

# THE VERY BEST OF TOUR DU MONT BLANC

*Often hailed as one of the most spectacular alpine treks on the planet, the Tour du Mont Blanc is a true bucket-list adventure*

The Tour du Mont Blanc is renown for being one of the most beautiful middle mountain itineraries in the world.

With its Hollywood-style panoramas of the highest peaks in the Alps and its mountain pastures where authentic pastoral life still thrives. Every stage promises unforgettable encounters and vistas, each more beautiful than the last, along a route which remains accessible for any who dare dream.

This particular itinerary is a comfortable one: 3 star hotels, luggage transport and the finest meals on the circuit!

Our adventure begins in Chamonix as we head up to the balcony paths, meandering through the forests of the Aiguilles Rouges. Mont Blanc winks at us from it's reflection in the alpine lakes. The Bovine path takes us deep into Switzerland; Heren cows and geraniums at ever window. Up and over the Grand Col Ferret drops us into Italy, where nature has pulled out all the stops. Mont Dolent, Grandes Jorasses, Aiguilles de Triolet, Talèfre et Leschaux to name but a few of the celebrities. Courmayeur. A welcome rest day with a trip up Skyway to Point Hellbronner or gastronomical heaven at every meal in town. Refuelled: we head on toward the border again. Back into Haute Savoie we pass over the col de la Seigne, Les Chapieux, the col du Bonhomme, Les Contamines- Montjoie and end our journey back in Chamonix.

 Region	Northern Alps : around Mont blanc
 Activity	Trekking
 Duration	8 days
 Group	5 to 12 people
 Code	RTMBC
 Price	From €1,690
 Level	3/5
 Comfort	3/5
 Language(s)	English

## ITINERARY

### Day 1 Arrival in Chamonix



Welcome to Chamonix! Upon arrival, check into your hotel and take some time to settle in. In the early evening, your guide will meet you for a short briefing about the week ahead. Dinner is free to enjoy at a local restaurant or at your hotel (not included).

*Accommodation: Hotel in the Chamonix Valley*

*Meals: Dinner not included*

*Guides briefing: 6:00 PM at the hotel*

*Optional: Airport transfer from Geneva available on request*

### Day 2 Chamonix - la Flégère - Lac Blanc - Argentière



We begin with a short transfer by local bus to the village of Les Praz, followed by a scenic cable car ride up to La Flégère (1,913m). From here, a beautiful balcony trail leads us up to the stunning Lac Blanc (2,352m) and spectacular view of the massif: the Drus, the Vert, the Aiguille du midi, Mont Blanc and the Mer de Glace glacier. Descent to the village of Argentière through the forest.

*Ascent: +475 m / Descent: -1,150 m / Hiking Time: ~6 hours / Max Alt: 2,350 m / Transport: Local bus / Accommodation: Hotel / Full board*

### Day 3 Argentière - the Forclaz pass - Bovine - Champex



In the morning, a private transfer takes us across the border into Switzerland via Le Châtelard and the village of Trient, arriving at the Col de la Forclaz (1,527m). We begin our hike through a peaceful forest of fir and larch trees, climbing toward the alpine meadows of Bovine (1,978m) with sweeping panoramic views of the Combins massif before descending into the charming village of Champex.

*Ascent: +500m / Descent: -650m / Hiking time: 5/6 hours / Max. Alt: 1980m / Accomodation : Hotel / Full board*

### Day 4 Champex - Issert - Ferret - La Fouly - Courmayeur



After a short transfer by minibus to La Fouly, we set out on foot from the village of Ferret. The trail leads us to the Grand Col Ferret, offering jaw dropping views over the Val Ferret and surrounding glaciers. From here, we descend into Italy and take a private minibus to reach Courmayeur.

Ascent: +700 m / Descent: -500 m / Hiking time: 6–7 hours / Transport: Private minibus / Accommodation: Hotel / Full board

#### Day 5 Courmayeur



Today is a well-deserved rest day to relax your legs and enjoy the delights of Courmayeur. Opt in to the excursion up to Punta Helbronner (3,466m) via Skyway Monte Bianco cable car. If the spinning gondola isn't for you, try a thermal spa circuit—or simply indulge in an epicurean foodie day.

Activities: Free time in town, optional Skyway excursion / Transport: Public shuttle / Cable car / Accommodation: Hotel in Courmayeur / Meals: Breakfast & dinner included, lunch at your pleasure.

#### Day 6 Courmayeur - Seigne pass - Les Chapieux



A short vehicular hop to La Visaille (1,659m), nestled beneath the Miage Glacier. We work our way up the serene vale of Lée Blanche, where sheep graze in summer on colourful alpine flowers. We cross back into France via the Col de la Seigne (2,516m), Mont Blanc's south face now firmly behind us, and descend into the Chapieux valley. Our home for the night not far.

Ascent: +900 m / Descent: -490 m / Hiking Time: 6–8 hours / Max Alt: 2,516 m / Transport: Private minibus / Accommodation: Mountain inn or refuge / Full board

#### Day 7 Les Chapieux - Bonhomme pass - Les Contamines



Our final day kicks off with a strong start from the rustic chalets of La Raja where we push upward to the Croix du Bonhomme refuge (2,639m), perched high above the valley floor. The views are wild, the air crisp, and the sense of achievement already building. Next, Col du Bonhomme (2,329m) and down the historic path toward the Chalet de la Balme, soaking in every last view. The trail leads us to the Nant-Borant refuge, where we rejoin a wider path and begin our final descent. As the silhouette of the tiny chapel of Notre Dame de la Gorge comes into view, we know the journey is nearing its end. A peaceful stroll brings us back to Les Contamines—tired legs, full hearts, and stories to last a lifetime.

From there, we hop on our private transfer back to Chamonix. One last night in the mountains after a good bath—celebratory fondue, anyone?

*Ascent: +1,100 m / Descent: -1,400 m / Hiking Time: 7-8 hours / Max Alt: 2,635 m / Transport: Private bus / Accommodation: Hotel / Meals: Breakfast & lunch, dinner is yours to hunt*

📍 Day 8 **Weeks end**



Enjoy a free morning to explore Chamonix town. The trip officially ends this morning.

*Meals: Breakfast included only*

### **Please Note**

Itineraries may be adjusted depending on weather conditions or the physical fitness level of the group. Ultimately, your guide has the final say and may modify the program as needed to ensure safety and overall experience.

All listed hiking times and elevation gains are approximate and may vary depending on the route choices made by the guide and the group's pace. We encourage you to let go of rigid expectations—it's all part of embracing the mountain spirit and enjoying the journey.

## DATES & PRICES

### International departures:

From	To	Price per person	Guaranteed	Booking
20/07/2025	27/07/2025	€1,690	No	
03/08/2025	10/08/2025	€1,690	No	

Trip code: RTMBC

### Included

- Full technical organization of the trip
- Guiding services by a qualified mountain leader
- Luggage transfers throughout the trek
- Accommodation in double rooms at 3-star hotels or equivalent comfort
- Half-board meals and picnic lunches throughout the tour (except for the first and last nights in Chamonix, where dinner is free in town)
- All scheduled transfers and cable cars as per the itinerary (including La Flégère, Bellevue, Col de la Forclaz transfer, Champex bus, Courmayeur)

### Not included

- Trail snacks and energy food
- Travel insurance
- Personal drinks and expenses during the trip
- Dinners on the first and last nights in Chamonix
- Transport to the meeting point at the start of the tour
- Optional activities on Day 5 in Courmayeur

### Notes

Extra nights: please get in touch

### International flights

We can also assist with flights if you need us to

### Terms and conditions

#### Booking conditions

By booking one of our travels, the customer bindingly accepts the general terms and conditions of sale. Each customer must fill a registration form. The booking is definitively registered when the customer has settled the payment of a deposit of 35 % of the total trip's price (subject to availability at the time of registration). In case of short term booking – within 35 days before the travel departure, the full trip's price is due immediately. Payments can be settled via bank transfer (SWIFT code/IBAN number) or online, directly from our website (available soon). You will receive an email with a booking confirmation as quickly as possible.

#### Invoice procedure

Once your booking registered, we send you an email with the invoice. Full payment is required at least 35 days before your arrival. If the customer does not settle the payment of the travel's price within the period agreed upon, Altaï Alpes gets the right to cancel the booking without additional charges.

#### Cancellation policy

For any reason, if you decide to withdraw from a trip, the amount already paid will be refunded subject to the following exceptions:

- Cancellation up to 45 days before the agreed beginning of the trip: You will be charged 20 % of the travel's price, in addition with every non-refundable expenses for additional services booked on request (internal flights, site entrance tickets, activities...)

- Cancellation between 44 and 15 days before the agreed beginning of the trip: You will be charged 50 % of the travel's price, in addition with every non-refundable expenses for additional services booked on request (internal flights, site entrance tickets, activities...)
- Cancellation less than 14 days before the agreed beginning of the journey: You will be charged 100 % of the travel's price, in addition with every non-refundable expenses for additional services booked on request (internal flights, site entrance tickets, activities...)

Any cancellation shall be notified in writing (email, letter or fax). The cancellation will be effective as soon as we receive your written statement. If we notice early that the minimum number of participants for a trip cannot be reached, Altaï Alpes will exercise its right of withdrawal immediately. In that situation, you will be informed of the cancellation of your travel no later than 21 days before the agreed beginning of the journey. Altaï Alpes can also cancel a travel in case of major circumstances such as volcanic eruption, civil disturbances, strikes, weather and climate conditions, in order to ensure traveler's security... In such cases, you will immediately be refunded of any payments. However, you will not be entitled to any compensation.

### **Changes to travel contract**

If any change is made in the travel's contract at the customer's request, any fee that might arise from this change shall be paid by the customer. In any cases, every request for changes shall be notified in writing. In case of external events that could not be foreseen, Altaï Alpes might change some aspects of the travel contract. We will endeavour to inform you of any change as quickly as possible.

### **Pricing**

All travel prices for groups on our website have been calculated for the indicated number of participants. The price list is confirmed after the booking. If the number of participants is lower than expected, an additional payment charge might be applied. For each travel and program, we mention the price per person – valid for the minimum number of participants – and we provide you with detailed explanations about the services included or not. Any change, of the currency exchange rates or on the price of travel's services in particular regarding the cost of the fuel, might entail price revision.

### **Contract transfer**

In case of transfer of the contract by the customer to an assignee, modification and cancellation conditions will be applied.

### **Insurance**

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We recommend you to get your own insurance before your departure to cover the activities undertaken by Altaï Alpes. Please email us your insurance contract information (insurance company's name, contract number, phone number) and bring this information with you during your trip.



## PRACTICAL INFO

### Staff

#### Professional Guiding

Your adventure will be led by a certified mountain guide who will provide all the technical know-how needed for a smooth and safe journey. Your guide may adjust the itinerary depending on weather conditions or the physical ability of the group, always prioritizing your safety and comfort

### Food

#### Meals

Picnic lunches are sourced from local stops along the route—mountain refuges, cheesemakers, and more.

Evening meals are served at your accommodation or in nearby restaurants.

We recommend bringing along your favorite trail snacks before departure—energy bars, chocolate, dried fruits... and feel free to bring local treats from home to share during trail-time aperitifs!

#### Drinks

Tap water will be available daily to refill your bottles during the trek. Drinks—including bottled water—are not included in the package. To reduce waste, please avoid buying plastic bottles when possible. If you need to purchase bottled water, opt for large bottles to refill your own and let your guide know in advance to plan a stop.

Although mountain water flows freely, it isn't always safe to drink. Always check with your guide. Use village fountains or private outdoor taps—only after asking permission. Your guide will often carry a thermos of hot water for tea breaks on the trail.

### Accommodation

You'll stay in shared double rooms in comfortable 3-star hotels (or equivalent standard).

Single rooms may be available on request, subject to availability at the time of booking (supplement applies).

### Transportation

During this trip, any short hops needing a vehicle are done in private transfers or by local bus.

Each day, you'll carry only your daypack with essentials like your picnic and personal items. Your main luggage will be transported by a specialized luggage taxi service.

### Budget & exchange

France and Italy use the Euro (€), while Switzerland uses the Swiss Franc (CHF). However, most shops on the route in Switzerland also accept Euros.

Credit cards are very useful during travel. ATMs are available in most towns, but we can't guarantee every card will work everywhere.

Mountain huts rarely have card terminals, so we recommend bringing cash.

Be aware of any international transaction fees your bank may charge when using your card abroad.

As currency exchange rates can often fluctuate, we recommend to check the following website for daily exchange rates:

<https://www.xe.com/>

### Tips

Travelers often choose to cover drinks for their guide. A shared "kitty" or tip pool at the beginning of the trip can be a convenient way to manage this (completely optional).

### Supplied equipment

Collective equipment (compass, altimeter, maps, pharmacy, ropes,...) is provided by your guide.

## Material

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### Technical Gear:

- Well-worn in hiking boots with Vibram soles and ankle support (never new!)
- Trekking poles (telescopic)
- Sleeping sheet/silk liner
- Compact toiletries + quick-dry towel
- High SPF sunscreen & lip balm
- Headlamp with spare batteries and bulb
- 1.5L water bottle or hydration system (Camelbak)
- Pocket knife
- Toilet paper + lighter
- Plastic bags (2–3 of 100L) for waterproofing your gear
- Lunchbox or tupperware with cutlery

### Personal Clothing:

- Warm hat
- Sun hat or cap and/or scarf
- High-quality UV-protective sunglasses (category 3)
- Fleece or wool gloves
- Breathable, technical base layers
- Long-sleeve technical mid-layer
- 2 short-sleeve breathable shirts
- Fleece jacket
- Down or insulated jacket
- Waterproof and windproof shell (e.g. Gore-Tex)
- Technical leggings
- Comfortable hiking trousers
- Shorts or capri pants
- Windproof over-trousers
- Two pairs of socks (1 light, 1 thick—avoid cotton!)
- Sleepwear

## Luggage

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You will bring two bags :

- One travel bag for your replacement clothes, transferred by the assistance vehicle (max 10kg, 60x40cm), warning : one person one bag !
- A 30L daypack with a wide hip belt and chest strap. Line it with a plastic bag to keep your gear dry.

### Guide's Tip – What to pack in your daypack:

- Warm clothing (fleece, pants, hat & gloves)
- Rain gear
- Water bottle
- Camera\*
- Sunscreen
- Your picnic lunch

**Luggage transport guidelines:**



Limit: 9kg per bag—no hard suitcases, please. Overweight luggage may incur a fee if over the threshold. Leave your bag the reception of your accommodation each morning for collection.

**Do not pack in your main bag:**

- Electronics (laptops, tablets)
- Cameras
- Valuables

Bags containing these items will not be accepted by the luggage service.

## Medicine

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Your guide carries a first-aid kit for emergencies. You should also bring a personal medical kit tailored with your doctor's advice:

- Personal prescriptions
- Pain relievers (preferably paracetamol)
- Blister pads & plasters
- Local antiseptic
- Anti-inflammatory
- Anti-spasmodic
- Anti-diarrheal
- Anti-nausea
- Intestinal antiseptic
- Eye drops
- Mild sleeping aid
- Earplugs
- Broad-spectrum antibiotics
- Vitamin C

*(This list is non-exhaustive.)*

## Passport

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Please make sure your passport and travel documents are valid.

## Visa

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- A Schengen visa is required for any Non-EU citizens.

This trip crosses 3 Schengen countries. An entry permit for any allows access to the others.

Please ensure that you contact the relevant consulate in your country to lodge your request well in advance (15 days to 6 months prior start date).

For further information, please check the following website : <https://france-visas.gouv.fr/>

## Identity card

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For EU citizens, you can use your identity card to travel to France, Italy or Switzerland.

## Mandatory vaccines

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No required vaccination.

## Health information & recommendations

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We strongly recommend consulting your doctor well in advance of your departure to discuss any medical considerations related to travel and altitude. It's important to bring a personal First Aid kit and any specific medications you may need throughout your trip.

Please keep in mind that our journeys often take us into remote areas, far from immediate medical assistance. Be sure to read the itinerary and trip details carefully to ensure that our adventure travel style is right for you.

This trip involves travel at high altitudes. While most people can comfortably reach elevations up to 2,500 meters with minimal symptoms, individual reactions to altitude can vary. Altitude sickness is rare but possible. For personalized advice and preparation, we recommend speaking with your physician before your trip.

To fully enjoy this trip, good physical condition is essential. Regular endurance training is a must—jogging, cycling, swimming, or brisk walking are all great preparation.

We strongly recommend beginning a training routine at least 3 months before your departure. Aim for 2–3 endurance workouts per week (minimum 1 hour each) and one weekend hike of 6+ hours with elevation gain of 350m/hour.

Hiking is the best training for a trek!

Note: Knee issues are the most common physical challenge on this kind of trip—talk to your doctor beforehand if you have any concerns.

Please inform us of any medical conditions (allergies, asthma, diabetes, past cardiac issues, etc.) as soon as possible.

### Hygiene in the Mountains

Water is often abundant, but not always safe to drink—refill only from designated potable sources. Always ask your guide. Bring a thermos of hot water for tea breaks—it's a mountain essential!

## Weather

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### Weather & Climate

You'll be trekking in mid-mountain terrain, where temperatures stay cool—even in summer. In the Alps, the temperature drops by about 0.65°C for every 100m of elevation gain. Dress in layers and be prepared for sudden changes.

Mountain weather is unpredictable—you might start in sunshine and face a thunderstorm by afternoon. Always carry gear for warmth and rain protection..

## Electricity

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Most accommodations will have access to electricity, but if you rely on devices, we recommend bringing a portable charger.

### Plug Info:

**France:** Type E plug (2 round pins + grounding hole), 230V, 50Hz

**Italy:** European standard (2–3 round pins), 220–230V, 50Hz

**Switzerland:** Type J (3 round pins in hexagonal pattern), 230V, 50Hz. Not all European plugs will fit—bring an adapter.

## Local time

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Standard Time (CET): UTC+1

Daylight Saving Time (CEST): UTC+2

## Sustainable tourism

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At Altaï, we're committed to delivering unforgettable experiences while minimizing our environmental footprint. That's why we run small-group tours and promote low-impact outdoor activities.

We invite you to be part of this mission by respecting the mountains and following these simple guidelines:

**Carpool or use public transport** for transfers when possible—especially in the Chamonix Valley, which has excellent train and bus options.

**Leave no trace** during picnic breaks—bring a small trash bag if no bins are available and sort your waste properly.

**Smokers:** Please don't litter cigarette butts, especially in snowy areas. Why not use this trip as a breath of fresh air... literally!

**Lift passes:** If you're skiing, return your magnetic ski passes for recycling.

**Wildlife:** The mountains are home to many animals—observe respectfully and stick to marked trails.

Let's keep the mountains beautiful—for today, and for generations to come.

