Self-Guided Tour du Mont Blanc

Trip Code: SGTM

Version:

WALK & TREK	SELF-GUIDED	CHALLENGING



HIGHLIGHTS

- Complete the iconic Tour du Mont Blanc trek at your own pace
- Hike through three countries in just one week: Switzerland, France and Italy
- Savour delicious regional Alpine cuisine to fuel you on your way
- Stay in comfortable hotels in private rooms
- Delight in spectacular rail journeys in Switzerland

AT A GLANCE

- 10 days trekking
- Max altitude 2,537m
- Daily departures
- Suitable for 2+ travellers
- Join at Martigny

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Alpine flowers, high passes, traditional mountain huts and towering peaks. This self-guided walking holiday follows the classic Tour du Mont Blanc, arguably the most prominent long distance trail in Europe and a definite bucket-list adventure.

Starting your trip in Martigny, you will whet your appetite for the big mountains on your scenic rail journey into the heart of the Valais region of Switzerland. Over ten days of trekking, you will conquer high mountain passes, drink in the stupendous views of majestic peaks and idyllic Alpine meadows, contemplate the peace at tranquil glacial lakes, and travel on foot through three countries, enjoying the subtle cultural and gastronomic differences along the way. This trip has been designed with comfort in mind, staying in welcoming hotels of a 3* standard in private rooms each evening.

BOOK EARLY TO AVOID DISAPPOINTMENT!

The Tour du Mont Blanc is highly subscribed every year and availability is very limited. We highly recommend booking early for this trip.

Is this holiday for you?

This trip is perfect for you if you are an active walker looking for a challenging trek without the constraints of joining a group trip, or the hassle of making the arrangements yourself. You will walk an average of 5 to 6 hours daily and tackle up to 1,400m ascent in a day on well-established paths. This is a fantastic mountain trek and while routes are well marked, a sound knowledge of map reading and mountain navigation is required. The flexibility of undertaking the TMB as a self-guided trip allows you to go at your own pace with only your daypack to carry while we transport your luggage. For safety in the high mountains, this trip is suitable for groups of 2 or more travellers.

Itinerary

Version:

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Luggage transfers between hotels
- Transfer from Les Chapieux to Bourg Saint Maurice on Day 6
- Transfer from Bourg Saint Maurice to La Ville des Glaciers on Day 7
- Transfer from Trient to Martigny on Day 11
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Travel to/from Martigny
- Visas (if applicable)
- Tourist taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Any local transfers required by bus/rail/cable car
- Personal equipment
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

The trip starts and ends at your hotel in Martigny. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airport for this trip is Geneva Airport with many departures from regional UK airports.

The Swiss Federal Railways network is incredibly efficient and offers excellent connections all over the country (https://www.sbb.ch/en).

From Geneva Airport, you can take the train to Martigny and enjoy the incredibly scenic journey along the shore of Lake Geneva. There are regular direct services that take less than 2 hours.

It is also possible to travel flight-free from the UK via the Eurostar to Paris and on to Geneva, from where you can make use of the highly efficient Swiss Railway service to travel around Switzerland.

Meal Plan

This trip is on a bed & breakfast basis, with the nights in Les Houches and Champex on a half-board basis (evening meal also included), to allow you plenty of flexibility during your holiday.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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.

Food & Water

When in the towns and villages all tap water is drinkable. In mountain huts there is usually not a sustainable drinking water supply. Water in plastic bottles is brought in to the hut. All huts have a recycling point. If you have to purchase water in plastic bottles please buy the largest bottle you can so as to use less plastic. Please take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water if you can fill from a local stream. Bottled water is not provided. We do not encourage the purchasing of single use plastic bottles. Local authorities are working to find solutions to using plastic water bottles in huts. We monitor the situation carefully for updates.

A continental breakfast buffet is served at the hotels, occasionally with some cooked items available.

You can purchase supplies for a picnic lunch from local shops, or you can pre-order a packed lunch from your accommodation the evening before. Alternatively, there are plenty of mountain huts along the route where you can enjoy the local delicacies. Not all huts can take card payments so having a supply of cash would be recommended. It would also be a good idea to bring a few additional trail bars and snacks with you; these can of course be purchased along the way but it is sometimes nice to have your favourite hill food with you.

For your evening meals, you can either dine in the hotel restaurant or at your choice of restaurants available in the towns you will stay at. You can be sure to find a variety of delicious food available in restaurants and hotels in France, Italy and Switzerland to replenish the calories burned while trekking.

Accommodation

On this holiday, you will stay in carefully selected traditional Alpine hotels and guesthouses typically of 3-star or 4-star standard, with 2-star hotels in Bourg Saint Maurice and Les Houches. You can be sure of a warm welcome and comfortable spaces in which to relax after your day's hike, and most have an outdoor terrace or garden where you can enjoy the surrounding views and fresh Alpine air. Your stay will be arranged in private twin or double rooms, very occasionally with shared bathrooms. Single rooms can be requested for a supplementary cost, subject to availability. All hotels offer Wi-Fi connectivity and a continental breakfast to fuel you each morning.

If you would like to extend your stay in this magnificent region, it is possible to arrange additional nights' accommodation Martigny. Please speak to one of our Sales Team for further details.

Please note that the Tour du Mont Blanc is highly subscribed every year and availability is very limited. With high demand for this iconic route, it may be necessary to adjust the location of your stay according to availability. We ask that you have flexibility to allow such adjustments, for example to stay in a different location in the valley, making use of transfers to get between the village and the trail. Any necessary changes will be clearly communicated with you at the point of confirmation.

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 high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your walk. We ask that you please ensure your luggage is limited to one piece under 15kg per person. You should use a soft bag such as a duffle bag. Please ensure that your luggage is ready for collection in the morning. You will also need a daypack to carry your daily essentials such as waterproofs, etc with you.

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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

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

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience. You should be aerobically fit and comfortable with walking 5 to 6 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardio vascular fitness and stamina.

Climate

Temperatures in the Alps between June and July are typically 15°C to 25°C during the day. It can be cool in the evenings at our highest overnight stopping places, falling close to freezing point at night. The weather is usually stable during July and August, but mountainous areas do generate their own weather systems and occasional rain and even stormy weather cannot be ruled out. You should be prepared for all eventualities.

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 before 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. All other nationalities should check their government websites for relevant information.

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 directly 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: Federation Franaise de la Randonnee

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

Self Guided Equipment List

- Hiking boots with good-grip soles
- Hiking socks
- Long / short hiking trousers
- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses
- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Camera (and batteries / memory card)

- Reusable sealable picnic boxes for picnics
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Walking poles
- Headtorch with spare batteries
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

Land Only Information

With high demand for the Tour du Mont Blanc each year, early booking is highly recommended!

Please note our 'from price' listed is based on 4 persons on twin or double occupancy, however this trip is suitable for groups of 2 or more travellers, contact our sales team for a quote.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Why Choose KE

Why KE

Experience the world-class long distance TMB trail independently, safe in the knowledge that all the arrangements have been made for you.With a carefully curated range of Tour du Mont Blanc treks on offer, both guided and self-guided, you can choose the itinerary that best suits you.

Please Note This document was downloaded on 06/11/2026 and the trip is subject to change