



# Compagnie des Guides de Chamonix

190 place de l'église - 74400 Chamonix - France - Tél : + 33 (0)4 50 53 00 88

[www.chamonix-guides.com](http://www.chamonix-guides.com) - e-mail : [info@chamonix-guides.com](mailto:info@chamonix-guides.com)

## HIKING - TOUR DU MONT-BLANC - LIGHT PACK & DORMITORY OPTION

Duration: 6 days

Level: ▲▲▲▲▲

Price from: 890 €

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 : Val Montjoie

Our TMB starts from 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 Arnava, 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

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.

**Date 2020 :** *From Sunday to Friday.* Departure every Sunday from June 14th to September 13th included.

**Price 2020 :** 890 € per person with a minimum of 6 participants.

Included in the package:

- The organization and supervision of each tour by a state qualified trekking guide/s,
- half-board accommodation in basic hotel or inn in mixed dormitory or triple/quadruple room,
- picnic lunches,
- lift passes,
- minivan assistance throughout the trek,
- luggage transportation throughout the trek (1 luggage per person, maximum 15kg).

Not included in the package :

- Drinks and personal expenditure (souvenirs...),
- **repatriation insurance** (mandatory).

## FURTHER INFORMATION

**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) 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 :** minimum 6 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: no booking accepted in our scheduled groups for people under the age of 18 without a legal guardian.*

**Accommodation :**

- During the trip : 5 nights in basic hotel or inn in mixed dormitory or triple/quadruple rooms.

*\*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 : 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 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](mailto:anais@chamonix-guides.com)

**Compagnie des Guides de Chamonix Mont-Blanc.** 190, place de l'église 74400 Chamonix  
SAS au capital social de 364 400€ - R.C.S Annecy - SIRET 448 519 306 000 14 - Code APE 7911 Z  
TVA intracommunautaire FR 23 448 519 306 - Immatriculation ATOUR France IM074 150011

**Responsabilité civile professionnelle** : MMA IARD - 14 Bd Marie et Alexandre Oyon - 72 000 Le Mans - Police 125 901 025  
**Garantie financière** : GROUPAMA ASSURANCE - 5, rue du Centre - 93199 Noisy le Grand Cedex - Contrat #4000713874/1