

THE VERY BEST OF TOUR DU MONT BLANC

French call it « The White lady ». For Italians it's « Il Bianco ». And for all those wanting to tame it, it's simply « The One and Only ».

The Tour du Mont Blanc is known for being one of the most beautiful mountain routes, rambling amidst picturesque alpine villages, warm diners, and amongst the most gorgeous mountain landscapes in the world. We will meet in the world capital of mountaineering, Chamonix. We begin this adventure walking from the Chamonix valley to Courmayeur valley, then from La Fenêtre d'Arpette to the wild Val Ferret, along the Swiss, Italian and French slopes. The path winds its way between pastures, glaciers and peaks, crossing passes and valleys. Every day offers spectacular scenery that will be engraved in your memory forever. Nature pulls out all the stops. You will enjoy the unique cuisine of the Haute-Savoie region and the comfort of your carefully chosen accommodations for the week. You will stay in minimum 3-star hotels, and spend a night in a traditional lodge (day 6). There is no better way to soak up the homely hospitality for which this region is renowned and have a taste of the alpine culture. Get ready to be challenged, impressed and in awe.

 Region	Northern Alps : around Mont blanc
 Activity	Summer Trekking
 Duration	8 days
 Group	5 to 8 people
 Code	RTMBC
 Price	From €2,090
 Level	3/5
 Comfort	3/5
 Language(s)	English

ITINERARY

Day 1 Arrival day



From the Geneva airport, you'll be transferred at 2pm to your 3-star hotel in the heart of Chamonix. This historic town has been a host twice for the Winter Olympic Games. Take some time to wander in the streets and taste some famous "Savoie" wine.

In the evening, you will meet with the group and your guide for a brief explanation of your trip and his recommendations on equipment. Diner in town as you please. It is your first opportunity to try out some alpine specialties in typical restaurants surrounding your hotel.

Accommodation : Alpina hotel / Le Prieuré hotel / or equivalent downtown Chamonix

Day 2 Chamonix - la Flégère - Lac Blanc - Argentière



Starting our day by a short transfer to Les Praz village and a cable car ride to La Flégère (1813m), where you will have a breath taking view of the valley and the Mer de Glace. Our hike starts on a balcony path climbing gently up and leading us to the Lac Blanc (2352m) and its spectacular view of the massif: the Drus, the Vert, the Aiguille du midi and the Mont Blanc, obviously. We will enjoy a nice picnic facing this incredible vista before heading down through one of the most beautiful trails in France bordering the Cheserys lakes. We spend the night in a peaceful wooded setting hotel in Argentière.

Ascent: around 475m / Descent: around 1150m / Walk : 5 to 6 hours / Max. Alt: 2350m / Transport : Bus / Accommodation : Hotel

Day 3 Argentière - the Forclaz pass - Bovine - Champex



We set off this morning after breakfast for a short private transfer to cross the Swiss border. We begin walking through a pine and larch forest to join the pastures of Bovine from where we enjoy our lunch with a view of a deep, green forest browsing the hills of the surrounding mountains. The impressive Combins massif stays in our sight all day long and leads us to Champex, charming lakeside village where we will spend the night.

Ascent: 500m / Descent: 650m / Walk : 5/6 hours / Max. Alt: 1980m / Accommodation : Hotel

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



A short private shuttle ride takes us to La Fouly. We start our hike from the charming hamlet of Ferret. After a steep climb, we reach Col Ferret with a jaw-dropping view on the Val Ferret and the Glacier nearby. Italy opens us its doors. Descent to Arnouva where we take a bus to our welcoming hotel in Courmayeur. Enjoy an optional dinner with the group to taste some of the Italian Alpine specialties offered in Courmayeur's many atmospheric restaurants.

Elevation gain: 700 m / Negative : 500 m / 6/7 hours of walking. / Transport: private bus / Accommodation: Hotel

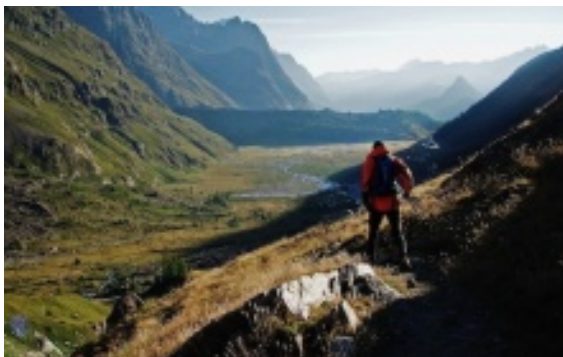
Day 5 Courmayeur



Today is a scheduled rest day to relax our weary feet. In the morning, we'll take the Skyway Monte Bianco where you can reach the Punta Helbronner (3466m). You'll find yourself facing the Mont Blanc and the highest peaks in Europe in just 10 minutes: take in the unforgettable view. We'll have lunch in Courmayeur and spend the afternoon as we please. For the adventurous ones, you could have fun on a rafting descent. For the stiff ones, you could have an easy-going afternoon at the Thermes of Pre-Saint-Didier. Night and diner in Courmayeur.

Free afternoon in town. Transport: private bus / gondola. Accommodation: Hotel

Day 6 Courmayeur - Seigne pass - Les Chapieux



Climb aboard the bus, have a seat, and enjoy the ride to Visailles (1659m) at the bottom of Miage glacier from where we stretch our legs climbing up to the Lée Blanche valley, where sheep graze during summer. We reach the Seigne pass (2516m) and cross the border to get back into France. The south face of the Mont Blanc is now behind us. We head down to Les Chapieux where we spend the night in a typical alpine lodge.

Ascent: around 900m / Descent 490m / Walking time : 6-8 hours / Max. Alt : 2516m / Transport : Private bus / Accomodation : Comfortable hostel

Day 7 Les Chapieux - Bonhomme pass - Les Contamines



Our last day of trekking begins with a steep ascent to the Col Du Bonhomme. We then hike to the Croix du Bonhomme (2 639m) and stop for lunch. This belvedere trail offers a fantastic vantage point from which to admire the Mont Blanc Range. A sharp descent through a pine forest fringed gorge takes you to an ancient Roman Road leading to the small chapel of Notre Dame de la Gorge, in the town of Contamines. Private bus transfer to Chamonix where we'll check-in to our hotel and have a farewell dinner at your own charge.

Ascent: 1100m / Descent : 1400m / Walk : 7 to 8 hours / Max. Alt : 2635m / Transport : Private bus / Accomodation : Hotel downtown Chamonix

📍 Day 8 **Transfer Chamonix – Geneva airport**



Sadly, our fabulous week comes to an end... You can spend your final morning exploring the wonderful shops, museums, and local food specialties found in Chamonix.

We'll take you back to Geneva airport for your return flight around 9am.

Important

Please be aware of your departure time in Geneva airport to be able to join us for the transfer. The itinerary may be modified regarding weather or participants physical conditions. At last, the accompanist remains the only judge of the program that he can adapt according to the situation. Trip time is indicative, as are ascent and descent inclines, they can be modified at the moment regarding the decision of the accompanist and the group's speed. Please don't pay much attention to that and enjoy your trip in the mountain.

DATES & PRICES

International departures:

From	To	Price per person	Guaranteed	Booking
16/06/2024	23/06/2024	€2,390	No	
23/06/2024	30/06/2024	€2,450	No	
30/06/2024	07/07/2024	€2,450	No	
07/07/2024	14/07/2024	€2,450	No	
14/07/2024	21/07/2024	€2,450	No	
21/07/2024	28/07/2024	€2,450	No	
28/07/2024	04/08/2024	€2,450	No	
04/08/2024	11/08/2024	€2,450	No	
11/08/2024	18/08/2024	€2,450	No	
18/08/2024	25/08/2024	€2,450	No	
25/08/2024	01/09/2024	€2,450	No	
01/09/2024	08/09/2024	€2,450	No	

Trip code: RTMBC

Included

- A 30% deposit of the trip's price will be needed during registration. The total amount of the price must be paid at least 30 days before departure.
- The technical organization of the stay
- Supervision by a mountain guide
- Luggage transportation
- Accommodation in double rooms in 3 *** hotel or equivalent (except on day 6, which will be in a typical hostel for an unusual night)
- Transfers planned in the program (Geneva to Chamonix departure from Geneva at 2 pm day 1 and Chamonix to Geneva at 9 am on day 8)
- Full board every day, except for the first and the last night in Chamonix.
- Cabin pass for Skyway, day 5 in Courmayeur

Not included

- Snacks: dried fruits, cereal bars, chocolate bars, etc..
- Registration fees (18€ per person)
- Insurance
- Drinks and personal expenses during the stay
- Meals on the first and last evening in Chamonix
- The flight to Geneva from your hometown (which our air service can however organise for you)
- Extra activities on day 5 in Courmayeur (Thermes, rafting...)

International flights

If needed, we can take care of booking your international flights to Geneva.

Terms and conditions

Inscription

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 30 % of the total trip's price (subject to availability at the time of registration). In case of short term booking – within 30 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.

Facturation

Once your booking registered, we send you an email with the invoice. Full payment is required at least 30 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.

Annulation

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.

Modification du contrat

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.

Prix et révision des prix

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.

Cession du contrat

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

Insurance

We recommend you to get your personal insurance before your departure to cover the activities undertaken by Altaï Alpes. If you have not purchased any of our insurances, we ask you to email us your insurance contract information (company, contract name, contract number, phone number) and bring those information with you on your trip.

PRACTICAL INFO

Staff

The tour is supervised by a mountain guide who has been chosen for his field experience, his specific knowledge of one geographical area and the culture attached, as well as his passion for the region.

Food

Meals

- Lunch picnics are made of mixed salads, fine meat, farm cheese, crusty bread, fresh seasonal fruits and other local sweet pleasures. They are made by the accompanist at night for the day after: don't worry if he is leaving you for a short amount of time during the evening, he is certainly making you great food to give you strength the next day!
- In the evening, diners are taken in the different accommodations or in restaurants
- Don't forget to take your own snacks according to your tastes before departure: cereal, energy bars (be careful, chocolate bars can melt!), dried fruits... And feel free to bring some specialties from your regions for aperitifs!

Drinks

- Drinks are not included in the trip's price : bring some money (Swiss francs and euros) for coffees, fruit juices, beers and cokes during breaks. Refuges are usually not equipped with bank card machines.

Accommodation

Hotels in the Chamonix valley. The nights are in minimum 3*** hotels with rooms for 2 people, except for day 6 in Chapieux Valley (lodge). A single room is possible on request according to availability at the time of registration (supplement to provide).

Transportation

During this trip, transport will mainly be on foot, but there will be short journeys on private transfers (bus or minivan) and cable cars.

Budget & exchange

France and Italy are in the Eurozone. Therefore, the unit of the currency is the Euro.

Switzerland uses the Swiss Franc (CHF). It is better to change money before departure, however euros are widely accepted in Switzerland.

Credit cards and debit cards are very useful for cash advances (but don't forget to bring your PIN number!).

ATMs are available in most of the towns you will cross during your stay, but there are no guarantees that your credit card will actually work in France, Italy or Switzerland. Also, refuges often don't have EPT (Electronic Payment Terminal): it is best to bring cash.

Be aware of the fees usually applied when purchasing products or services on a credit card.

Always take more rather than less, as you don't want to spend your trip constantly feeling short on funds.

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

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

Tips

Clients usually pay for the guides' drinks : you might find it practical to make a group kitty at the beginning of your stay (no obligation).

Supplied equipment

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

Vital equipment

- One hat or cap
- Sunglasses
- Bonnet and scarf
- Tee-shirt (carline-type, quick drying material)
- Warm shirt or thin polar shirt
- Warm coat (polar-type)
- Windproof coat (K-way or Goretex type)
- A drain cape with sleeves (without any button, in polyamide)
- Thin pair of pants
- Windproof pants (K-way or Goretex type)
- Short Socks (100% wool: heats, absorbs and evacuates humidity, avoid foot warming/synthetic fibres: good resistance, absorbs and evacuates humidity but foot warming if 100% synthetic / cotton: absorbs humidity but doesn't evacuate it)
- Trekking shoes: they are the mountain climbers' best friends! They must be: solid, waterproof, and hold the feet and ankles. Choose shoes with gripping tread surface, quite rigid, Vibram-type
- Long gaiters
- Warm gloves
- Replacement underclothing
- Replacement shorts
- Replacement socks
- Light sandals or sneakers for evenings in refuges
- Toilet bag (earplugs recommended)
- Fast drying towel

Material

- One small headlamp (with battery replacement)
- One pair of collapsible walking poles (recommended)
- 1L bottle or a thermos
- Cutlery
- Individual plastic Tupperware for lunch picnics
- Sunscreen (face and lips)
- Toilet paper (biodegradable if possible)
- Camera, binoculars (not compulsory)

Warning : mountain is unpredictable. We have tried to think of all the possible weather situations. This equipment list will help you adapt to the mountain's whims.

Luggage

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 !
- One 40L backpack with a large chest strap. Bring a trash bag to isolate your replacement clothes from humidity.

Your guide's advice : « *In your backpack, you will put : warm clothes (polar, pants, bonnet and gloves), rain clothes, bottle, camera, solar cream, and your lunch picnic* ».

Medicine

Your accompanist will be carrying a first-aid kit. However, it is recommended to bring your own medicine, checked with your general practitioner:

- Personal medicine
- Painkillers (paracetamol preferred)
- Double-patching
- Elastoplast
- Bandage
- Antiseptic

- Anti-inflammatory
- Antispasmodic
- Anti-diarrhea
- Anti-vomiting
- Intestinal antiseptic
- Eyewash
- Light soporific
- Ear plugs
- Antibiotic
- C vitamin

Non-exhaustive list...

Passport

Please make sure your passport and travel documents are valid.

Visa

- Up to 90 days visit : citizens from most countries do not need a visa to visit France, Italy or Switzerland.
- Over 90 days visit : non-EU or non-EFTA citizens must have a visa to visit France, Italy or Switzerland over 90 days.

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

Identity card

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

Mandatory vaccines

No required vaccination.

Health information & recommendations

It is important to consult your doctor for medical travel information well before departure. We recommend that you carry a First Aid kit as well as any personal medical requirements.

Please keep in mind that we are often in remote areas, away from medical facilities. Please carefully read the brochure and itinerary when selecting your trip, to make sure our style of travel suits you.

Please note you will travel to high altitude. Most people can travel to 2 500m with minimal effects. However, everyone reacts differently to altitude and altitude sickness can occur.

For details on how to best prepare your trip please consult your physician.

Weather

The weather in the French Alps varies up and down the mountain chain. It is a mountainous region between 800 and 4000 meters, so altitude plays a big part in the local weather.

As you climb higher into the mountains it gets 1 degree cooler every 100 meters. It is the case all year around but other factors such as temperature inversions and winds influence the climate. The sun plays a very important role too. In the winter, when the sun is lower in the sky, some lower or north facing valleys are blocked from the sun by mountains for a large part of the day and are colder.

Spring can be a bit unpredictable : rain, sometimes even some snow interspersed with hot sunny days.

It can be quite hot in **summer**: around 20 to 30 degrees, but the fresh mountain air cools you down during your hike.

In **autumn**, temperatures start to cool down, but it is still perfect conditions for a walking holiday.

During **winter** time, the higher you get, the more snow you will see. Snow usually starts to fall in November and stays until April.

Keep in mind that weather conditions are unpredictable. Therefore, the trip organization can be modified for your safety.

Electricity

There will be electricity in most places you will stay. If you are scared to run low on battery, we advise to bring an external battery charger.

In France the power plugs and sockets are of type E. The standard voltage is 230 V and the standard frequency is 50 Hz. Power plugs in France have the particularity of being male and female at the same time : they have 2 prongs and a receptacle. If you need an adapter, please purchase it before departure.

The electrical current in Switzerland is 230V, 50Hz. Swiss sockets are recessed, three-holed, hexagonally shaped and incompatible with many plugs from abroad. They usually, however, take the standard European two-pronged plug.

Electricity in Italy conforms to the European standard of 220V to 230V, with a frequency of 50Hz. Wall outlets typically accommodate plugs with two or three round pins (the latter grounded, the former not).

Local time

France, Italy and Switzerland are in the Central European Time Zone. Central European Standard Time (CET) is 1 hour ahead of Greenwich Mean Time (GMT+1).

Like most states in Europe, Summer Time (Daylight-Saving) is observed in France, where the time is shifted forward by 1 hour; 2 hours ahead of Greenwich Mean Time (GMT+2).

After the summer months, the time in France is shifted back by 1 hour to Central European Time (CET or GMT+1).

Sustainable tourism

We do our best to offer trips subscribed to the principles of responsible and sustainable tourism. Our aim is to allow visitors to discover the many facets of France, Italy and Switzerland by taking you off the beaten path and getting you in touch with its nature and residents, while ensuring that your visits do not have a negative effect on its natural environment and people.

- Most of our accommodations are run by locals, thus ensuring that the largest part of the revenue generated through your trip will stay within the region.
- France is known for its exquisite cuisine. The art of cooking and the joy of eating are part of everyday life. Each region has its particular foods and flavours which we would like you to explore and appreciate.
- Water is a precious and rare good. Our team and those travelling with us are thus advised to use it with consideration and avoid excessive water use where possible.
- Please try to recycle your waste whenever possible, even though recycling may not be a well-known concept in all areas.
- Be cautious and respectful when hiking. Make sure to wear suitable footwear and avoid picking flowers, moving stones or lighting fires.