

Walking Trails of Chamonix

Trip Code: MBW

Version: MBW Walking Trails of Chamonix



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Take the stunning cable car up to the Aiguille du Midi on the Mont Blanc massif
- Walk beautiful sections of the famous 'Tour du Mont Blanc'
- Explore the mountain town of Chamonix and relax in open-air cafés
- Fantastic centre based hotel accommodation in Chamonix

AT A GLANCE

- 5 days walking
- Max altitude 3842m
- Join at Chamonix

ACCOMMODATIONS & MEALS

- 6 Breakfasts
- 5 Dinners
- 6 nights Hotel

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

Introduction

At the heart of the European Alps, the massif of Mont Blanc includes some of the most spectacular mountain scenery imaginable. Walkers are spoiled for choice in this part of the world and we have devised a truly wonderful week of walks amongst the superlative scenery of the Mont Blanc Massif, but with no big ascents, descents or technical terrain these can be easily enjoyed by the casual weekend walker, with glorious views of Mont Blanc itself (4807m), the highest peak in Western Europe.

Witness the majesty of the Mer de Glace, the famous views of Mont Blanc from Lac du Brevent, the breathtaking cable car ride up to the Aiguille du Midi and walk along the 'Grand Balcon Nord' (giving unbeatable views but using uplifts to save the knees!), relax at lunch time in vast alpine meadows and stop off at a number of picturesque hamlets and villages - all whilst learning of the history and traditions of the area from an expert guide. At the height of the summer, the trails are also coloured by an abundance of wildflowers and alpine wildlife species, including chamois, marmot and the iconic ibex. After all of this, relax each evening in the wonderful hotel accommodation - sit back with a glass of wine in hand and unbeatable mountain views all around.

Is this holiday for you?

This holiday is a series of day walks along mountain trails and footpaths. The walks themselves are on good trails and generally each day's walk will be around 3 - 5 hours allowing plenty of time for sightseeing, photography and scenic lunch stops. All of the days are optional as the holiday is centre based. Our accommodation each night is Chamonix, so gives plenty of opportunity to explore Chamonix itself.

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, just above Chamonix. Lying beneath the stunning north face of Mont Blanc, the views are awesome from the start! Before dinner, you will meet your trip leader to have an informal chat about the days ahead and have the chance to check out your clothing. KE Land Only package services begin with the evening meal.

Meals: **D**



Accommodation
Hotel

DAY 2

River walk from Argentiere to Chamonix with views of Mont Blanc. Visit the Alpine museum.

We start our week exploring the lower balcony trails along the Petit Balcon Nord & Sud. Facing each side of the valley these paths wind their way through the pine forests and hamlets along the River Arve making only short climbs and descents en route. Enjoy excellent views of the Mont Blanc Massif from the sleepy village of Les Lavancher and you will soon feel the grandeur of the surrounding peaks as you pass the mighty Aiguille Verte, Drus and Aiguille Rouge which line either side of the valley. We descend on easy trails through the pine forests and old village of the Bois du Bouchet to meet a wide riverside trail leading us into the historic town of Chamonix. Lunch today will be in one of the many street cafes which offer fine views of Mont Blanc. We learn from our guide (as well as a visit to the Alpine museum) about the history of this famous Alpine town from the first 'tourists' who visited the mountains and glaciers for science to the Golden Age of Mountaineering and the famous figures conquered the summits. We return back to the chalet along the River and the Petit Balcon Sud and then the use of the delightful Mont Blanc Express train.

Meals: **B D**



Accommodation
Hotel



Ascent
350M



Descent
400M



Time
4 - 5 hours walking








Distance
15KM

DAY 3

Cable car and walk to the famous Lac Blanc (2352m) - picnic with idyllic views of Mont Blanc.

This walk visits the Aiguille Rouge Nature Reserve with a landscape of granite cliffs, wildlife, glacial lakes and often old snow left over from the winter. Our route begins at the Flégère cable car where we take advantage of another two stage ride up to our trail start. Our route is along a pleasant balcony trail which gives us impressive views of along the Chamonix Valley high above the treeline. After about 2 hours we reach the Lac Blanc (2352m). Voted on numerous occasions as one of the top 10 hikes in the world and there's no wonder why! From here the views of the glaciers and mountains are simply incredible. We plan to have our picnic lunch here and there is even a mountain restaurant where you can try the local myrtille berry tart! We walk back to the Flégère cable car and accept the ride back to the valley floor to save our knees!

Meals: **B D**






	Accommodation Hotel		Ascent 310M		Descent 400M		Time 4 - 5 hours walking		Distance 12KM
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DAY 4

The ancient farm of 'Chalets de Chailloux' (1923m).

Today we head to a high alpine 'alpage', this is a beautiful meadow where sheep graze in the summer months and which in our opinion offers some of the very best views of the mountains. After a steady climb through the forest we gain the vista for which this walk is famous. At the ancient farm of Chalets de Chailloux we have what is a fabulous vantage point giving superb views of the glaciers and peaks for which Chamonix Valley is world famous - a stunning lunch spot (as there is also a small but perfectly lovely, cafe - Although that depends on whether the 'staff' have made the hike up the mountain on that day!). We'll be back at the hotel in good time to freshen up and head out for dinner.

Meals: **B**

	Accommodation Hotel		Ascent 570M		Descent 570M		Time 4 - 5 hours walking		Distance 8KM
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DAY 5

Cable car up to the Aiguille du Midi (3842m). Walk along the 'Grand Balcon Nord' to the Mer de Glace.

Our second classic trail starts from Chamonix itself. We first ride the two stage cable car to visit the famous rocky spire of the Aiguille du Midi. This amazing feat of engineering is not only one of the longest and highest single cable ways in the world but also offers unsurpassable 360 degree panoramic views of

Mont Blanc, the Chamonix Valley and even into Switzerland and Italy. If conditions allow we can reach the dizzy height of 3842m. Our guide will take you around the exhibitions, views of Vallee Blanche glacier and point out some of the famous surrounding peaks. On a clear day its possible to see the Matterhorn from this amazing location. When we are ready, we return down one of the cable cars to reach the perfectly situated Refuge Plan d'Aiguille at 2200m where we will have our picnic lunch. We now join the 'Grand Balcon Nord' (the highest of the balcony trails) and walk an undulating path beneath the granite rock spires. A rocky trail traverses for 6.5 kilometres to reach the Signal Forbes viewpoint at 2198m to view the famous Drus 4000m peak and the third of our glaciers, and the largest in France, the Mer de Glace (which also featured in Mary Shelley's novel 'Frankenstein' as being where the monster hid out amongst the ice). Our trail drops down to meet the historic rack and pinion Montenvers Train. Following the route of the old mules tracks this is our ride to the valley floor and our knees will be pleased about that! To complete our day a visit to this part of the valley would not be complete without a ride on the summer luge which is included in our train ticket!

Meals: **B D**





	Accommodation Hotel		Ascent 300M		Descent 250M		Time 3 - 4 hours walking		Distance 10KM
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DAY 6

Visit Vallorcine, the 'valley of bears' and the French / Swiss border at the Tete de Balme (2321m).

We begin today by heading towards the Swiss / French border on the delightful Mont Blanc Express - one of the world's most picturesque mountain train journeys. We alight in Le Buet where we pick up the 'Chemin des Diligences' - an ancient stage coach route - featured on the famous walk the 'Tour du Mont Blanc'. Passing through ancient hamlets and alpine pastures strewn with cows 'at work' producing milk for cheese we arrive in the village of Vallorcine - the valley of bears! We then make use of the cable car and gain height up above the tree line and walk again. After about 20 minutes of easy angled ascent we reach the Col des Posettes at 1997m and alpage coffee stop for wonderful views of the Le Tour Glacier and across to Swiss Frontier which is our next stop. A longer but steadier climb for about an hour gains the Swiss border and the Tete de Balme (2321m) where we will have our picnic lunch. You can literally stand with a leg in each country high up in the mountains! From the Col de Balme (2191m) we have a fun descent as we first use the chair lift then a bubble cable car to return to the valley floor and the village of Le Tour. It's possible to either return to your accommodation on foot or by bus from here.

Meals: **B D**

	Accommodation Hotel		Ascent 400M		Descent 350M		Time 4 - 5 hours walking		Distance 14KM
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DAY 7

Departure day.

KE Land Only package services end after breakfast.

Meals: **B**

Holiday Information

What's Included

- An experienced professional leader
- All accommodation as described
- Meals as described in the Meal Plan
- All cable car lifts which are part of the itinerary
- Mountain railway and valley transport (not airport transfers)
- Museum entry in Chamonix

What's not Included

- Travel insurance
- Tips for local staff
- Airport transfers
- Some meals as described in the Meal Plan
- Miscellaneous personal expenses

Joining Arrangements & Transfers

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](#).

You should arrange to meet the group at the Aiguille du Midi Hotel, Chamonix on Day 1. The welcome meeting will be at approximately 19:00 followed by the evening meal, so you should aim to be there for this time.

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. Transfers are available from around 27 Euros per person each way. ENTER PROMO CODE YETI.

Please note that transfers are subject to availability and your flight details are required a minimum of 72 hours before your arrival in Geneva. Please find more information here:
<http://www.mountaindropoffs.com/en/home/>

Meal Plan

All breakfasts and five dinners are included in the price of this holiday.

Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

As might be expected, the food available in restaurants and hotels in France is excellent. Breakfasts at the hotel include cereal, bread, croissants, yoghurt with juice, tea and coffee. The evening meals included are all also taken at the hotel, where you will be treated to fantastic 2 course meals each evening; if you would like to purchase some wine with your meal do just ask the staff. On day 4 the evening is left free as there are many wonderful restaurants in Chamonix to try. Lunches can easily be purchased from the lovely bakeries in town or along the route each day from a mountain hut, your guide will let you know each day which is the best option.

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 spend 6 nights at the Aiguille du Midi hotel in Chamonix. This is a short walk to the centre of Chamonix and boasts a heated swimming pool. Accommodation is on a twin share basis, single rooms are available at an additional cost.

Group Leader & Support Staff

Tracks and trails to provide local leader

Altitude

The altitudes on this holiday are not extreme and the maximum altitude attained is no more than the equivalent of a pressurised cabin on an international flight. You may 'feel' the altitude the first time you trek above 2000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2000 metres.

Spending Money

The package price includes all accommodation, guiding and all breakfasts and 5 dinners. You should make an allowance for additional snacks, drinks etc. Beer, wine and soft drinks are available every night. We estimate that approximately 300 - 350 Euros should adequately cover typical personal spending requirements.

Baggage Allowance

For this holiday you should take one piece of luggage (you should be able to comfortably carry / move this bag yourself) and a daypack (of around 30 litres). Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

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

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 that we can expect to encounter during the day will be reasonably warm, ranging from 15°C to 25°C. The weather is usually stable during the summer months, 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.

Maps

IGN Chamonix-Mont-Blanc - Massif du Mont-Blanc IGN 3630OT 1:25000

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

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
- Socks
- Trekking trousers
- Waterproof overtrousers
- Underwear/Baselayer shirts (1 short sleeve, 1 long sleeve)
- Fleece jacket or warm jumper
- Waterproof jacket
- Thermal gloves
- Warm and waterproof gloves or mittens
- Sunhat
- Warm hat
- Sunglasses
- Daypack 30 litres should be sufficient
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial hand wash
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment.

The following items are optional:

- Travel shoes / Trainers
- Spare laces
- Shorts
- Shirts (e.g. T-shirts)
- Swimwear (sauna/hot tub may be available)
- Trekking poles
- Insect repellent
- Camera
- Travel clothes
- Repair kit - (eg. needle, thread, duct tape)
- Reusable cloth bag for shopping (to avoid plastic bags)

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

We sell this holiday on a Land Only basis, joining at the group accommodation in the Chamonix Valley. The nearest airport is Geneva, approximately an hour's drive away. Please refer to the 'Joining arrangements & transfers' 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 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

With expert local knowledge, we have created a holiday filled with the walks, views, places and things to do that we love, and that we think really show off this simply stunning area. Our wonderful expert guides are also extremely enthusiastic and knowledgeable about the area. We've also included the cost of all uplifts and cable cars - so you don't need to worry about this extra expense.

Please Note This document was downloaded on 18/05/2024 and the trip is subject to change