

Best of the Tour du Mont Blanc

Trip Code: BTM

Version: BTM Best of the Tour du Mont Blanc Trek



WALK & TREK



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Experience an incredible Alpine walking holiday in just one week of adventure
- Enjoy the varied mountain cultures of France, Italy and Switzerland
- Recharge at night in fantastic family-run hotels
- Excellent IML guide, and all meals and baggage transfers are included

AT A GLANCE

- 6 days trekking
- Max altitude - 2670 metres
- Join at Chamonix

ACCOMMODATIONS & MEALS

- All meals included
- 7 nights Hotel

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

Introduction

An iconic walking holiday at the heart of the European Alps, the Tour du Mont Blanc circumnavigates the massif of Mont Blanc, crosses the borders of France, Italy and Switzerland and includes some of the most spectacular mountain scenery and trekking imaginable. This adventure features a carefully crafted selection of all the best stages of the Tour du Mont Blanc and links them by short vehicle transfers, perfect for those who want to experience the tour within just one week. With its rich mountaineering history and unsurpassed cultural diversity, this corner of the Alps has an irresistible attraction for the world's adventurers, climbers and hikers alike.

Mont Blanc itself, at 4807 metres is the high point of the range and the biggest peak in Western Europe. During our 6 days of trekking, we will get to see all of the highlights of this famous long-distance walk, including all of the best mountain views. Our route will tackle several major pass crossings, such as the Col de Bonhomme and the Col de la Seigne. For those with limited time, this one-week highlights version of the Tour du Mont Blanc offers superb trekking as well as a wealth of unforgettable Alpine experiences.

Is this holiday for you?

This is a well established Alpine walking holiday on good trails throughout. During the holiday, we walk the best sections of the classic Tour du Mont Blanc trek, linking these with short transfers. The average distance covered during each day's walk is around 15 kilometres and there is a fair amount of ascent and descent. However, the pace of the walking is quite leisurely and regular hillwalkers will find this Mont Blanc trek to be well within their capabilities. Additionally, vehicle transport for your main bag, means that you need carry no more than a small daypack.

Itinerary

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DAY 1

Meet at the group accommodation in the Chamonix Valley (1240m).

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Meals: **D**



Accommodation
Hotel

DAY 2

Cable car to Bellevue and walk to the Col de Tricot. Descend via the Chalet de Miage to Les Contamines.

From our accommodation in the Chamonix Valley we transfer to Les Houches and from there take a cable car ride to Bellevue, where our trek starts in earnest. A short descent takes through pine woods with the spectacular sight of the Bionassay Glacier and the Aiguille de Bionassay towering above across the valley. We cross the Bionassay torrent on a suspension bridge, and make a steady climb to the Col de Tricot. Ahead we can see the Dome de Miage and down below us is the idyllic hamlet of the Chalet de Miage which will take us 45 minutes to an hour to reach on a zig-zagging descent path. After a welcome drink at the chalet, we cross the stream and make a short climb to the prominent col seen from the Chalet de Miage. From the col a gentle descent leads to Le Truc (1720m) where there is a refuge, a pleasant place to stop for a drink and to admire the view. We continue our descent through tall pines on a wide track which eventually becomes a metalled road leading to the colourful village of Les Contamines. We have a final stroll along the river to reach our hotel.

Meals: **B L D**



Accommodation
Hotel



Ascent
680M



Descent
1300M



Time
7 - 8 hours walking








Distance
14KM

DAY 3

Walk via Le Balme to the Col de Bonhomme (2469m), then descend to Les Chapieux.

A leisurely wander by the river to Notre Dame de la Gorge is our start for today. Leaving the river, our route then climbs steeply, following the 'paved' Roman road thought to have been a route taken by Hannibal in an early version of the Tour du Mont Blanc. Our next stop is at the refuge at Le Balme, a good place to contemplate the climb to the Col de Bonhomme. This is a long, steady plod and the pass itself often has snow patches early in the season. At 2469 metres, this is considerably higher than the Col de Tricot, but at least the climbing is over for the day, as we traverse around via the Croix de Bonhomme, before dropping gently down to Les Chapieux.

Meals: **B L D**


	Accommodation Hotel		Ascent 1340M		Descent 940M		Time 8 - 9 hours walking		Distance 19KM
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DAY 4

Cross the Col de la Seigne (2513m) to Courmayeur in Italy. Transfer to Val Ferret.

We take a level trail for about 1 hour up the valley out of Les Chapieux towards the Refuge Le Mottets. From here, we ascend to our next high point, at the Col de la Seigne (2513m). This is a significant col on the border between France and Italy and gives superlative views of the Brenva face of Mont Blanc. Crossing into Italy, an easy descent takes us past the restored customs house, La Casermetta, which now houses various exhibits concerning the eco-system of the Mont Blanc region. Continuing our descent, we pass the Elizabetta Refuge and from there down into the head of the Val Veni, under the awesome ridge of the Aiguille Noire de Peuterey. We continue down the valley passing a lake created by the damming effect of a glacial moraine and come eventually to the road-head at La Visaille. Here we take the local bus to the vibrant town and mountaineering centre of Courmayeur. Time permitting; we can explore Courmayeur before catching the local bus to Val Ferret where we check into our hotel.

Meals: **B L D**

	Accommodation Hotel		Ascent 780M		Descent 920M		Time 7 hours walking		Distance 21KM
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DAY 5

Walk across the Col du Grand Ferret (2530m) to La Fouly in Switzerland. Transfer to Champex.

We set off directly from our hotel this morning, on the long climb to the Col du Grand Ferret (2530m). After 20 minutes there is the opportunity to stop for a real Italian cappuccino at the Rifugio Elena

(2061m) and from the hut, the top of the pass is reached by a steady climb of around 2 hours. There are views of the snow-capped Grand Combin (4090m) and also Mont Dolent, the summit of which is shared by France Switzerland and Italy. Beyond the pass, we leave Italy and enter Switzerland and the terrain is very different, less rugged, as we descend through a series of alpages to the refuge at La Peule (2071m). This refuge is unusual in that as well as the normal alpine dormitories, it also offers accommodation in yurts! After a brief stop here for refreshment we have two options to continue the Tour de Mont Blanc. The standard route drops down to the valley floor and follows a wide track but an interesting alternative traverses the steep hillside on a narrow path with several ups and downs before descending steeply to rejoin the main track at a stout wooden bridge across the river. The trail now runs easily along the valley to La Fouly where we catch a transfer to our overnight halt in the 'Chocolate Box Village' of Champex located high in the mountains beside a pretty lake.

Meals: **B L D**






	Accommodation Hotel		Ascent 900M		Descent 1050M		Time 7 - 8 hours walking		Distance 15KM
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DAY 6

Return to France via the Bovine Trail (2040m). Overnight in the Chamonix Valley.

Today we take the beautiful Bovine Trail, through the high meadows where the famous Swiss fighting cows spend the summer months. On this route after a steep ascent to the meadows, we might even have the opportunity to stop at a farm for coffee and a chat with the cowherder. This is a very pleasant walk providing spectacular views of the upper Rhone Valley and tops out at around 2040 metres. In good weather we will be rewarded with stunning views of Lac Lemman today. We come down to the Col de la Forclaz (1527m), a major road pass between Martigny and Chamonix. Here we meet our transfer for the ride down to our accommodation in the Chamonix Valley.

Meals: **B L D**

	Accommodation Hotel		Ascent 825M		Descent 770M		Time 6 - 7 hours walking		Distance 15KM
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DAY 7

Walk to picturesque Lac Blanc, with its Mont Blanc views. Return to the Chamonix Valley.

Today's walk is an excellent finale with spectacular views across to the main Mont Blanc range. We take the path up through the Aiguilles Rouges Nature Reserve to the start of a ridge-walk that will lead us upwards to Lac Blanc. En route we often see ibex, chamois, and marmots. This is a great chance to get up close to some of the alpine wildlife. At Lac Blanc there is an opportunity to visit the refuge and indulge in some great food and a coffee! We walk down to the mid-station at La Flegere and here we

have the option to save the knees and descend by cable car to the Valley. From the bottom station we can catch a bus or train back to the Hotel. There is also the option to take the public transport into Chamonix to look around this fascinating and historic Alpine town, before returning to our hotel for a farewell dinner.

Meals: **B L D**

	Accommodation Hotel		Ascent 1140M		Descent 630M		Time 6 - 7 hours walking		Distance 11KM
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DAY 8

Departure day.

KE Land Only package services end after breakfast.

Meals: **B**

Holiday Information

What's Included

- A professional English-speaking guide
- All transfers and cable cars involved in the itinerary
- All accommodation as described
- All meals
- Services of a support vehicle for baggage transfers

What's not Included

- Travel Insurance
- Visa fees (if applicable)
- Airport transfers
- 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](#).

Meal Plan

All meals are included in the holiday price from dinner on day 1 to breakfast on day 8. For lunch we provide a large sandwich and 2 trail bars. If you wish to take additional trail bars and snacks (not chocolate as it can melt) we recommend you bring these with you (or purchase them in local supermarkets) to keep in your trek bag as these can be expensive from hotels and refuges en-route.

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 and Switzerland is excellent. Continental breakfasts and evening meals are taken in the accommodation. For lunch we provide a large sandwich and additional snacks can be purchased from the huts or supermarkets when in the valley.

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 start and finish the trek at a hotel in the Chamonix Valley. On trek, the group will spend 4 nights in very comfortable hotels, chosen for their location, charm and character. Where we can, we will book couples in twin rooms. Other travellers will be accommodated in same sex twin or triple rooms, which may be with shared bathrooms. Single rooms are not available. On one night, the accommodation may be in a non-segregated, dormitory. This type of shared accommodation is all part of the Alpine mountain experience.

Group Leader & Support Staff

The group will be led by an experienced and qualified mountain leader.

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

For this holiday you should take one piece of luggage (maximum weight on arrival at group hotel is dependent on your international flight restrictions) and a daypack (of around 30 - 40 litres).

Our baggage transfer company who transport your main bag from guesthouse to guesthouse throughout the trek have requested that everyone uses a duffle type bag. They will not take hard suitcases. Please note that there is a strict weight limit of 15kgs maximum for bags to be transferred and no fresh produce should be left in these bags.

You can of course travel to Argentiere with any type of baggage, and store it at our group accommodation with any items you do not need on trek and pick these up when you return.

Your main bag will be transferred between overnight stops and you should have this ready for collection by 8.00 each morning. The bag will normally be delivered to your hotel by 17.30.

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

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.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a walking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We would suggest that you adopt a weekly exercise regime leading up to your trip. Running and swimming are good for developing better stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

The temperatures that we can expect to encounter during the day will be generally warm, ranging from 15°C/ 59°F to 25°C/ 77°F. 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](https://www.gov.uk/travelaware)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Walking Guide to the Tour du Mont Blanc. Andrew Harper (Cicerone Press).
- Tour of Mont Blanc. Trekking Guide. Kev Reynolds.

Maps

IGN (Institut Geographique National) 1:50,000 scale.

The IGN also produce a 1:25,000 series covering the route but these are not very practical as you would require several sheets. The 1:50,000 Carte de Randonees series of walking maps provides a detailed topographic map with a useful contour interval of 20 metres. This is a good scale for following the route on the ground and means you only need one map: Pays Du Mont-Blanc - Aravis - Chamonix - Courmayeur A1

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 – 40 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
- Gaiters
- Spare laces

- Shorts
- Shirts (e.g. T-shirts)
- Thermal baselayer - leggings
- Swimwear (sauna/hot tub may be available)
- Trekking poles (highly recommended)
- Insect repellent
- Camera
- Travel clothes
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Reusable cloth bag for shopping (to avoid plastic bags)

Note

We request that you keep the weight of your main baggage to less than 15kgs for the baggage transfers.

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](#)

Why Choose KE

Why KE

We were the first to create a trip which includes the highlights of the Tour du Mont Blanc region in a week long adventure, so we really know how to create the best Alpine experience for you. Relax in lovely accommodation and walk worry-free with all baggage transfers and meals included.

Please Note This document was downloaded on 15/05/2024 and the trip is subject to change