

Self-Guided Tour du Mont Blanc

Trip Code: SGTM

Version: SGTM Self-Guided Tour du Mont Blanc



WALK & TREK



SELF-GUIDED



CHALLENGING



HIGHLIGHTS

- Experience traditional alpine mountain huts and wake up to views of Mont Blanc
- Walk in three countries: France, Italy and Switzerland
- Explore beautiful Chamonix, the Mountaineering Mecca of the Alps
- Complete the full Tour du Mont Blanc at your own pace

AT A GLANCE

- Self-Guided
- 10 days trekking
- Max altitude 2665m
- Daily departures available
- Suitable for 2+ travellers
- Join at Chamonix

ACCOMMODATIONS & MEALS

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

[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. Starting in the Mountaineering Mecca of Chamonix you will have opportunity to explore this hub for outdoor enthusiasts before commencing your trek. Staying in a selection of comfortable small family run hotels, guesthouses and traditional alpine refuges high in the mountains you will wake up to the most breath taking views of the Alps along the way.

With 7 nights on a half board basis this is the ideal trek for those seeking a little more comfort at the end of a challenging days walking and is designed to take the stress out of a long distance route. You will dine on local French, Italian and Swiss delicacies as you make your way around the epic 170km trail circumnavigating the awe inspiring Mont Blanc massif. Enjoy fresh baguettes in Les Contamines, delicious pasta dishes in Courmayeur, and hearty alpine stews in La Fouly. The route is scattered with quaint mountain huts and refuges so you will be spoilt for choice for places to stop and for lunch. We always recommend the strudel - no trip to the Alps is complete without enjoying a slice!

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 and up to 1300m ascent in a day on well-established paths. This is a fantastic mountain trek and knowledge of map reading 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.

Itinerary

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DAY 1

Arrive in Chamonix and soak up the buzz.

Arrive in bustling Chamonix and soak up the buzz of this adventure hub of town, full of excitement for adventures ahead and beaming hikers having completed the Tour du Mont Blanc. Depending on your arrival time you will have time to explore the town, enjoy a coffee and watch the world go by or purchase any last minute supplies.



Accommodation
Hotel

DAY 2

Take the Bellevue cable car to begin your trek to Les Contamines.

Today starts with a transfer to les Houches where you will take the cable car to Bellevue Pass high above val Montjoie. Your trek begins with short descent takes you through pine woods with the spectacular sight of the Bionassay Glacier and the Aiguille de Bionassay towering above the valley. Taking a Nepali suspension bridge across the Bionassay torrent you are accompanied by spectacular views of the glacier. Make sure you have your camera handy! From here your route takes a steady ascent up Col de Tricot (2120m) from where you can see your final goal for the day, the Les Contamines Montjoie valley. Your route continues along a lovely path, through charming alpine meadows, before a final ascent taking you over a col to Le Truc (1750m) and a welcoming refuge. After a welcomed rest at the refuge you end your day with a descent through tall pines to the colourful alpine town of Les Contamines.

Meals: **B D**



Accommodation
Hotel



Ascent
650M



Descent
1300M



Time
6-7 hours



Distance
11KM

DAY 3

Hike up to Tre la Tete and on to Col de Bonhomme (2469m) and Les Chapieux.

After breakfast you say farewell to Les Contamines Montjoie and head south passing the beautiful church of Notre Dame de la Gorge before ascending to Refuge Tre la Tete. There is time for a coffee

while you take in the view before continuing your ascent on the Roman path of Claudius Bernard to the welcoming la Balme mountain hut (1705m). Here you can enjoy the view and enjoy a delicious alpine delicacy before heading up the Col de Bonhomme (2469m), this is a steady plod as you make your way between the Mont Blanc massif and the Beaufortain massif and over the Croix du Bonhomme pass (2433m). Your ascent is rewarded with fantastic panoramas of Mont Pourri (3779m) before gently descending through alpine pastures to your final goal of the day, the charming hamlet of Chapieux.

Meals: **B D**

	Accommodation Hotel		Ascent 1300M		Descent 950M		Time 8-9 hours		Distance 19KM
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DAY 4

Ascend La Seigne Pass (2516m) to cross the Italian border for stunning views.

Today is the day of your first border crossing. Starting from the Ville des Glaciers (1800m) there is the opportunity to visit an award winning cheese producer along the way, and maybe even sample the produce. After refuelling on cheese you ascend the La Seigne Pass (2516m) where you reach your first goal of the day- the Italian border and views to Italy below in the delight that most of today's ascent is complete. At this point Mont Blanc seems so close as you descend down the Val Veny to the end of the Miage Glacier. A final push up the Checrouit Pass before your descent to Courmayeur for a well-deserved rest.

Meals: **B**

	Accommodation Hotel		Ascent 1100M		Descent 950M		Time 7-8 hours		Distance 19KM
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DAY 5

Hike up to Refuge Bonatti (2025m) and watch the sunset over the Mont Blanc Massif.

Today's challenge from Courmayeur takes you on one of our favourite parts of the trail. Hiking up to the Bertone mountain hut (2000m) you will be rewarded with the most spectacular views of the Tour du Mont Blanc and the famous Grandes Jorasses. From here you pick up a fantastic balcony path to the Bonatti mountain hut (2025m) for a drink as you watch the sun set over the mountains. You will stay here for the night in the peace of the mountains or alternatively continue to Arnouva and take the short bus journey to stay in Courmayeur in the valley below.

Meals: **B D**

	Accommodation Mountain Hut / Refuge		Ascent 1250M		Descent 500M		Time 5-6 hours		Distance 12KM
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DAY 6

Follow the Col du Grand Ferret bordering Italy and Switzerland. Descend into La Fouly.

Today marks another border crossing as you follow the Col du Grand Ferret (2537m) from Refugio Bonatti. 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. Here you say goodbye to Italy and cross into Switzerland, your third country along the route. With your ascent over you begin your descent to the hamlet of Ferret, with La Fouly below you will pass meadows of wildflowers to the clanging chimes of cowbells to encourage you along your way. You end your day at your accommodation in the pretty Swiss village of La Fouly (1600m).

Meals: **B D**

	Accommodation Guesthouse		Ascent 850M		Descent 1250M		Time 7 hours		Distance 20KM
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DAY 7

Walk between typically Swiss villages to Champex.

After a couple of big days of ascent, today your route is a little easier on the legs as your route takes you gently downhill through woodland and beautifully typical Swiss villages. As you continue along your way you have a final climb to tackle to bring you to the famous 'Chocolate Box' village of Champex. Here you can relax and enjoy the Swiss way of life for the evening.

Meals: **B D**

	Accommodation Hotel		Ascent 680M		Descent 650M		Time 5-6 hours		Distance 17KM
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DAY 8

Discover Swiss mountain pastures and views over the wine regions of Rhones and Valais to approach Trient.

After an evening of great Swiss hospitality you will today discover the famous Swiss mountain pastures

and the prized cows that produce some of the most famous cheese in the Alps! Leaving Champex you make your way onto Bovines Route where you are greeted with the most amazing views across to the Bernese Alps and down the valley to Rhones and Valais with its many vineyards. From here you begin to descend to your final goal of the day, the lovely village of Trient for your final evening in Switzerland.

Meals: **B D**

	Accommodation Guesthouse		Ascent 700M		Descent 800M		Time 5 - 6 hours		Distance 15KM
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DAY 9

Take the Balme Pass over the border to France with more views of Mont Blanc summit. Descend into Argentiere.

Your penultimate day of the trek begins with an ascent along to Balme Pass (2191m) to cross the border into France. This is a moment to savour, crossing back into France in the knowledge you are on the home stretch of completing the famous TMB. Not only that but it also provides one of the best views of Mont Blanc and the valley of Chamonix too. From here you can opt to walk down to le Tour (1453m) or give your legs a rest and take the lift down before making a last effort to Argentiere (1250m).

Meals: **B D**

	Accommodation Hotel		Ascent 1150M		Descent 950M		Time 5-6 hours		Distance 11KM
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DAY 10

Follow a balcony path along the Aiguille Rouge. View Mont Blanc in the reflection of Lake Cheserys.

Your day begins with a hike in the massif of the Aiguille-Rouge in front of the massif of Mont Blanc for a final spectacular view of the glaciers and summits before taking a balcony path to Lake Cheserys; famed for its reflection of the most prominent mountain in the Alps. From here you proceed to the beautiful Lac Blanc (2352m) and descend to La Flegere (1877m) and on to Chamonix.

Meals: **B**

	Accommodation Hotel		Ascent 1100M		Descent 1100M		Time 5-6 hours		Distance 15KM
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DAY 11**Hike the final section over Le Brevent to reach Les Houches and complete your Tour.**

Today is the day you complete the Tour du Mont Blanc!

Taking the cable car this morning to reach Planpraz (2000m), you will pick up the trail ascending to the Col du Brevent and on to the summit station at Le Brevent (2525m), from where you can enjoy magnificent views to Mont Blanc and the Chamonix valley below. A fantastic opportunity to look back and reflect on your achievement over the past ten days, before descending the final leg of your journey to les Houches from where your first steps on the TMB began. Returning to Chamonix and your accommodation for the night, you can enjoy a celebratory dinner in a restaurant of your choice and raise a glass to a memorable trek.

Meals: **B**

	Accommodation Hotel		Ascent 700M		Descent 1700M		Time 6-7 hours		Distance 15KM
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DAY 12**Enjoy a leisurely breakfast before your departure.**

Enjoy a leisurely breakfast before checking out of your accommodation and making your onward journey.

Meals: **B**

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Organised luggage transfers (excluding day 5)
- Self-guided information pack containing your map and route notes

What's not Included

- Travel insurance
- Travel to and from Chamonix
- Local transfers and lifts
- 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
- 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, about 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 they are safely on their 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 you set 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 do inform our sales team so that we can make alternative delivery arrangements.

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 holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days 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

This trip starts and ends at your accommodation in Chamonix. 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.

If you are flying in to Geneva the easiest way to get to Chamonix is to make use of an airport transfer service. We recommend mountaindropoffs.com - transfers are around €40 each way. Please note that transfers are subject to availability and your flight details are required a minimum of 72 hours before your arrival in Geneva. Hotel contact details and an emergency number will be provided with your booking confirmation.

You may even wish to make the Tour du Mont Blanc part of a bigger trip 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.

If you would prefer to make the journey part of your holiday why not consider travelling by Eurostar and enjoy the option of stopping off along the way in Paris.

Meal Plan

This trip is on a half board basis for 7 nights on the trail. While in Chamonix and Courmayeur, your stay is on a B&B basis, allowing you the flexibility to dine at your choice of the many restaurants available in these vibrant towns.

There are mountain huts along the route where you can enjoy lunch; alternatively you can purchase picnics from some of your accommodations or local supermarket and bakeries.

We do recommend you bring a few additional trail bars and snacks with you - 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

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.

This trip is on a half board basis for 7 nights on the trail, and B&B for the 4 nights in Chamonix and Courmayeur where you will be spoilt for choice for restaurants to dine at. As to be expected, the food available in restaurants and hotels in France, Italy and Switzerland is excellent. In huts, the food is simple and wholesome usually with a set menu which will include a vegetarian option. Continental breakfasts and evening meals are provided by your accommodation. Pack lunches are available from some of the hotels and mountain huts, payable locally. Please ensure you pre-order your pack lunch the evening before. Alternatively there are plenty of mountain huts along the route where you can enjoy local delicacies.

Accommodation

On this trip you will stay in a selection of comfortable mountain huts and simple alpine hotels each offering great hospitality and hearty alpine meals. Starting and ending your trip in a hotel in the bustling town of Chamonix you can enjoy mountain views and great access to facilities. All our accommodations have been handpicked for their superb locations and accessibility to your route each day.

All accommodation is on a twin or double room basis. Triple rooms are used for bookings of three. Part of the mountain hut experience is communal living and as such most mountain hut accommodation is with a shared bathroom. Occasionally during peak season we are unable to offer private room accommodation in the mountain huts and will offer a private room in a comfortable hotel or guesthouse in the valley below.

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 (except Day 5) while you are out on your trek. We ask that you please ensure your luggage is limited to one piece per person, and the weight is kept under 15kg. You should use a soft bag such as a duffle bag. Please ensure that your luggage is ready for collection each 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.

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.

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 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: 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.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

Equipment Information

Equipment List

- Hiking boots with good grip soles
- Functional base layer
- T-shirts
- Hat
- Windproof jacket
- Fleece / extra layer
- Long/short hiking trousers
- Hiking socks
- Waterproof Jacket
- Waterproof Trousers
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics
- Walking poles
- Your self-guided route notes & maps
- Sheet sleeping bag*
- Towel*

*From 2024, some auberges and refuges may require guests to bring their own sheet sleeping bag and towel. We recommend you bring these items for your own comfort.

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

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.

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. Please note that due to the popularity of the TMB route, early booking is highly recommended. We are unable to hold accommodation for our customers without a booking.

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.

We offer some transfers to your hotel from the nearest airports, please refer to the 'joining arrangements and transfers' for further details for this trip.

Why Choose KE

Why KE

Experience this world class long distance trail in the heart of the French Alps independently, safe in the knowledge that all the arrangements have been made for you. Prefer time in the villages? Take a look at our 2 week self-guided option. All you have to do is put one foot in front of the other and enjoy the view!

Please Note This document was downloaded on 27/07/2024 and the trip is subject to change