



# Compagnie des Guides de Chamonix

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## TOUR DU MONT-BLANC - PRIVATE GROUP KIM MYONGSOON

Duration: 6 days

Level: ▲▲▲▲▲

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 famous 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. 30 minutes transfer to the Chalet de Roselend above Roselend lake (no room available in les Chapieux).

*Elevation gain: 1 3400m - Elevation loss: 950m*

#### Day 3 : Val Veny

After a 40 minutes transfer, 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. Diner in a restaurant.

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

#### Day 4 : 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. The trail leads us to the famous Bonatti mountain, facing the Grande Jorasses the view from the hut is breathtaking. A nice path leads us back to the bottom of the valley. Transfer back to Courmayeur. Free dinner.

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

#### Day 5 : 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 the village of la Fouly. Transfer to the French hamlet of le Buet. Night in basic hotel.

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

#### 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

### Date 2020

From Thursday July 2nd to Tuesday July 7th

**Price 2020** : 970€ per person based on a group of 12 participants.

Included in the package :

- The organization and supervision of each tour by state qualified trekking guide,
- half-board accommodation in basic hotel or inn in room (free dinner in Courmayeur on day 4),
- picnic 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. You are welcome to come and meet your guide the evening before at our office at 6 pm.

### 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

By a state qualified trekking guide with a maximum of 12 people in the group.

### ACCOMMODATION

5 nights in basic hotel or inn (**in double/twin room**).

### DOCUMENTATION

- Participants must have an insurance with repatriation cover. Cancellation insurance is highly recommended.
- Participants must also take valid ID with them.

## 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. Wheels on bags are not recommended for « Chamonix-Zermatt » and « Gran Paradiso » hikes.

### 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!)

### 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 Gore-tex jacket (waterproof windbreaker)  
1 poncho (large rain cover that fits over pack) or 1 back 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"  
1 warm hat, a pair of gloves  
1 pair of telescopic poles

#### FOR THE ENTIRE HIKE

Change of clothes : (prefer synthetic)  
1 pair of long underwear (synthetic)  
Pocket light or head-lamp  
Personal first aid kit \*\*  
1 pair of comfortable shoes for the evening  
Shower kit  
Optional: low gaiters (for early season hiking), camera, binoculars, umbrella etc ...  
ID card or valid passport + small change/bills for personal expenses  
Sun hat or ball cap, sunscreen, sunglasses, lip protection  
A small amount of laundry detergent

\*\* 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.

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