



Compagnie des Guides de Chamonix

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HIKING- COMPLETE TOUR DU MONT-BLANC

Duration: 10 days

Level: ▲▲▲▲▲

Price from: 1 495 €

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

*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 our hike from the top of the Bellevue cable car (1 800m) where we will enjoy a panoramic view on the Mont-Blanc mountain range, the Aiguilles Rouges, the Fiz and the Aravis massifs. After crossing the suspended bridge over the Bionnassay torrent our descent leads us to Les Contamines in the Val Montjoie.

Elevation gain: 570m - Elevation loss : 1 200m

Day 3 : Beaufortain

From Notre Dame de la Gorge and its romantic baroque church we are heading to the Col du Bonhomme (2 329m). We leave the 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.

Elevation gain: 1 270m - Elevation loss : 930m

Day 4 : Val Veny

At la Ville des Glaciers, a visit to the local cheese factory is a must ! At the Col de la Seigne (2516m) we reach the Italian border and the Val Veny. From there, we have many route choices to reach Elisabetta mountain hut located at the bottom of La Lée Blanche glacier. **No access to your luggage.**

Elevation gain: 720m - Elevation drop: 320m

Day 5 : Aosta Valley

The 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, a picturesque village of narrow streets and typical Valdotaine architecture. Night in Courmayeur.

Elevation gain: 460m - Elevation drop: 990m

Day 6 : Italian Val Ferret

From the hamlet of Villair Superior we follow the direction of Bertone mountain hut from where we head onto an impressive balcony trail. Here, the aerial view of the peaks of the Mont-Blanc massif is simply exceptional. According to weather and group conditions the guide has a choice of many different ways down to the hamlet of Lavachey.

Elevation gain: 800m - Elevation drop: 500m

Day 7 : Swiss Val Ferret

After a transfer to Arnuva, the trail gives access to the Grand Col Ferret (2 490m), the Italian-Swiss border. Hikers can enjoy welcoming alpine meadows, and in the distance, snow-covered summits of the Dolent or l'A Neuve. Descent to the Swiss Val Ferret, and transfer to the charming village of Champex and its lake where we will spend the night.

Elevation gain: 770m - Elevation drop: 850m

Day 8 : Trient Valley

We hike from the Champex valley to the Trient valley. It will take us to the alpine pastures of Bovine. A balcony trail above the Rhone valley and its vineyards, allows us to admire the peaks of the Bernese Oberland and the steep summits of the Combin massif. After descending in the shade of the larches, we arrive at the Col de la Forclaz, a key passage between the Rhone and Trient valleys.

Elevation gain: 700m - Elevation drop: 670m

Day 9 : Trélechamps

A steady climb up takes us to the French/Swiss border from where the views on the north face of the Mont-Blanc range are breathtaking. This fabulous décor will escort us until the listed hamlet of Tré le Champ where we will spend the night.

Elevation gain: 910m - Elevation drop: 800m

Day 10 : Chamonix Valley

From Trélechamps we head up towards the Lacs de Chéserys, with the Mont-Blanc massif reflecting in their waters, a magical place to share our last lunch. The trek ends at the Praz village. Return to Chamonix in the afternoon.

Elevation gain: 810m - Elevation drop: 330m

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 Wednesday July 15th
- From Monday July 27th to Wednesday August 5th
- From Monday August 17th to Wednesday August 26th

Price 2020 : 1440€ 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 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 : 4/5 - Tour du Mont-Blanc Complete hiking trip is a strenuous trek due to the length of the trip. 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. A great multiday hike for people with trekking experience. Good physical training and multiday hiking experience on mountain trails are required.

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 : 9 nights in basic hotel or mountain hut : **4-bed room (4 nights) & dormitory (5 nights).**

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 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 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** :

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