



# Compagnie des Guides de Chamonix

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## HIKING - THE SECRET TOUR DU MONT-BLANC

Duration: 7 days

Level: ▲▲▲▲▲

Price from: 800 €

When hiking takes you to hidden quiet places, with longer, wilder and seldom hiked trail sections. The best way to satisfy your thirst of adventure and pleasure at the end of a day's hike. We will reveal to you some of the unique places of our alpine secret garden. The route is often very demanding and requires a solid experience of all terrain hiking. The type of hike made to suit an adventurer's desire to discover the beautiful alpine wilderness of the Mont Blanc region.

*Each hiker carries his personal belongings, and the picnic in his backpack each day. Accommodation in mountain hut or basic hotel, in dormitory. Transfers with public transportation. Pack lunches bought at the hut or at the store when available.*

### ITINERARY

#### Day 1 : Tré-la-Tête - Nant Borrant

Our hiking adventure starts at les Contamines Montjoie village, and more precisely in the small valley of Armencette under the Aiguille de la Bérangère. The "Claudius Bernard" path leads us to Tré-la-Tête mountain hut and his beautiful glacier. We stop this first warm-up hiking day at Nant Borrant mountain hut.

*Elevation gain : 950m - 3 117ft. Elevation drop : 450m - 1 476ft.*

#### Day 2 : Robert Blanc mountain hut

Our day start with a first ascent to the Enclave pass. We continue our hike on a wild path above the "Vallée des Glaciers". A scenic and aerial path via the Grande Ecaille pathway (8 858ft.) leads us to Robert Blanc mountain hut (9 022ft.). The panoramic view over the Alps is stunning.

*Elevation gain : 1 650m - 5 413 ft. Elevation drop : 650m - 2 132ft.*

#### Day 3 : Chécrouit pass

On our way to the Col de Seigne (8 255ft.), the Italian border, our path is ingeniously passing under the terminal tongue of the glacier "Des Glaciers". After reaching the Italian side we heading to the Chavanne pass (8 540ft.) before reaching the verdurous side of the "Petit Saint-Bernard" pass. From the top of Mont Fortin (9 020ft.), our route is leading us to Chécrouit pass and its mountain hut (6 420ft.).

*Elevation gain : 700m - 2 295ft. Elevation drop : 1 100m - 3 610ft.*

#### Day 4 : Montagne de la Saxe - Bonatti mountain hut

We start this day by a hike down to Courmayeur for a quick visit of this lovely and typical village. Back on the path we are now heading to la Testa Bernarda (8 315ft.), a remarkable viewpoint over the Grandes Jorasses. After walking by the small valley of Armina, we will cross the "Pas d'Entre Deux Sauts (8 345ft.)" to reach the small valley of Malatra and Bonatti hut (6 645ft.), one of the most beautiful mountain hut in the Northern Alps.

Welcome to paradise !

*Elevation gain : 1 400m - 4 595ft. Elevation drop : 1 400m - 4 595ft.*

#### Day 5 : La Fouly

After a walk down to the hamlet of Arnava (5 870ft.) we start our ascent to the "Grand Col Ferret" pass (8 325ft.). The beautiful and long off-track hike "Les Planfins", under glaciers and the famous Mont Dolent leads us to la Fouly village (5 230ft.) in Switzerland. Transfer by bus to Champex village (4 920ft.) where we will spend the night.

*Elevation gain : 700m - 2 295ft. Elevation drop : 1 100m - 3 610ft.*

#### Day 6 : La fenêtre d'Arpette

One of the TMB alternative path. The Arpette "Window" (8 740ft.) is one of the most famous part of the TMB loop. It is a mineral path in the small valley of Arpette along Trient glacier. No needs for long talk, it is one of the most beautiful step of this tour. We spend the night in Trient village (4 035ft.).

*Elevation gain : 1 150m - 3 770ft. Elevation drop : 1 400m - 4 595ft.*

## Day 7 : Aiguillette des Posettes

Our day start with a hike up through the forest to the Tseppes chalets (6 340ft.) followed by a nice crossing over the Catogne alpine pasture (6 600ft.). We will cross the French border few step before the Posettes alpine pasture before heading down to the Posettes pass (6 550ft.). We finally reach the Aiguillette des Posettes (7 220ft.), astounding panoramic viewpoint over the Mont-Blanc. Our tour stop at Trélechamp (4 595ft.). Transfer to Chamonix at the end of the afternoon.

*Elevation gain : 1 300m - 4 265ft. Elevation drop : 1 100m - 3 610ft.*

*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 Sunday July 26 to Saturday August 1st - From Sunday August 16th to Saturday August 22nd.

**Price 2020 :** 800€ per person based on minimum of 6 participants.

Included in the package :

- The organization and supervision of each tour by State qualified trekking guide/s
- Half-board accommodation in mountain hut, or basic hotel in mixed dormitory (dinner, breakfast and night)
- Picnic lunches
- Lift passes
- Bus transfers during the trek

Not included:

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

## FURTHER INFORMATION

**Meeting point :** meet at 8.00 am in front of the Compagnie des Guides in Chamonix.

**Ability level :** 5/5 - The Secret TMB hiking trip is a strenuous and demanding trek. More than 1000m (3350ft.) vertical gain and about 7 to 9 hours of daily hiking. Some days may be long and demanding, involving altitude and High Mountain passes (min. 9 190ft.). Hiking on mountain trails and terrain showing exposed and difficult sections. These trips generally require carrying a backpack with personal belongings throughout the trek. For very active, well-trained people with a solid experience in alpine trekking.

**Guiding policy :** by a state qualified trekking guide with a maximum of 10 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 : 6 nights in basic hotel or mountain hut (in dormitory). Each hiker carries all his personal belongings, and the picnic along the entire trek.
- 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 T-shirt (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 Gore-tex 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](mailto:anais@chamonix-guides.com)

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