



# Compagnie des Guides de Chamonix

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## HIKING - TOUR DU MONT BLANC 'LIGHT PACK ROOM OPTION'

Duration: 6 days

Level: ▲▲▲▲▲

Price from: 1 050 €

The Compagnie des Guides de Chamonix has designed a selection of trips where logistics and comfort level are adapted to your needs, allowing you to live the experience fully. Each trip guarantees a hike rich in emotions:

- **Classic Tour du Mont-Blanc**: 6 days to discover all the unmissable sights
- **Tour du Mont-Blanc comfort**: the classic itinerary with nights in hotel rooms
- **Authentic Tour du Mont Blanc**: 6 days immersed in the local heritage
- **Luxury Tour du Mont Blanc**: 8 days with luxury logistic to enjoy the best
- **Complete Tour du Mont-Blanc**: 10 days to fully live the experience
- **Half complete Tour du Mont-Blanc**: 5 days to hike a half of the full tour (complete the loop next time !)

This Tour du Mont-Blanc goes through the classic route. Overnights are in hotel rooms for maximum comfort. The mythical loop of the Northern Alps, the Tour du Mont-Blanc, offers a unique panorama. During this hike you can appreciate the beauty of the Mont-Blanc massif and discover the natural and cultural heritage of Valais, Valle d'Aosta and Pays du Mont Blanc. Departing from Chamonix, you will follow marked mountain trails through France, Switzerland and Italy. This long-distanced hike will expose you to breath taking altitude panoramas: lakes, mountain pastures and glaciers. A round trip for hiking lovers rich in emotions.

Take the time to discover the sumptuous landscapes of the Mont-Blanc Massif as well as the flora and fauna of this exceptional environment. Live a unique experience along the mountain trails. Your mountain guide will enrich your experience with anecdotes and interesting tips, while being in charge of the whole logistics.

Luggage transport is provided throughout the hike. You only need to carry the essentials in your backpack to enjoy your hike fully. Transfers, luggage, and picnics are provided by a mountain guide or private transporter throughout your hike.

**If your desired departure date is full, please refer to our "[Tour du Mont Blanc light pack - dormitory option](#)" with the same itinerary and departure dates. This package includes 1 night in a 12 bed dormitory, 2 nights in a 4-6 bed room and 2 nights in a 2 bed room.**

### ITINERARY

#### Day 1 : Val Montjoie

Our TMB starts from the the top of the Bellevue cable car. The panoramic views on the Mont-Blanc mountain range, the Aiguilles Rouges, the Fiz and the Aravis massifs is stunning. Our path leads us to the suspended bridge of Bionnassay before a short uphill to the Col du Tricot. Descent towards Les Contamines to reach the Val Montjoie where we will spend the night in a hotel.

*Elevation gain: 750m - Elevation loss: 1 300m*

#### Day 2 : Beaufortain

We begin our hike from Notre Dame de la Gorge and its famous baroque church. At the Col du Bonhomme (2329m), we leave the Val Montjoie behind us and head to the Beaufortain. We reach now the Col de la Croix du Bonhomme (2479m) towards the southernmost tip of the Mont-Blanc massif. The trail rolls down to the hidden valley of Les Chapieux where we will spend the night.

*Elevation gain: 1 340m - Elevation loss: 950m*

### Day 3 : Val Veny

We head northeast and cross the French/Italian border at Col de la Seigne (2516m). From here, we can admire the breathtaking rock faces and the ice-covered summits of the south side of the Mont-Blanc mountain range. We finish our day by a quick visit of Courmayeur. Night in a hotel in Courmayeur or in the Italian Val Ferret.

*Elevation gain: 730m - Elevation loss: 850m*

### Day 4 : Swiss Val Ferret

After a transfer to Arnouva, the trail gives access to the Grand Col Ferret (2537m), the border between Italy and Switzerland. We enjoy the alpine meadows and the 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. Night in a hotel.

*Elevation gain: 950m - Elevation loss: 900m*

### Day 5 : Col de la Forclaz

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. Night in a hotel.

*Elevation gain: 800m - Elevation loss: 750m*

### Day 6 : Chamonix Valley

A final hike up will take us to the Swiss/French frontier. From there, we can enjoy the Mont-Blanc and its magnificent glacier covered north faces. This fantastic background escorts our afternoon hike as we make our way down to the hamlet of le Tour. End of the trek. Transfer back to Chamonix.

*Elevation gain: 950m - Elevation loss: 800m*

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

## GROUP BOOKING

The collective formula associates several people who do not necessarily 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 :** Find all the dates available in the drop-down list below

**Price 2023 :** 1050€ per person - based on a minimum of 7 participants

This price includes :

- the organization and supervision by a state qualified trekking guide
- half-board accommodation in either a basic hotel or gîte in either a double or twin room depending on the option you choose
- picnic lunches
- lift passes
- transfers throughout the hike
- luggage transportation throughout the trek (1 piece of luggage per person, Maximum 15KG per bag - No hard-shell suitcase)

Not included in the price :

- drinks and personal expenditure (souvenirs...)
- repatriation insurance (compulsory). Cancellation Insurance highly recommended

## PRIVATE BOOKING

A private booking is the historical relationship that binds a mountain leader to their clients. It allows you to be alone or in your own group with your mountain leader who will meet your specific needs. It is undoubtedly the ideal formula to realise your projects because it guarantees you a maximum amount of comfort. You are free to choose your departure date (subject to the availability in the accommodation). Depending on the weather conditions, the proposed route can be adjusted according to your level and

expectations, the professional can suggest alternatives to the itinerary.

#### Prices 2023 :

1 person : 5380€ per person | 7 people : 1410€ par person  
2 people : 3065€ par person | 8 people : 1330€ par person  
3 people : 2295€ par person | 9 people : 1265€ par person  
4 people : 1910€ par person | 10 people : 1215€ par person  
5 people : 1675€ par person | 11 people : 1170€ par person  
6 people : 1520€ par person | 12 people : 1050€ par person

The price includes :

- the organization and supervision by a state qualified trekking guide
- half-board accommodation in either a basic hotel or gîte in either a double or twin room depending on the option you choose
- picnic lunches
- lift passes
- transfers throughout the hike
- luggage transportation throughout the trek (1 piece of luggage per person, Maximum 15KG per bag - No hard-shell suitcase)

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## FURTHER INFORMATION

In this section, find all the information about this activity. For further information, please contact our advisor (contact details above).

**Meeting point :** meet at 8.30 am at the Compagnie des Guides office, 190 Place de l'Eglise, 74400 Chamonix.

**Ability level : 3/5.** Tour du Mont-Blanc "Light Backpack" hiking trip is a moderate trek. A minimum of 700m (2350ft) and a maximum of 1300m (4265ft) vertical gain and about 5 to 7 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. For active people who do not mind training to prepare for the hike and practice sport regularly. A great multiday hike for people with trekking experience.

**Guiding policy :** minimum 7 and maximum 12 people per guide. 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: Registration possible from 16 years of age. Registration is not permitted to anyone under the age of 18 without a legal guardian.*

#### Accommodation :

- During the trip : 5 nights half board in basic hotels or inns either in a double/twin room.

*\*For people signing up alone, we cannot guarantee that you will share your room with a person of the same gender.*

- Before & after the trip : benefit from preferential prices from our partner hotels in Chamonix. If you wish to receive information just ask the Randonnée department.

**Attention : for the departure on July 30th, only one double room is available for the last night, on August 3rd. 4 people will share the same room.**

#### Documentation :

- Participants must have sports insurance with repatriation cover. We strongly recommend that this also includes cancellation cover. 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 :** There is an information meeting with your mountain leader the day before departure at 6pm at the Compagnie des Guides Office.

## EQUIPMENT

We recommend that you take special care in choosing your equipment because it contributes greatly to the success of your trip. As alpine conditions can be highly variable with sudden changes, it can get very cold in altitude, it is preferable to have numerous layers rather than one thick piece of clothing. It is not uncommon to have snow in the middle of summer, do not skimp on warm clothes even if the weather seems favourable. Contrarily, the sun can be scorching hot. Without weighing too much, you should always have sufficient equipment in your backpack to deal with the capricious and severe weather.

## Equipment

- A backpack with a capacity of at least 30 litres (better too big than too small). Make sure you have enough space for the picnic. A small tip in case it rains : even if you have a backpack cover, always protect your belongings in a plastic bag (a big rubbish bag) inside your backpack.
- A compact and solid travel bag, maximum 15kg.
- A pair of top-quality hiking boots with Vibram soles. For new shoes, we strongly suggest that you wear them beforehand to mold them to the shape of your foot. If you are prone to blisters : talcum powder applied to dry feet and in your shoes before you start your days hiking.

## Clothing

For added comfort regarding underwear, (t-shirts, boxers, socks), avoid cotton which is heavy, cold and dries very slowly. Opt for synthetic technical fabrics or wool, which is making a comeback. They are warmer and dry quickly.

For the day :

- 1 short-sleeved t-shirt
- 1 long-sleeved t-shirt (technical fabric)
- 1 polar fleece
- 1 light down jacket (or a second fleece)
- 1 pair of shorts
- 1 pair of hiking trousers
- 1 pair of hiking socks (technical fabric)
- 1 Goretex jacket (waterproof windbreaker)
- 1 poncho (large rain cover that fits over your pack) or 1 pack cover
- 1 pair of waterproof trousers (although light Gore-tex trousers are expensive, other types of light waterproof trousers will do)
- Sun hat or baseball cap
- 1 warm hat
- 1 pair of gloves

For the entire trip :

- At least 2 changes of clothes - t-shirt, underwear & socks (technical fabric)
- 1 pair of long underwear (technical fabric)
- 1 pair of ultra-light shoes (i.e. flip flops, slippers)
- optional : short gators (start of the season)

## Accessories

For the day :

- Sunglasses
- Sun cream and lip salve
- 1 water bottle (minimum 1 litre but 1.5 litres is better)
- 1 knife
- 1 fork (type "spork")
- 1 pair of telescopic poles

For the entire trip :

- Flashlight or headlight
- Personal pharmacy : elastoplast, (stretchable strapping tape), band-aids "second skin" kit, compresses, medicines for common ailments : diarrhea, constipation, sore throat, headaches, pain relief, allergies and any prescribed medication. The mountain leader always carries a first aid kit with them. Remember that packing light is essential.
- Toiletries, hand towel, earplugs
- Identification (passport or ID card)
- Money for your personal expenses
- A bit of soap for laundry

**Our Rental Partners** : You can rent your equipment with our rental shops partners and benefit from special price [Sanglard Sports](#), [Ravanel & Co](#) & [Concept Pro Shop](#)

**Our Equipment Partners** : [Millet](#), [Dynastar](#), [Julbo](#), [Grivel](#) & [Monnet](#)