

# Tour du Mont Blanc - Hut to Hut

Trip Code: SGHT

Version: Tour du Mont Blanc Hut to Hut



WALK & TREK



SELF-GUIDED



CHALLENGING



## HIGHLIGHTS

- Tick off the bucket-list Tour du Mont Blanc trek at your own pace
- Stay in traditional mountain lodging for the real Alpine experience
- Hike through three countries in just one week: France, Italy and Switzerland
- Soak up the buzz of Chamonix, the Alpinist's hub

## AT A GLANCE

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

## ACCOMMODATIONS & MEALS

- 8 Breakfasts
- 6 Dinners
- 2 nights Hotel
- 6 nights Dormitory

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

# Introduction

Soaring at an altitude of 4,808m and the highest point in Western Europe, Mont Blanc has long enthralled and enticed adventurers looking to set foot on its revered slopes. One could even consider the iconic Tour du Mont Blanc as a kind of pilgrimage, completing the circuit on foot and with the reward of sumptuous scenery throughout.

In just 9 days, this self-guided trek circumnavigates the magnificent massif by starting and ending in Chamonix, the vibrant town that has attracted Alpinists for generations. Over the week, you will experience the true character of Alpine trekking by staying 6 nights in dormitory accommodation in mountain refuges and auberges with fellow hikers, share your stories and recount the exploits of mountaineering legends who have come before you. Utilising local transfers allows you to maximise your week and focus your energies on the most breath-taking sections of this classic route through France, Italy and Switzerland.

## 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 hillwalker looking for a challenging trek and a real Alpine experience. For six nights on the trail, your accommodation is arranged in mixed-sex dormitories in simple auberges, refuges and mountain inns. Hiking on well-established paths, you will walk an average of 6 hours each day and tackle ascents/descents of up to 1,300m in a day. Routes are well signposted but basic map reading skills and confidence in navigation will stand you in good stead for this holiday. 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

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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 a 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 commence your trek to Les Contamines.

Your day starts by taking the local bus to Les Houches, where you will board the cable car to reach the Bellevue Pass high above Val Montjoie. Your trek begins with a descent 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 (2,120m) from where you can see your final goal for the day, the valley of Les Contamines Montjoie. Your path continues through charming alpine meadows, before a final ascent taking you over a col to Le Truc (1,750m) and a welcoming refuge. After a short rest, you end your day with a descent through tall pines to reach the colourful Alpine town of Les Contamines.

Meals: **B D**



**Accommodation**  
Dormitory



**Ascent**  
650M



**Descent**  
1300M



**Time**  
6 hours



**Distance**  
11KM

## DAY 3

### Tackle the Col du Bonhomme Pass on your way to Les Chapieux.

This morning, make your way from Les Contamines to Notre Dame de la Gorge. A shuttle runs this route during July and August; outside of the high season it is around an hour on foot to the chapel. Marking

the start of the Roman road, the beautiful Baroque church invites you for a visit before you embark on the historic trade route linking the two valleys. The beautiful scenery accompanying you rewards your efforts as you tackle the long climb to the Col du Bonhomme. A final push takes you to Col de la Croix du Bonhomme Pass (2,483m) from where you can gain a spectacular view of Mont Pourri in the distance. Dropping down into the valley, your route takes you across bucolic Alpine meadows to reach Les Chapieux where you can put your feet up for the evening. Should accommodation options not be available in this small hamlet, you will take a transfer to stay in Bourg Saint Maurice in the valley below.

Meals: **B D**

	<b>Accommodation</b> Dormitory		<b>Ascent</b> 1250M		<b>Descent</b> 950M		<b>Time</b> 7-8 hours		<b>Distance</b> 19KM
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## DAY 4

### From La Villes des Glaciers, across the Italian border to Elena Hut.

After fuelling up with breakfast, take a transfer from Les Chapieux to La Villes des Glaciers where the trail commences. Before unpacking your walking poles and getting stuck into your hike, make sure you pay a visit to the local Beaufort cheese farm where you can see this delicious cheese being made, and perhaps pick some up direct from the producers for your picnic lunch today.

Your route today ascends through charming Alpine pastures to the Col de la Seigne Pass (2516m) demarcating the border between France and Italy. From this vantage point, the southwest face of Mont Blanc and the rugged limestone peaks of the massif will leave you breathless with awe. Stepping into Italy, you start your descent through the Val Veny to the foot of the Miage Glacier, with its peaceful lake of Combal and unique Alpine flora. From La Visaille, take a transfer to Courmayeur then on to Arnouva, where you will make the last push on foot to reach the Elena Hut (2,062m). This evening, you can tuck in to the hut's specialties of delicious seasonal produce to sate your appetite.

Should there be no availability at the Elena Hut for this night, we will arrange for you to stay the night at a hotel in Courmayeur (bed & breakfast basis).

Meals: **B D**

	<b>Accommodation</b> Dormitory		<b>Ascent</b> 750M		<b>Descent</b> 950M		<b>Time</b> 7 hours		<b>Distance</b> 17KM
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## DAY 5

### Cross the Col du Grand Ferret (2,537m) into Switzerland. Overnight in Champex.

Waking high in the mountains is a special feeling. An early start might enable you to catch the dawn alpenglow upon the peaks of the Grandes Jorasses and the Pre de Bar Glacier this morning. Striking out

from the hut, you will ascend to the Col du Grand Ferret (2,537m) and enter your third country of the week: Switzerland. Dropping down to the hamlet of Ferret (1,740m), you will pick up a bus that takes you on a stunning journey through the valley to reach the picturesque village of Champex and its charming lake.

Depending on availability in the season, your stay may be arranged in the village of La Fouly instead. In this case, you will take the bus the following morning to Champex where you can continue your trek.

Meals: **B D**

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	<b>Accommodation</b> Dormitory		<b>Ascent</b> 800M		<b>Descent</b> 1200M		<b>Time</b> 5 hours		<b>Distance</b> 12KM
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## DAY 6

### 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 the Bovine 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**

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	<b>Accommodation</b> Dormitory		<b>Ascent</b> 750M		<b>Descent</b> 900M		<b>Time</b> 5-6 hours		<b>Distance</b> 15KM
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## DAY 7

### Ascend the Col de Balme (2,191m) to return to France. Overnight in Le Tour.

The penultimate day of your Tour du Mont Blanc trek begins with an ascent of the Col de Balme Pass (2,191m) to reach the French-Swiss border. This is a moment to savour, crossing back into France in the knowledge you are on the home stretch of completing this world-famous trek. Not only that but it also provides one of the best views of Mont Blanc and the glaciers of the Mer de Glace and Argentiere. The inviting terrace of the Col de Balme Refuge is a fantastic spot for lunch with a view. After a rest and perhaps a refreshing drink, make your way down through meadows and pastures to reach Le Tour and your bed for the night.

Meals: **B D**

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 <b>Accommodation</b> Dormitory	 <b>Ascent</b> 900M	 <b>Descent</b> 850M	 <b>Time</b> 5-6 hours	 <b>Distance</b> 12KM
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## DAY 8

### Incredible views at the lakes of Cheserys and Lac Blanc on your way to Chamonix.

You have an unforgettable hike in store for your final day on the TMB today. From Le Tour, take a short bus transfer to Col des Montets where you will pick up the spectacular balcony trail, abundant with Alpine flora, to Cheserys Lakes where you can gaze upon the majestic view of stunning peaks reflected in the clear blue waters. Continuing your ascent you will reach Lac Blanc (2,353m) for an incredible panorama of the Mont Blanc massif, with the Mer de Glace and the north face of the Grandes Jorasses in sight. From here, you can descend to Argentiere and take a shuttle to Chamonix; or if you are inspired to prolong your experience a little longer, you can hike the balcony trail to Planpraz where you can take the gondola down to Chamonix and your hotel for the night. This evening calls for a celebratory dinner in a restaurant of your choice, and a toast to your achievement in completing this iconic trek.

Meals: **B**

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 <b>Accommodation</b> Hotel	 <b>Ascent</b> 1050M	 <b>Descent</b> 600M	 <b>Time</b> 7 hours	 <b>Distance</b> 12KM
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## DAY 9

### Departure day.

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

Meals: **B**

# Holiday Information

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## What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Organised luggage transfers
- 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 as required by the itinerary
- 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 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

The trip starts and ends at your hotel 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](http://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.

## Meal Plan

This trip is on a half board basis (dinner, bed and breakfast) for six nights on the trail. For the two nights in Chamonix, your stay at the hotel is arranged on a bed & breakfast basis.

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. Having a supply of cash is a good idea as not many huts can take card payments.

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.

## 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 7 nights on the trail. At the hotel in Chamonix, your stay is arranged on a bed & breakfast basis. You can be sure to find excellent food available in restaurants and hotels in France, Italy and Switzerland. 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 usually available from your accommodation, payable locally. Please ensure you pre-order your packed lunch the evening before. Alternatively there are plenty of mountain huts along the route where you can enjoy local delicacies.

## Accommodation

On this trekking holiday, you will stay in simple mountain inns, auberges and refuges in mixed-sex dorms with shared bathrooms. Each of these locations offer outdoor seating areas where after an excellent day of hiking, you can soak in the incredible surroundings with a refreshing drink.

Sleeping arrangements in the communal dorms are on bunk beds, with duvets and pillows supplied. You will need to have your own sheet sleeping bag, travel towel and hut shoes, along with a change of clothes for the evening. Your luggage will be transferred between each of your accommodations so you do not need to carry these overnight items with you while you are trekking.

While the facilities are modest, having the opportunity to staying in these traditional mountain refuges makes a part of the intangible Alpine experience. Whiling away the evenings amidst like-minded adventurers, you will get to share the buzz of tales from the trails, enjoy the atmosphere and take away plenty of memories.

It would be a good idea to carry a supply of cash, as not all huts can accept card payments.

The first and last nights of your trip will be in a 3\* hotel in Chamonix, where rooms will be arranged on double/triple/quad basis based on the number of travellers in your booking.

Please note that the Tour du Mont Blanc is highly subscribed every year and availability is very limited, particularly in small hamlets such as Les Chapieux. With high demand for this iconic route, it may be necessary to adjust the itinerary 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 accommodations 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

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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.

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.

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 6-7 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](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 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

- Fleece / extra layer
- Long/short hiking trousers
- Hiking socks
- Waterproof Jacket
- Waterproof Trousers
- Warm jacket
- Rucksack (approx. 30 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
- Head torch and batteries
- Personal wash kit
- Toilet paper
- Travel towel
- Sheet sleeping bag

- Slippers / shoes for use in huts
- Ear plugs
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics
- Walking poles
- Your self-guided route notes & maps

## Land Only Information

### Last remaining availability for 2026!

We have a limited number of places remaining on **fixed departures in 2026** as listed above. These places are subject to availability, so don't delay!

Please note our 'from price' listed is based on 4 persons on twin or double occupancy (in hotels), 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.

Our Sales Team will be happy to provide you with 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.

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

2027 dates are available for advance bookings for any start date within the 2027 season listed.

# Why Choose KE

## Why KE

Trek the Tour du Mont Blanc your way. 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 18/04/2026 and the trip is subject to change