

# Mont Blanc Snowshoe Week

Trip Code: MBS

Version: MBS Mont Blanc Snow Shoe Week



WINTER



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Stunning views of the Mont Blanc range
- Fantastic for fit beginners & intermediates
- Superb hotel accommodation in the Chamonix Valley
- Learn about the winter environment with expert guides

## AT A GLANCE

- 6 days Snowshoeing
- Max altitude - 2521m
- Join at Chamonix

## ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 7 Dinners
- 7 nights Hotel

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

# Introduction

Travelling through the quiet serenity of snow-covered landscapes is a truly rewarding experience and the snowshoes allow us to really get out into the mountains. Modern snowshoes are light and easy to use so it is possible to progress very quickly from easy trails to more challenging terrain, leading to high viewpoints and alpine summits! As we ascend the sun-drenched snow slopes above the tree-line, with breathtaking views of the Chamonix Aiguilles, the magic of snowshoe walking will become immediately obvious!

Returning to the valley each evening, our comfortable hotel base with heated swimming pool and all the home comforts, will provide a great place to rest and recuperate ahead of the next day's adventure.

## Is this holiday for you?

This week of centre-based, guided snowshoeing is designed to appeal to regular mountain walkers wishing to learn snowshoe techniques as well as those with previous snow-shoeing experience. During the holiday we will cover a variety of ground from relatively easy snow covered trails to steeper mountain slopes. It should be noted that in some snow conditions snowshoeing can be quite energetic and you should have a good level of cardiovascular fitness before coming on this trip. The trip is suitable for novices and also those people with previous snowshoeing experience.

The itinerary will be flexible and during the week the guide will use their expertise and local knowledge to determine the best routes to take advantage of prevailing snow conditions and the abilities of the group. A suggested itinerary for the week is given, but may be subject to change. If snow conditions do not permit snow-shoeing on any of the routes, the group will follow an alternative winter hiking itinerary.

# Itinerary

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## DAY 1

### Meet at the group accommodation in the Chamonix Valley.

Meet at the group accommodation in the Chamonix Valley (altitude 1240m / 4660ft). Here, you will be welcomed and made to feel at home. In the evening, we will have an informal chat about the week ahead. You will meet your guide at approximately 6pm who will check out your clothing etc to decide if you will need to pick up any further items of equipment before setting out in the morning. KE Land Only package services begin with dinner and overnight at the hotel.

Meals: **D**



**Accommodation**  
Hotel

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## DAY 2

### Around Chamonix. A day's introduction to snowshoeing technique and safety.

After fitting our snowshoes and taking time to look at technique we will also introduce you to using avalanche transceivers, essential safety equipment when walking in the mountains in winter. We aim to spend the day enjoying a walk with views of the Mont Blanc Massif from the Chalets de Chailloux, a fabulous vantage point that gives superb views of the Chamonix Valley and glaciers. If we have time we plan to spend a little time in Chamonix itself before heading back to our hotel and sitting down to a wonderful dinner.

Meals: **B D**



**Accommodation**  
Hotel



**Ascent**  
609M



**Distance**  
9KM

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## DAY 3

### A day snowshoeing in Switzerland. Ascent of Mont de L'Arpille.

This is a truly beautiful ridge line which offers excellent views in all directions. We begin our day by heading down the valley towards the market town of Sallanches, where we take a small mountain road climbing to the parking at Le Perret. From here we pick up the forest trail zigzagging up the hillside to the

ancient farms below the Tete Noire at 1691m (5546ft), a fine summit in itself. We then leave the trees to discover what have to be some of the finest views of the Mont Blanc range. On one side of the ridge the valley which leads to Chamonix, with Mont Blanc in the distance, on the other side the Aravis mountains, and ahead the shapely mountain of the Croise Baulet at 2236m (7334ft). And if that is not enough, we then spy the jagged rocky spires and huge cliffs of the Rocher des Fiz! A wonderful route!

Meals: **B D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 451M		<b>Descent</b> 657M		<b>Distance</b> 8KM
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## DAY 4

### From Vallorcine to the alpage at Loriaz.

We head towards the Swiss border and the hamlet of Vallorcine - the 'valley of the bears'. Unfortunately because the locals used to pay their taxes in bear meat there are none left today! We leave the village to climb steadily through the larch forest until we reach the open mountainside of the alpage at Loriaz. The Refuge de Loriaz sits at 2020m (6627ft) and is normally open in the winter and is a welcome break for hot chocolate and cake! From the terrace of the Refuge the views to the Mont Blanc Massif are truly stunning, and it does feel as though we are really 'high' in the mountains with the 'blue' ice of the waterfalls on the cliffs nearby glinting in the sunlight.

Meals: **B D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 700M		<b>Descent</b> 716M		<b>Distance</b> 10KM
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## DAY 5

### Plateau of Mont Truc

Our snowshoe walk today takes us to the neighbouring valley of Les Contamines above the alpine town of St Gervais. Les Contamines features as an overnight stop on the famous multiday hike the 'Tour of Mont Blanc'. It's from here that we begin our snowshoe route our goal being the Auberge du Truc plateau and summit of the same name. We put on our snowshoes at the hamlet of La Frasse 1263m (4143ft) and commence a steady climb looping through the pine forests. Our trail is a 'variante' route of the Tour of Mont Blanc trek and also features on the GR5 'grand randonnee'. We make stops along the way to take in the views of the Mont Joly and Aravis mountains then at 1723m (5652ft) we reach the treeline to access the Truc plateau. The Auberge is closed in winter but it's location and surrounding plateau offer fine lunchtime views and for exploring untouched snow. If conditions allow, we can explore a little higher and climb the small summit behind the auberge the mighty Mont Truc just another 88m higher before returning to the valley.

Meals: **B D**

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 <b>Accommodation</b> Hotel	 <b>Ascent</b> 550M	 <b>Descent</b> 550M	 <b>Distance</b> 7KM
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## DAY 6

### A day snowshoeing in Switzerland. Ascent of Mont de L'Arpille.

Today we head to Switzerland, for an ascent to one of the best viewpoints of the area. One of the joys of being based in Chamonix Valley is the ability to visit another country for the day. The valley sits right on the frontiers with Switzerland and Italy, making it ideally positioned for venturing 'abroad' for the day. This morning we have Mont de L'Arpille in our sights and a fine little mountain it is, sat at 2085m (6840ft) offering 360 degree views of the Alps, and the Rhone Valley. We walk up initially through pine woods, watching out for squirrels and roe deer, and then into the more open ground as we arrive at the alpage. An alpage is the name given to the mountain summer grazings grounds. . We then head for the summit which offers incredible panoramas of Mont Blanc, the Dents du Midi, and the mountains on either side of the Rhône Valley.

Meals: **B D**

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 <b>Accommodation</b> Hotel	 <b>Ascent</b> 544M
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## DAY 7

### Refuge du Tornieux

Our final snowshoe walk is to the perfectly located Refuge du Tornieux 1450m (4757ft) nestled on the side of the Arve valley. Built in 1892 this authentic alpine chalet was renovated over 30 years ago to create a charming mountain refuge. A short drive from Chamonix brings us to the town of Sallanches. We regain some height here to begin our snowshoe day. The route climbs gradually through woodland on good trails taking in one of the best panoramic views of Mont Blanc and surrounding Arve valley. The refuge is open in summer and in winter and boasts superb traditional mountain cuisine with a wonderful terrace facing Mont Blanc making it the perfect location to celebrate this week of snowshoeing.

Meals: **B D**

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 <b>Accommodation</b> Hotel	 <b>Ascent</b> 550M	 <b>Descent</b> 550M	 <b>Distance</b> 6KM
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## DAY 8

**Departure day.**

KE Land Only package services end with breakfast at the Hotel.

Meals: **B**

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# Holiday Information

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**What's Included**

- Professional guiding and snowshoe instruction
- All land transport (not airport transfers)
- All accommodation as described
- Meals as described in the meal plan
- Snowshoes / ski poles and all necessary safety equipment

**What's not Included**

- Travel insurance
- Airport transfers
- Some meals as detailed in the Meal Plan
- Tips for local staff
- Personal spending money and miscellaneous expenses - drinks souvenirs etc.

## Joining Arrangements & Transfers

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### 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 Aiguille du Midi Hotel on the evening of day 1 of the trip itinerary. For clients arriving by air, the easiest way to get to Chamonix is to fly to Geneva Airport and make use of an airport transfer service. We recommend [mountaindropoffs.com](#).

### Meal Plan

All meals apart from lunches are included in the trip price. You will need to purchase snacks for each day. These can be bought in Chamonix. We recommend an allowance of about €40 per day for lunches, snack food and water.

### Food & Water

Our hotel provides excellent food which is varied and plentiful. Continental Breakfast includes a daily service of bread, freshly baked croissants, fruit, cereals, yoghurt, fruit juices and tea/coffee.

### 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 trip, the group will start and finish the trek at the comfortable Aiguille du Midi Hotel, in Chamonix. Offering stunning views of Mont Blanc and facilities. Aiguille du Midi Hotel is the perfect base for your snowshoeing week. The accommodation will be in twin rooms.

The Aiguille du Midi Hotel also has a large car park should you wish to drive to the start of this holiday.

## Group Leader & Support Staff

The group will be lead by one or more 'Accompagnateur en Montagne' guides. On this trip we will take up to 8 clients. The number of guides employed will depend on the group size.

## 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.

## Spending Money

The holiday price includes all accommodation, transport, guiding and all meals apart from lunches. You should make an allowance for hill snacks and water, other drinks etc... Beer, wine and soft drinks are available every night. We estimate that approximately €200-€250 should cover typical personal spending requirements. There are cash point facilities in Chamonix. If you intend to purchase items of equipment you should budget accordingly (credit cards can be used in this respect).

## Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline. There is one night when you will not have access to your main bag.

## 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

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## 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

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. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## 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.

## Climate

The temperatures we can expect to encounter during the day will be in the range -10 to +15 degrees celcius/ 14 -59F, though it can feel much warmer than this in the reflected sunlight high on the slopes. In the evening the temperatures will drop. January to March is statistically the time of the lowest precipitation in the Alps but mountainous areas do generate their own weather systems so occasional rain, snow and even stormy weather cannot be ruled out.

## 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](http://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](http://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.

## 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

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## 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 should bring the following items:

- Hiking boots (must be waterproof)
- Gaiters
- Trainers (for valley use)
- Socks
- Walking socks (2 or 3 pairs)
- Spare laces
- Trekking trousers
- Lightweight waterproof overtrousers
- Underwear
- Thermal baselayer - leggings
- Thermal baselayer shirts
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (eg. down)
- Daypack of approximately 30 litres capacity

- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Warm and waterproof gloves or mittens
- Lightweight thermal gloves

Basic First Aid Kit - Our professional tour leaders hold first-aid qualifications and will carry a basic

- medical kit. You should bring your own personal first aid kit consisting of the following: throat lozenges, painkillers (anti-inflammatory), antiseptic cream/spray, plasters, blister treatment/tape, and re-hydration salts (Dioralite). Glucose tablets are a good idea.
- Sun protection (including total bloc for lips, nose etc.)
- Washbag and toiletries
- Antibacterial handwash
- Fleece hat
- Sunglasses with side protection
- Ski goggles
- Headtorch and spare batteries
- Sunhat
- Ski poles (provided)

**The following items are optional:**

- Earplugs (particularly if you are not the one snoring!)
- Waterproof liner for your daypack
- Swim-wear (for the hot tub)

- Camera
- Travel clothes
- Spare clothes
- Reusable cloth bag for shopping (to avoid plastic bags)

**Notes:**

**Specialist Equipment:** Snowshoes, ski poles, and standard safety equipment including an avalanche transceiver, probe and shovel will be provided by KE, and available to collect at the group hotel.

If you wish to take your own walking poles, make sure that they have snow baskets fitted.

*Please note you will be liable for any damage caused to the specialist equipment due to negligence.*

## 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

The dates above are for the LAND ONLY itinerary, joining at the group chalet in Argentiere. The nearest airport is Geneva, approximately an hour's drive away. Please refer to the 'Joining arrangements & transfers' and 'Flights' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

If flying from the UK there are a number of low cost airlines offering flights to Geneva. These include Easyjet who have flights from London, Manchester, Liverpool & Glasgow and Jet 2 who have flights from Manchester, Leeds Bradford, Birmingham & Belfast. Other airports may be available.

If you would prefer to book a 'flight inclusive package' using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

# Why Choose KE

## Why KE

Cosy hotel accomodation complete with heated swimming pool and all specialist equipment included in the holiday price; this is a great value winter adventure. Expert Knowledge - Jayne from the KE office joined this holiday in Feb 2017 and loved it, she is more than happy to answer any questions you might have.

**Please Note** This document was downloaded on 01/05/2024 and the trip is subject to change