



# Compagnie des Guides de Chamonix

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## HIKING- FAMILY TOUR DU MONT-BLANC

Duration: 6 days

Level: ▲▲▲▲▲

Price from: 750 €

The Tour du Mont-Blanc is an ideal and unmissable itinerary, a mythical loop that will allow you to discover the Alpine diversity of three countries and the rich heritage of these regions.

Our 'family' trips are designed to allow young and old alike to share new discoveries and fun. Our choice of routes, as well as the contributions of our mountain leaders, endeavour to respond to the curiosity of all, fostering learning, an understanding of the mountain environment and the sharing of knowledge.

Two nights in mountain hut will reinforce our immersion in the mountain environment!

*Luggage transportation (except on day 1) and lunch preparation are taken care of by the mountain leader team. Just bring the hiking necessities and fully enjoy the hike !*

### ITINERARY

#### Day 1 : Les Houches - Chalet de Nant Borrant

Our TMB starts from the top of the Bellevue cable car, where we will have panoramic views on the Mont-Blanc mountain range, the Aiguilles Rouges, the Fiz and the Aravis massifs. On our way we cross the suspended bridge over Bionnassay torrent. Our descent leads us to Champel hamlet before reaching Les Contamines village. Our path continues to the bottom of the valley at Notre Dame de la Gorge. After one last hike up on the roman path we are reaching Nant Borrant mountain hut where we will spend the night. **No luggage access.**

*Elevation gain : 500m - Elevation drop : 800m*

#### Day 2 : Val Montjoie - Mottets mountain hut

Through the nature reserve of Contamines-Montjoie, we are starting our day by a beautiful and long hike up to the Col du Bonhomme (2479m). Little by little we are gaining altitude, the forest leaves place to grass and then to rocks under the Bonhomme. Ibex are not far. After reaching the col des Fours (2665m) a nice descent leads us to the glacier valley and Mottets mountain hut where we will spend the night.

*Elevation gain : 1300m - Elevation drop : 900m*

#### Day 3 : La Vallée des Glaciers - le col de la Seigne - Courmayeur

We are in the Beaufortain alpine pastures, among the herds of sheep and cows. We start our day by a hike up to the Col de la Seigne (2516m), the French-Italian border. The climb is pleasant, the pass opens up to a new horizon and a superb view on the south face of Mont-Blanc. Our descent gains the Lake Combal and later the Italian hamlet of the Visaille. Bus transfers to Courmayeur. Overnight in a hotel.

*Elevation gain : 730m - Elevation drop : 1600m*

#### Day 4 : Le Grand Col Ferret - Champex

The hike continues at Arnava hamlet, after a transfer at the foot of Grand Col Ferret (2537m), Italian-Swiss border. This is the steepest, shortest and most demanding climb. But once again, the panorama is sumptuous, we discover the impressive faces of Grandes Jorasses, those of the Triolet, and the emblematic tri-border summit called Mont Dolent. Our descent goes towards the village of La Fouly, passing by the Alpine chalet of La Peule (2070m). From La Fouly, a transfer takes us to Champex village. Overnight in a hotel.

*Elevation gain : 760m - Elevation drop : 940m*

#### Day 5 : Bovine

Through the forest, we gain the Plan de l'Au, located near Champex lake (1482m). Little by little, we climb through a forest overlooking the Rhone valley and Martigny town. Taking a panoramic trail, we discover the Bovine alpine pasture (1987m). This pasture offers a beautiful show. We continue our TMB to the Col de la Forclaz. Overnight at the Col de la Forclaz inn.

*Elevation gain : 600m - Elevation drop : 500m*

## Day 6 : Col de Balme - Chamonix

Our last day already... We begin our hike through the Alpine pastures of the Herbagères and a spruce forest to reach the Col de Balme (2 191m). We are crossing the border again before starting our descend to the alpine pastures of Balme upstream of Chamonix valley. Our loop is now complete, we finish this TMB in the village of Le Tour.

*Elevation gain : 890m - Elevation drop : 900m*

*For safety reasons, the guide may modify the itinerary due to terrain, weather or other conditions.*

## 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 12th to Friday July 17th
- From Sunday August 2th to Friday August 7th

**Price 2020 :** 750€ per 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 in huts (dormitories), inns or hotels (3-beds or 4-beds rooms)
- Picnics lunches
- Lift passes
- Minivan assistance throughout the trek
- Luggage transportation throughout the trek (maximum 15kg)

Not included:

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

## FURTHER INFORMATION

**Rendez-vous :** at 8.30 am at the Compagnie des Guides office, 190 Place de l'Eglise, 74400 Chamonix Mont-Blanc.

**Ability level :** 3/5 - The family TMB hiking trip is a trek of moderate difficulty. A minimum of 700m of vertical gain and 5 to 7 hours of walking each day. Hiking on good conditioned trails, we can also be brought to walk off trail on easy terrain. A good physical condition and preparation are expected. A previous hiking experience is required. Minimum age: 10 years old.

**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 : booking accepted for families only, minors need to be accompanied by a legal guardian.*

### Accommodation :

- During the trip : 3 nights in hotels/inn and 2 nights mountain hut (in dormitory or triple/quadruple room).
- Before & after the trip : we have some hotel partners in Chamonix with special prices for our customers. If you want to receive information 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 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 30 L (bigger is better than too small).
- Take out lunch should still fit after packing for the day.
- 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.

### **Luggage**

A solid travel bag (suitcase, framed duffle bag), weighing 33 lbs (15 kg) at the most.

### **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 will be dry before you finish your first beer!).

### **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** :

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