

Family Tour du Mont Blanc Walking Week

Trip Code: FMB

Version: FMB Family Tour du Mont Blanc Walking Holiday



WALK & TREK



FAMILY



MODERATE



HIGHLIGHTS

- Stay in French chalets and Alpine mountain huts
- Enjoy the varied mountain cultures of France, Italy and Switzerland, including the cheese and wine
- Fully supported with excellent IML guide, baggage transfers and all meals included
- A classic Alpine walking holiday in France for families

AT A GLANCE

- 6 days walking
- Max altitude - 2537 metres
- Join at Chamonix

ACCOMMODATIONS & MEALS

- All meals included
- 4 nights Hotel
- 1 nights Guesthouse
- 1 nights Hostel
- 1 nights Mountain Hut / Refuge

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

Introduction

The Tour du Mont Blanc is one of the world's classic walks, and mindful of the adventurous families out there who want to enjoy some of the world's best walks together, we have created this itinerary especially for families with children who want to walk the Tour du Mont Blanc. Meeting in Chamonix, the Alpine mountaineering capital, we begin our journey through 3 countries, France, Italy and Switzerland to complete the best parts of the Mont Blanc circuit. After a day's introductory walk up to lovely Lac Blanc, we return to our very comfortable chalet-style accommodation for a second night. We spend the next 5 days trekking our mini-tour, starting the walk from the door of our chalet. Our route includes several famous pass crossings including the Col de Balme, Col du Forclaz and the Grand Col Ferret (2537m).

Along the way we'll see alpine cows, mountain farms, some of the most spectacular scenery in Europe and spend a night at the Rifugio Elena (2061m). All other accommodation will be in simple but comfortable hotels and there's no need to carry heavy bags as our baggage will be transported from accommodation to the next, except for our 1 night in the hut. It's a great adventure for the children. This is an excellent introduction to multi-day walking in some of Europe's most stunning scenery and mountains.

Is this holiday for you?

Suitable for children from 10 yrs old

This is an excellent adventure at the heart of the European Alps for those families who love to walk. During the week, we will make a half circuit of the Mont Blanc massif following the classic Tour du Mont Blanc trail. The distance walked each day is between 9 and 15km, and our last day which is 19km, with daily ascents of 500 - 600 metres and up to 1200 metres on two days, one when we climb to the hut. You should make sure that everyone in the family is comfortable with these daily distances and ascents, especially the younger ones. From experience younger children do find the trip a challenge. When overnighing in the hut you will not have access to your main baggage. You will need to carry your toothbrush and PJ's with you.

This excellent introduction to multi-day walking is designed for families that are already used to full days

out but now want to link up a journey. During the week, we will make a half circuit of the Mont Blanc massif following the classic Tour du Mont Blanc trail. With comfortable hotel and chalet accommodation and luggage transfers provided on all nights except for the overnight in the hut, this itinerary enables the whole family to walk the best part of the famous Mont Blanc circuit.

Itinerary

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DAY 1

Meet at the group in Chamonix.

Your holiday starts at the group hotel in Chamonix. We hope you'll arrive with plenty of time spare to enjoy your accommodation for the next couple of nights. This hotel has been selected for its family friendly vibes, and even includes a mini bowling alley, as well as a cocktail bar for the parents! Just the ticket to round out your travel day. Take this opportunity to relax and unwind in comfortable surroundings and prepare yourself for a week of spectacular adventures on some of the best bits of the Tour De Mont Blanc.

Meals: **D**



Accommodation
Hotel

DAY 2

Meet our guide, then take the Flegere and L'index (2396m) cable cars and walk through the nature reserve to Lac Blanc (2385m).

This morning we meet our expert hiking guide for the first time. Assemble in the communal area at 9am sharp for a short briefing on our plans for the week's adventures.

Today's walk provides spectacular views across to the main Mont Blanc range. We begin with rides in the Flegere and L'index (2396m) cable cars to reach the start of our ridge walk which culminates at the picture perfect Lac Blanc, a small tarn perched high in the mountains, offering the perfect instamatic moments to cherish for years to come. En route we may be able to spot ibex and chamois perched on impossibly small ledges or possibly a squeaky marmot or two, making themselves heard as well as seen among the meadows of the Aiguilles Rouges Nature Reserve. The reserve was set up in 1974 and covers some 3,279 hectares in a bid to protect the flora and fauna of this beautiful alpine landscape. Once we reach Lac Blanc, at a lofty 2352m, there is a perfectly placed coffee stop at the adjacent refuge, with many homemade goodies to keep all sweet toothed teenagers happy! We then walk down to the cable car mid-station at La Flégère, before descending back down into the Chamonix valley by cable car. We have a second night at the hotel in Chamonix.

Meals: **B L D**



Accommodation
Hotel



Ascent
240M



Descent
750M



Time
4 - 5 hours walking



Distance
8KM

DAY 3

Ascend via cable car, walk over the Col de Balme (2191m), descend to Trient.

After breakfast we head for the village of Argentiere and then stroll along the Petit Balcon Nord, to the hamlet of Le Tour at the top end of the valley. On the way we wander through larch forest and the cow-bells of the grazing animals can often be heard in the meadows below us. We pass some beautiful old wooden chalets that seem trapped in a time warp! Once at Le Tour we are gifted a pass to the higher reaches of the mountain by cable car, an opportunity to rest the legs, and savour the views that increase in grandeur as we are carried skywards. We then head across the mountainside and over our high point for the day, which lies below the peak of the Croix de Fer. From here we head to the alpine cow meadows at Les Tseppes, and then zig-zag down through the larch forest to the tiny and incredibly pretty village of Trient. Depending on the availability of accommodation, we either overnight in Trient or walk a little further to the historic coaching hotel at the Col de la Forclaz.

Meals: **B L D**

	Accommodation Hotel		Ascent 450M		Descent 920M		Time 4 - 5 hours walking		Distance 10KM
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DAY 4

Walk along the Bovine Trail to the lakeside village of Champex (1470m) to overnight.

Today we walk along the beautiful Bovine trail through the high meadows where the famous Swiss fighting cows spend the summer months. We stop for lunch at the farm and might have a chance to chat with the cow-herder whilst enjoying views right along the Rhône Valley and of some of the major Swiss peaks. In the afternoon we walk down to the idyllic lakeside village of Champex where we spend the night at a mountain inn in shared rooms.

Meals: **B L D**

	Accommodation Guesthouse		Ascent 1150M		Descent 1000M		Time 6 - 8 hours walking		Distance 15KM
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DAY 5

Follow the 'Mushroom Trail', continue along river to La Fouly for overnight. Optional rest day.

This morning we wake to another day of incredible Swiss alpine vistas and fresh mountain air before descending through pine forest and the 'mushroom trail' towards the meadows of Praz de Fort. Here our trail keeps to the valley floor and the river edge as we start to climb gently towards the Italian border underneath the imposing gaze of Mont Dolent, the summit of which is the meeting point of the French, Swiss and Italian borders. We spend the night at a lovely wee auberge in Le Fouly.

For any tired legs in the family, this day could also be used as a rest day spent relaxing on the lake in Champex and you would then transfer to our accommodation by bus, a journey of around 90 minutes. Please note that should you choose this option, the bus is not included in the trip price.

Meals: **B L D**

	Accommodation Hostel		Ascent 700M		Descent 430M		Time 5 hours walking		Distance 14KM
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DAY 6



Ascent to Col Ferret (2537m), descent into the Val Ferret for overnight in Rifugio Elena in Italy.

Today is the blue ribbon day of our trip as we head up into the mountains and over the Grand Col Ferret (2537m) to find the stunning rifugio Elena perched high in the Italian Alps. This rifugio, like many others across the Alps provides shelter for alpinists, climbers, hikers and bikers alike, looking for rest, food or a bed whilst safely traversing this lofty mountain landscape. In more recent times, groups also aim for these huts for overnights to break up their safe passage between valleys which is what we will do here. Our route begins with a long, steady climb to a lower refuge at La Peule, a perfectly situated stop priming us with coffee, homemade cake and any other sugary, carb heavy treats we may need to coerce us up the rest of the climb!

Once we reach the lofty pass, we are rewarded with breathtaking views into Switzerland and one of its tallest mountains, the mighty snow-capped Grand Combin (4314m) looming in the distance. We stop here for a picnic lunch enjoying the views and savouring our achievements so far on this epic journey. From here, it's predominantly downhill to the rifugio (2061m) where we'll spend the night among the high mountains with views out to Pre de Bard Glacier formed in one of the cols of Mont Dolent, the mountain spotted from the valley floor at La Fouly, now filled our field of vision as we watch the sun descend and the alpenglow rise from the rockfaces at dusk.

Showers are available and the food is excellent. Please note there is no luggage transfer to your accommodation today. You will be carrying just a few extra items in your rucksack for your overnight.

Meals: **B L D**

	Accommodation Mountain Hut / Refuge		Ascent 980M		Descent 500M		Time 5 - 6 hours walking
	Distance 11KM						

DAY 7

Walk along the balcony trail with stunning views, and descend to Courmayeur. Transfer back to Chamonix.

We will wake this morning to beautiful views of the mountains all around us, and have a hearty breakfast at the rifugio before we begin our final walking day on another superb trail. We first descend 280m from the refuge to reach the farm of Arnava. From here we commence our final big climb of the week to reach the Rifugio Bonatti at 2056m. The Rifugio has stunning views of the Mont Blanc massif and makes for wonderful hot chocolate stop. We leave the Rifugio Bonatti and walk along a level balcony trail to reach the Rifugio Bertone. Finally we descend through the pine and larch forests into the old quarter of the town of Courmayeur and journeys end. It will have been a long day, but we will hopefully have time for gelato from one of the great street vendors in Courmayeur before boarding our transfer back to Chamonix through the Mont Blanc Tunnel, a roadway that is cut directly through the heart of the Mont Blanc massif.

Meals: **B L D**



Accommodation
Hotel



Ascent
580M



Descent
1200M



Time
6- 7 hours walking



Distance
19KM

DAY 8

Departure day.

Your holiday ends after breakfast. For those with afternoon or late flights there are plenty of options for activities, swimming, or coffee and cake in Chamonix.

Meals: **B**

Holiday Information

What's Included

- A professional experienced IML (International Mountain Leader) qualified leader
- All land transport required by the itinerary (including cable cars)
- All accommodation as described
- All meals
- Baggage transfers

What's not Included

- Travel Insurance
- Airport transfers
- Transfers and cable cars which are not part of the itinerary (optional)
- Miscellaneous expenses - drinks and snacks and souvenirs etc

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](#).

The group will meet at the hotel in Chamonix. Geneva has the nearest airport.

For clients arriving into Geneva we recommend using the airport transfer service [mountaindropoffs.com](#). These cost approximately €40 one way. Details and promotional codes are provided on booking.

Hotel contact details and a contact number will be provided with your booking confirmation.

Meal Plan

All meals included from dinner on day 1 to breakfast on day 8.

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.

The food on this holiday is varied and plentiful. Continental breakfasts, packed lunches, afternoon tea and full 3-course evening meals are included. It is possible to buy wine, beer and soft drinks every evening including while staying in the mountain hut. Special dietary requirements can usually be accommodated if KE is informed on booking.

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 holiday, we stay for 3 nights at a hotel in Chamonix and 3 nights in hotels and mountain inns in Trient, Champex and La Fouly. In general 3-person families will share a triple room, whilst 4-person families will have twin-bed rooms or a quad/family rooms where available. We will do everything to ensure that you are happy with your rooming allocation.

For our 1 night in the Refugio Elena, the mountain hut, accommodation will be in mixed dormitories. At busy time we may have to use dormitory accommodation some of the hotels as well.

If you are planning on extending your holiday additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be led by an experienced IML (International Mountain Leader) qualified 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

This is a fully inclusive package. We estimate that £100+ cable car fees, per family member should be sufficient to cover reasonable personal expenses such as soft drinks, wine or beer. There are ATM's in Argentiere and Chamonix.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack.

Your bag will be transferred between overnight stops and you should have this ready for collection by 0830 each morning, and normally delivered to your hotel by 1600. Your luggage for the 4 nights whilst walking should not weigh more than 15kg per person and preferably be in a soft/duffel type bag. The baggage transfer company will not be held responsible for damage to any handles or wheels on hard suitcases. Any luggage you don't need on these walking days can be left at Yeti Lodge. Please note that the luggage transfer should not be relied on as a 'people' taxi if you are unable to walk a particular day.

When staying in the mountain hut you will not have access to your baggage, and will be required to carry your overnight belongings. You should keep this as light as possible, and reality should only be your toothbrush and something to sleep in (all bedding is provided).

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.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a walking holiday getting some additional exercise. Even very fit youngsters will benefit and it can be great fun as you head towards the holiday. Running, cycling and swimming are good for developing better stamina.

Climate

Generally, the temperatures that we can expect to encounter during the day will be reasonably warm, ranging from around 18 to 28°C. At night we can expect the temperature to drop to between 10 and 15°C. The weather is usually stable at this time of year, but mountainous areas do generate their own weather systems and occasional rain and even stormy weather cannot be ruled out.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk 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

- Travel With Children. Maureen Wheeler (Lonely Planet).
- Chamonix / Mont Blanc, a walking guide. Martin Collins.
- Around Mont Blanc. Helmut Eberlein.
- Mont Blanc Trails. (Editions Sentiers du Mont Blanc).
- Chamonix Valley. Terry Marsh.

Maps

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

The IGN also produce a 1:25,000 series but the 1:50,000 walking maps series provides a detailed topographic map with a useful contour interval of 20m. This is still a good scale for following the route on the ground without having to buy too many different sheets. To cover the Tour du Mont Blanc you will need two sheets as follows: A1 Mont Blanc. & A2 Beaufortain

FAQ's about our family holidays

We welcome all family dynamics and we will try to accommodate you in the roomings of your choice. The only stipulation for joining a family group holiday is that 1 party member is 17yrs or under, and they are accompanied by an adult. An average group size is around 10 members in total. Further general information and FAQ's are available here: [KE Family Adventure Holidays general information.](#)

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

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You should bring the following items:

- Hiking boots
- Hiking/trekking socks
- Underwear
- Trekking trousers
- Thermal baselayer shirts (1 short sleeve, 1 long sleeve)
- T-shirts and/or casual shirts
- Waterproof overtrousers
- Waterproof jacket
- Thin fleece mid-layer
- Thicker fleece outer-layer
- Warm fleece gloves or mittens
- Sunhat
- Warm hat
- Sunglasses
- Sheet sleeping bag (for the night in the mountain hut)
- Selection of dry bags (to keep trek bag contents dry)
- Daypack 30 - 40 litres (depending on how much of the kids' stuff you are carrying)
- Head torch 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)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Small travel towel (no towels are provided at the hut, but you can hire one for a few euros)

Basic First Aid Kit - You should bring your own personal first aid kit consisting of the following:

- Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium) painkillers, plasters, blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets are a good idea. Please note that there are excellent medical facilities in Chamonix.

The following items are optional:

- Trainers (for evening use)
- Ear plugs (for the mountain hut dormitories)
- Shorts
- Gaiters
- Trekking poles (highly recommended for adults and children)
- Camera
- Travel clothes
- Reusable cloth bag for shopping (to avoid plastic bags)

NOTE:

When overnighing at the hut you will not have access to your main luggage. You will all need to carry your toothbrush and PJ's with you. Bedding is provided at the huts.

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 allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel the Chamonix Valley. Geneva has the nearest airport.

Why Choose KE

Why KE

We are one of the few companies now offering the Tour de Mont Blanc as a walking holiday specifically for families. Perfect for active teenagers.

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