra-light shoes (i.e. flip flops, slippers)
- 1 pocket light or head-lamp
- Personal first aid kit **
- 1 one-person sleep-sheet (silk is the most comfortable and remains the lightest)
- Ultra-light shower kit (feel free to customize ...) + synthetic « dry fast » towel
- ID card or valid passport + small change/ bills for personal expenses
- A small amount of laundry detergent
- *Optional : low gaiters (early season trekking), camera, binoculars, umbrella, etc ...*

** *Elastoplast (stretchable strapping tape), band-aids, second skin, medicine for common aches and pains (diarrhea, headaches, sore throat...) Don't forget to bring your personal prescription treatment if you have one. Mountain leaders also carry a complete first aid kit. Remember that packing light is essential.*

PRIVATE BOOKING

You are a private group, you can ask for a customized trip.

ADVANTAGES :

- Exclusive guide

A more individualized relationship between your group and the professional.

- Choose your date of departure

You can choose your date of departure within the limit of the hut availabilities.

- Flexibility all along the trip

Depending on weather conditions, your level and your expectations, the guide can suggest you some different options of itinerary.

For any further information, please contact **Anais** : Tel : +33 4 50 53 92 78 or Email : anais@chamonix-guides.com

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