

Classic Tour du Mont Blanc

Trip Code: TMH

Version: TMH The Classic Tour Du Mont Blanc



WALK & TREK



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Complete the full route around Mont Blanc and tick off a bucket list adventure
- Experience world-class trekking as you walk through France, Italy and Switzerland
- Enjoy the breath-taking scenery of the Alps and their unique mountain culture
- Excellent IML guide, and all baggage transfers are included

AT A GLANCE

- 10 days trekking
- Max altitude - 2670 metres
- Join at Chamonix

ACCOMMODATIONS & MEALS

- 11 Breakfasts
- 7 Dinners
- 7 nights Hotel
- 3 nights Guesthouse
- 1 nights Mountain Hut / Refuge

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

The Tour du Mont Blanc is a classic walking holiday adventure around Mont Blanc in the heart of the Alps of Europe from Chamonix, France trekking through Italy and Switzerland. Starting out in the Chamonix Valley, this superlative walking holiday makes a complete circumnavigation of Mont Blanc and its satellite Alpine peaks. Walking firstly into Italy and then Switzerland, the trekking route follows picturesque valley trails and ascends via wonderful mountain paths.

Our walking route also climbs to a succession of scenic and challenging Alpine passes, including the high point of the circuit at the rocky Fenetre d'Arpette (2670m). Lower level highlights include the vibrant Italian Alpine resort of Courmayeur and the charming Swiss village of Champex. As an excellent final day addition to this classic walking holiday around Mont Blanc we include the trek to the summit of the Brevent (2525m) for unmatched views of Chamonix, the Aiguille du Midi and Mont Blanc itself. We use a good standard of hotel accommodation throughout and our vehicle back-up means that group members need carry only a small daysack. Suitable for regular hill walkers looking for an Alpine trekking adventure around Mont Blanc, this holiday provides an excellent introduction to long-distance trail walking in the Alps of Europe.

Is this holiday for you?

This is a classic Alpine walking route on good trails. The average distance covered each day is around 17 kilometres and there is a fair amount of ascent and descent. However, the pace of the walking is steady and regular hill walkers will find this trek to be well within their capabilities. Additionally, vehicle transport for your KE trek bag, means that you need to carry no more than a small daysack. There will be vehicle support everyday to carry the group members trek bags to the next overnight stop (note, this service cannot be used for passengers).

Itinerary

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DAY 1

Meet at the group accommodation in the Chamonix Valley (1240m).

Meet at the group chalet in the Chamonix Valley (1240m). Lying beneath the stunning north face of Mont Blanc, the views are awesome from the start!. KE Land Only package services begin with the overnight.



Accommodation
Hotel

DAY 2

Cable car to Bellevue and walk to the Col de Tricot. Descend via the Chalet de Miage to Les Contamines.

Our leader will meet us for breakfast and an informal chat about the week ahead. Following this we have a very gentle introduction on this first day, with a cable car ride to Bellevue, where our trek starts in earnest. A short descent takes us to the start of the Bionassay Glacier with the Aiguille de Bionassay towering above. Crossing the torrent via a fine new suspension bridge, we climb easily to the Col de Tricot. Ahead lies the bulk of the Dome de Miage and below us is the idyllic summer hamlet of the Chalet de Miage which will take us 45 minutes or so to reach. After a welcome drink at the Chalet de Miage, a relatively short climb and easy descent takes us to the colourful village and winter ski resort of Les Contamines.

Meals: **B D**



Accommodation
Hotel



Ascent
800M



Descent
1450M



Time
7 - 8 hours walking



Distance
16KM


DAY 3

Walk via Le Balme to the Col de Bonhomme (2469m), then descend to Les Chapieux.

A leisurely wander by the river to Notre Dame de la Gorge is our start for today. Leaving the river, our route then climbs steeply, following the 'paved' Roman road thought to have been a route taken by Hannibal in an early version of the Tour du Mont Blanc. Our next stop is at the refuge at Le Balme, a good

place to contemplate the climb to the Col de Bonhomme. This is a long, steady plod and the pass itself often has snow patches early in the season. At 2469 metres, this is considerably higher than the Col de Tricot, but at least the climbing is over for the day, as we traverse around via the Croix de Bonhomme, before dropping gently down to Les Chapieux.

Meals: **B D**



	Accommodation Mountain Hut / Refuge		Ascent 1350M		Descent 850M		Time 8 - 9 hours walking
	Distance 18KM						

DAY 4

Cross the Col de la Seigne (2513m) to Val Veni in Italy. Overnight in La Palud above Courmayeur.

A level trail takes us out of Les Chapieux towards the refuge Le Mottet, which doubles as a donkey and mule sanctuary. Many of these animals earn their keep by transporting baggage to our next high point, at the Col de la Seigne (2513m). This is a significant col on the border between France and Italy and gives superlative views of the Brenva Face of Mont Blanc. An easy descent takes us past the Elizabetta Refuge and down into the head of the Val Veni, under the awesome ridge of the Aiguille Noire de Peuterey. After lunch, we catch a bus down to the vibrant town and mountaineering centre of Courmayeur. We stay tonight in a hotel at La Palud above the town.

Meals: **B**

	Accommodation Hotel		Ascent 800M		Descent 950M		Time 7 hours walking		Distance 21KM
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DAY 5

Walk the Monte de la Saxe Ridge and descend via La Vachey to Arnouva. Bus back to La Palud.

Leaving La Palud, we climb towards the Monte de la Saxe Ridge. This is a spectacular grass ridge which provides fantastic views of the Italian side of Mont Blanc and the Grandes Jorasses. We pass above the Bertone Hut and at this point there are options depending on the weather. We can drop down to La Vachey and walk up the road from there. Or, we can cross another col, Col des Deux Sauts, passing the Bonatti Refuge and contouring around to Arnouva. From here, we will take the bus back to La Palud, to spend a second night in the hotel above Courmayeur.

Meals: **B**






	Accommodation Hotel		Ascent 1500M		Descent 1200M		Time 9 hours walking		Distance 21KM
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DAY 6

Bus to Arnava and walk to the Col du Grand Ferret (2530m). Descend to La Fouly in Switzerland.

We start the day with a bus transfer back up the Arnava to its head and we then climb up to the Elena Refuge - an excellent place to stop for morning coffee. After this pleasant interlude, we set off on the long climb to the Col du Grand Ferret (2530m). From this pass, there are views of the snow-capped Grand Combin (4090m) and also Mont Dolent, the summit of which is shared by France Switzerland and Italy. Beyond the pass, we have entered Switzerland and the terrain is very different, less rugged, as we descend to La Fouly.

Meals: **B D**






	Accommodation Guesthouse		Ascent 920M		Descent 1100M		Time 7 - 8 hours walking		Distance 16KM
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DAY 7

Walk through several typically Swiss villages, to Champex.

A relatively easy day, which starts off with a gentle downhill walk through woodland and a number of typically Swiss villages. There is a final 45 minute climb to the famously scenic 'Chocolate Box' village of Champex. Arriving early, we have the chance to sample the delights of its local hosteries.

Meals: **B D**

	Accommodation Guesthouse		Ascent 600M		Descent 730M		Time 5 - 6 hours walking		Distance 17KM
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DAY 8

Ascend to cross the Bovine Trail (2040m) and then descend to Trient.

Today we take the beautiful Bovine Trail, through the high meadows where the famous Swiss fighting cows spend the summer months. On this route after a steep ascent to the meadows, we might even have the opportunity to stop at a farm for coffee and a chat with the cowherder. This is a very pleasant walk providing spectacular views of the upper Rhone Valley and tops out at around 2040 metres. We

then descend all the way to Trient.

Meals: **B D**

	Accommodation Guesthouse		Ascent 760M		Descent 710M		Time 6 - 7 hours walking		Distance 13KM
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DAY 9

Return walk into France via the Col de Balme. Overnight in the Chamonix Valley.

We begin a climb up through fine woodland to reach the Col de Balme. Our route to the pass can be varied to take account of the prevailing weather conditions. The preferred route, via Les Grands, allows us to linger over views of the Trient Glacier. On reaching the Col de Balme, we cross the border back into France where below us lies the Chamonix Valley, dominated by the Aiguille Verte at one end and Mont Blanc at the other. We descend from the Col de Balme to Chamonix, and to our accommodation.

Meals: **B D**

	Accommodation Hotel		Ascent 1200M		Descent 1450M		Time 8 - 9 hours walking		Distance 18KM
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DAY 10

Walk to picturesque Lac Blanc, with its Mont Blanc views. Return to Chamonix.

From Chamonix our path meanders up to the Col des Montets before heading off towards the cliffs of Le Chesery, where our route takes a seemingly impossible line, helped on the more difficult sections by cables and ladders. This is very easy and not something to be worried about! Leaving the cliffs behind, easier ground takes us to Lac Blanc where we take lunch. This is arguably one of the Chamonix Valley's best viewpoints. We descend to La Flegere and use the valley transport system for the short journey back to our accommodation in the Chamonix Valley (1240m).

Meals: **B**



	Accommodation Hotel		Ascent 1000M		Descent 550M		Time 6 hours walking		Distance 9KM
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DAY 11

Walk up to the Brevent Summit (2525m), then descend to Les Houches. Bus back to Chamonix.

Today we complete our Tour du Mont Blanc. Returning to the end point of the previous day's walk, we use the lift system to get back up to La Flegere and, from there, continue to climb on a superb trail to the Col du Brevent and on to the Brevent summit. The views across the Chamonix Valley to Mont Blanc are excellent and the walking is delightful. Finally, we descend via Merlet to Les Houches and transfer back to our accommodation. We will be sure to have a final celebratory dinner to mark the end of our classic circuit.

Meals: **B D**

	Accommodation Hotel		Ascent 930M		Descent 1800M		Time 7 - 8 hours walking		Distance 17KM
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DAY 12

Departure day.

KE Land Only package services end after breakfast.

Meals: **B**

Holiday Information

What's Included

- A professional English-speaking guide
- All transfers and cable cars involved in the itinerary
- All accommodation as described
- Meals as detailed in the Meal Plan
- Services of a support vehicle for baggage transfers

What's not Included

- Travel Insurance
- Meals as detailed in the Meal Plan
- Visa fees (if applicable)
- Airport transfers
- Miscellaneous expenses

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on [Travelling by Train](#).

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

The group will rendezvous at the hotel in the Chamonix Valley on the evening of day 1 of the trip itinerary.

Arriving by air:

Fly to Geneva Airport and make use of an airport transfer service. We recommend Mountaindropoffs (mountaindropoffs.com/en).

Arriving by rail:

Train tickets can be booked from London through to Chamonix (with two changes) with trainline.com.

Arriving by road:

If you are driving to Chamonix we will provide route details and directions to the group hotel in the Chamonix Valley.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included except for lunches and dinner on day 1 and day 4. Lunches can be easily purchased from supermarkets, bakeries or your accommodation along the way.

We do recommend you bring a few additional trail bars and snacks with you (not chocolate as it can melt) - these can of course also be purchased along the way, but it is sometimes nice to have your favourite hill food with you.

Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

As might be expected, the food available in restaurants and hotels in France and Switzerland is excellent. Continental breakfasts and evening meals are provided by our accommodation. Lunch and additional snacks can be purchased from the huts or supermarkets when in the valley.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

During this holiday, the groups start and finish the trek at a hotel in the Chamonix Valley. On the rest of the Tour de Mont Blanc the group will spend a total of 7 nights in comfortable hotels, chalets or gites with all bedding provided. On the route of the 'Tour du Mont Blanc' accommodation is comfortable and charming but often quite simple. Where we can, we will book twin rooms. Occasionally it will be same sex triple or quad rooms, which may be with shared bathrooms. Single rooms are not available. On one night accommodation may be in a non-segregated dormitory if this is all that is available. This type of shared accommodation is all part of the Alpine mountain experience.

Group Leader & Support Staff

The group will be led by an experienced mountain leader. There will also be a support vehicle for baggage transfer.

Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on trekking at altitude on our website which can be viewed via the link below. You can also talk to one of our trekking experts if you have any concerns about altitude. www.keadventure.com/page/altitude.html

Spending Money

The package price includes all accommodation, guiding, and all meals except lunches. You should also make an allowance for additional snacks, drinks etc. Beer, wine and soft drinks are available every night. Approximately 300 Euros should adequately cover typical personal spending requirements. Please note that a part of the route is in Switzerland but Euros are accepted in most places we stay, although Euros will generally be accepted you may not get a favourable exchange rate.

Baggage Allowance

For this holiday you should take one piece of luggage (maximum weight on arrival at the group hotel is dependent on your international flight restrictions) and a daypack (of around 30 - 40 litres).

Our baggage transfer company who transport your main bag from guesthouse to guesthouse throughout the trek have requested that everyone uses a duffle type bag. They will not take hard suitcases. Please note that there is a strict weight limit of 15kgs maximum for bags to be transferred and no fresh produce should be left in these bags.

You can of course travel to the group hotel with any type of baggage, and store it at our group accommodation with any items you do not need on trek and pick these up when you return.

Your main bag will be transferred between overnight stops and you should have this ready for collection by 8.00 each morning. The bag will normally be delivered to your hotel by 17.30.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Currency

The currency for part or all of this holiday is the Euro.

The unit of currency in Switzerland is the Swiss Franc.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We would suggest that you adopt a weekly exercise regime leading up to your trip. Jogging, squash and swimming are good for developing better stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Tour of Mont Blanc. Trekking Guide. Kev Reynolds
- Walking Guide to the Tour du Mont Blanc. Andrew Harper
- Tour du Mont Blanc Topo Guide. Publisher: Fdration Franaise de la Randonne

Maps

IGN (Institut Geographique National) 1:50,000 scale.

The IGN also produce a 1:25,000 series covering the route but these are not very practical as you would require several sheets. The 1:50,000 'Carte de Randonees' series of walking maps provides a detailed topographic map with a useful contour interval of 20m. This is still a good scale for following the route on the ground and means you only need one map: Pays Du Mont-Blanc - Aravis - Chamonix - Courmayeur A1

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You must bring the following items:

- Hiking boots
- Socks
- Underwear
- Hiking trousers
- Waterproof jacket
- Waterproof overtrousers

- Thermal baselayer shirts (1 short sleeve, 1 long sleeve)
- Fleece jacket or warm jumper
- Warm and waterproof gloves or mittens
- Thermal gloves
- Sunhat
- Warm hat
- Sunglasses
- Daypack 30 – 40 litres should be sufficient
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial handwash
- Head torch and spare batteries
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment.

◆ **The following items are optional:**

- Trekking poles (highly recommended)
- Gaiters
- Shorts

- Thermal baselayer - legging
- T-shirts and/or casual shirts
- Spare laces
- Insect repellent
- Camera
- Travel clothes
- Travel shoes
- Reusable cloth bag for shopping (to avoid plastic bags)

Note

We request that you keep the weight of your main baggage to less than 15kgs for the baggage transfers.

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel the Chamonix Valley. Geneva has the nearest airport.

Why Choose KE

Why KE

Complete the tour with our experienced guides, who live, breathe and love the Alps. Relax in hotel and chalet accommodation and walk worry-free with all baggage transfers included.

Please Note This document was downloaded on 20/05/2024 and the trip is subject to change