Self-Guided 2-Week Tour du Mont Blanc

Trip Code: SGST

Version:

WALK & TREK	SELF-GUIDED	MODERATE
		6



HIGHLIGHTS

- Complete the full TMB and walk in France, Italy and Switzerland
- Experience traditional Alpine mountain huts and wake up to views of Mont Blanc
- Explore beautiful Chamonix, the Mountaineering Mecca of the Alps
- Relax in welcoming Courmayeur and enjoy the opportunity to take a boat across Champex Lac

AT A GLANCE

- 10 days trekking
- 2 rest days
- Max altitude 2,665m
- Daily departures
- Suitable for 2+ travellers
- Join at Chamonix

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Savour the experience of the world famous Tour du Mont Blanc a little longer with this 2 week self-guided adventure. If you love the challenge of a long distance walking trail but also enjoy the concept of slow travel then this is the perfect option for you. You will undertake the complete Tour du Mont Blanc starting and ending in Chamonix, but with the added bonus of rest days in the mountaineer village of Courmayeur, nestled on the Italian 'sunny side' of the great Mont Blanc, and in the lakeside village of Champex known as 'Switzerland's little Canada'.

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 8 nights on the trail on half board basis and 5 nights on B&B basis in Chamonix and Courmayeur, 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!

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 worry of having to walk every day. We have added in 2 well-timed rest days along your route so that you can ensure your Tour du Mont Blanc experience is less of a chore and more of a once in a life time trek. You will walk an average of 6 to 7 hours and up to 1,300m ascent in a day on well-established paths, and enjoy a free day each in Courmayeur and Champex to rest your legs. 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. 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 (not including to the mountain hut on Day 6)
- GPX tracks supplied

What's not Included

- Travel insurance
- Travel to and from Chamonix
- 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
- Local transfers and lifts
- 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.

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

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. 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.

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.

Meal Plan

This trip is on a half board basis for 8 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 supermarkets and bakeries. Having a supply of cash is recommended as some huts cannot process card payments.

We also suggest bringing a few additional trail bars and snacks with you - whilst these can be purchased along the way, it is sometimes nice to have your favourite hill food with you.

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.

This trip is on a half board basis for 8 nights on the trail, and B&B for the 5 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. Packed 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 some of the local specialties. Not many huts are able to accept card payments so having a supply of cash would be a good idea.

Accommodation

On this trip you will stay in a selection of simple hotels and comfortable mountain huts or auberges to give you a real taste of Alpine hospitality. 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 accommodation is on a twin or double room basis. Triple rooms are used for bookings of three, and occasionally quad rooms for bookings of four. Single rooms are not available on this trip. Part of the mountain hut experience is communal living and as such, most mountain hut accommodation is with shared bathrooms.

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, if we are unable to arrange private rooms in mountain huts, we will offer either shared dormitory accommodation in the huts, or alternatively a private room in a hotel or guesthouse in the valley below.

We ask that you have flexibility to allow adjustments to either the location of your stay, or to the accommodation basis. Alternative arrangements could be to use shared dormitory accommodation; or to stay in a hotel or guesthouse in a different location in the valley, making use of transfers to get between the village and the trail.

Many accommodations will not accept reservations for the following season until the end of the current year; as such please note that accommodation confirmations for each on-request booking may only be received late in the current year. 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 accommodations while you are out on your trek (except to the mountain hut on day 6). We ask that you please ensure your luggage is limited to one piece per person, and that 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.

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.

The unit of currency in Switzerland is the Swiss Franc.

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.

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

- 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.

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?

We have designed this trip with slow travel in mind. We have incorporated 2 timely rest days along this world class long distance trail so that you can enjoy even more of the warm Alpine culture.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 16/11/2026 and the trip is subject to change