

*Medium-altitude hiking in a setting of high mountains, prestigious peaks and impressive glaciers... From mountain passes to alpine pastures, balcony paths criss-cross the nature reserves of three countries linked geographically by the roof of Europe and traditionally by history: the Swiss Valais, the Italian Val d'Aoste and the French Savoie.*

## PROGRAMME

### **Day 1 : Le Tour - Col de Balme - Trient**

Meet at 10:30am at Montroc-le-Planet SNCF station (to collect your luggage).

From the village of Montroc, a short one-kilometre walk to the village of Le Tour, then an easy climb to the Chalets de Charamillon and the Col de Balme, or an ascent via the balcony of Les Posettes.

Panoramic views of Mont Blanc and the Tour and Argentière glaciers. Descent through the Swiss alpine pastures to the village of Trient.

**HIKING TIME:** 5h

**ASCENT:** + 840 m

**DESCENT :** - 920 m

**ACCOMMODATION :** in a gîte

**LUGGAGE ASSISTANCE:** with luggage transport (if you have chosen this option)

### **Day 2 : Bovine ou Fenêtre d'Arpette - Champex**

Cross the Bovine mountain pastures on a balcony path overlooking the Rhône valley or take the "High Mountain" option via the legendary Arpette window (2665 m). Descent to Champex.

**HIKING TIME:** 6h by Bovine (6h30 by Arpette)

**ASCENT :** + 1100 m via Bovine (1300 m via Arpette)

**DESCENT :** - 750 m by Bovine (970 m by Arpette)

**ACCOMMODATION:** in a gîte

**LUGGAGE ASSISTANCE:** with luggage transport (if you have chosen this option)

### **Day 3 : Grand Col Ferret - Italian Val Ferret**

Transfer by regular bus to cross the Val Fouly.

Climb through the Peule mountain pastures to the Ferret pass (2537m).

Possible diversions via the Ferret head. After crossing the border, descend into the Italian Val Ferret beneath the foothills of Mont Blanc.

Unusual view of the Grandes Jorasses.

Overnight in a stopover gîte or refuge.

**HIKING TIME:** 6h

**ASCENT:** + 850 m

**DESCENT:** - 800 m

**ACCOMMODATION:** in a gîte or refuge

**LUGGAGE ASSISTANCE:** with luggage transport (if you have chosen this option)

### **Day 4 : Mont de la Saxe - Courmayeur**

Climb to the hamlets of Sécheron and Armina.

An exceptional balcony traverse along Mont de la Saxe, offering an unusual view of the southern slopes of the Mont-Blanc massif, Mont Dolent, the Aiguille du Triolet, the Grandes Jorasses... Possibility of climbing to the Col Sapin.

Descent to Courmayeur.

Short transfer to our gîte high above Courmayeur.

**HIKING TIME:** 5h30

**ASCENT:** + 650 m

**DESCENT:** - 1200 m

**ACCOMMODATION:** in a gîte

**LUGGAGE ASSISTANCE:** with luggage transport (if you have chosen this option)

#### **Day 5 : Col de la Seigne - Les Mottets or les Chapieux**

Ascent of the Val Veny to the Elisabetta hut.

Possibility of a diversion to Lac de Miage. Climb to the Col de la Seigne, on the border between Italy and France, with a view of the reverse side of Mont Blanc.

A more alpine variant is possible, via the Chécroui balcony and Mont Fortin.

Descent to the Mottets refuge or Les Chapieux (subject to availability).

**HIKING TIME:** 6h30

**ASCENT:** + 850 m

**DESCENT:** - 650 m

**ACCOMMODATION:** in gîte or refuge.

**LUGGAGE ASSISTANCE:** with luggage transport (if you have chosen this option)

#### **Day 6 : Col des Fours - Col du Bonhomme - Les Contamines-Monjoie**

Climb to the Col des Fours (2665 m), in a very "high mountain" setting, the highest point of the walk, then descend to the Col du Bonhomme, a famous route for pedlars in days gone by.

If you spend the night in Les Chapieux, climb directly to the Col du Bonhomme.

Descend along the old Roman road to the Notre Dame de la Gorge chapel.

Transfer to the hotel by regular bus (free of charge). Night in hotel.

**HIKING TIME:** 6h30

**ASCENT:** + 850 m

**DESCENT:** - 1500 m

**ACCOMMODATION:** in hotel.

**LUGGAGE ASSISTANCE:** with luggage transport (if you have chosen this option)

#### **Day 7 : Champel or Col du Tricot - Les Houches**

Transfer (free) to La Gruvaz and climb up to the Bionnassay glacier, via the village of Champel or the Col du Tricot (2120 m), a must-see lookout point over the Chamonix valley, beneath the Miage domes and Mont Blanc.

Descent to the village of Les Houches.

End of the hike in the afternoon at the foot of the Prarion cable car in Les Houches.

Easy bus link between Les Houches and Montroc.

**HIKING TIME:** 5 hours

**ASCENT:** + 750 m

**DESCENT:** - 800 m

**LUGGAGE ASSISTANCE:** with luggage transport (if you have chosen this option)

#### **Itinéraire modifié avec étape du Lac Blanc le jour 1 (Sur demande)**

**Day 1: Les Praz de Chamonix - Lac Blanc - Le Tour**

Take the Flégère cable car up the Mont Blanc balconies to reach Lac Blanc at 2300m. The path joins the Chéserys lakes and continues along the balcony at the foot of the Aiguilles Rouges, before descending to the Col des Montets. A breathtaking view of the whole Mont Blanc range on this first day. Overnight in a gîte in the village of Le Tour.

**HIKING TIME:** 6h30

**ASCENT:** + 600 m

**DESCENT :** - 850 m

**ACCOMMODATION:** in a gîte

**Day 2: Le Tour - Col de Balme - Trient**

**Day 3: Bovine or Fenêtre d'Arpette - Champex**

**Day 4: Grand Col Ferret - Courmayeur**

**Day 5: Col de la Seigne - Les Mottets or les Chapieux**

If you spend the night at La Vachey, transfer by bus to Monte Bianco. Climb the Val Veny to the Elisabetta hut. Possible diversions to Lac de Miage (glacial lake beneath the terminal tongue of the Miage glacier). Ascent to the Col de la Seigne, the border between Italy and France, with views of the reverse side of Mont Blanc. Descent to the Mottets refuge or Les Chapieux (subject to availability).

**HIKING TIME:** 6h30

**ASCENT:** + 850 m

**DESCENT:** - 650 m

**ACCOMMODATION:** gîte or refuge

**Day 6: Col des Fours - Col du Bonhomme - Les Contamines**

**Day 7: Champel or Col du Tricot - Les Houches**

## FICHE PRATIQUE

### ACCUEIL

#### **RDV at 10:30 am in front of the Montroc-le-Planet SNCF train station.**

From the free parking lot in Les Houches, there are regular buses every 30 minutes to Montroc-Le-Planet (one hour's journey, no reservation required).

At your request, your luggage can be collected directly from your hotel in the Chamonix valley, in which case there is no meeting point at the start.

For hikers who have chosen the "no luggage transport" version, there is no appointment at the start.

### BY TRAIN :

Outward journey: departure from Paris-Gare de Lyon the day before at 12:45pm, arrival in Chamonix at 7:50pm.

Timetables given are for information only and must be checked with the SNCF

<https://www.oui.sncf/>

Buses and trains serve the whole Chamonix valley - regular hourly service between des Houches and Montroc-le-Planet.

<https://chamonix.montblanbus.com/fr/ligne-de-bus>

### BY CAR :

A40 freeway to Chamonix, then follow the main road towards Argentière and Switzerland to the village of Montroc (1km after Argentière).

Ample parking at the meeting point in Montroc-le-Planet and at the Tour Village 1km away.

If you'd like to leave your car in a covered parking lot: Chamonix Park auto in Chamonix: 04 50 53 65 71 (€40-50 per week).

You can also leave your car at the free Prarion gondola parking lot in Les Houches (at the end of the tour), and return by bus to the meeting point in Montroc-le-Planet (1/2 hour journey). This will make your return easier at the end of the hike.

### CARPOOLING :

Some sites where drivers and passengers can get in touch to share rides:

<https://covoiturage-libre.fr/> <https://www.laroueverte.com/> <https://www.roulezmalin.com/>

<https://www.blablacar.fr/>.

### NEAREST AIRPORT :

Geneva (GVA)

1h by car to Chamonix (also by train, but not very practical).

Numerous buses and minibuses connect several times a day.

Lyon (LYS)

2h15 to Chamonix by car

Train every 2 hours to Chamonix / 4h15 journey time.

Paris (PAR)

7h to reach Chamonix by car

Train every 2 hours to Chamonix / 5 to 6 hours travel time.

## DISPERSION

End of the hike in the afternoon at the foot of the Prarion cable car in Les Houches.

### **RETURN TO STARTING POINT**

Transfer by bus or train from Les Houches to Montroc-le-Planet at the end of the hike.

### **NIVEAU**

Level 3

Average altitude gain: +/- 600 to 1200m per day.

Average length of stages: 5 to 7 hours per day.

Particular difficulties: suitable for children aged 12 and over. The Tourdu Mont Blanc is a well-marked trail:

In France: red and white for the Grande Randonnée trails (in both directions).

In Switzerland and Italy: black diamonds on a yellow background in the valley bottoms, and red and white at higher altitudes (in both directions).

It is preferable to be able to read a 1/25000 IGN map.

### **HEBERGEMENT**

#### **CLASSIC :**

6 nights in a dormitory, refuge or gîte.

#### **COMFORT :**

6 nights in a gîte in a 2-person room (subject to availability, 1 possible night in a gîte in a 4-person room) Hot showers in all accommodation.

#### **CONFORT hotel :**

4 nights in a hotel and 2 nights in a very comfortable gîte, with bathroom in the room, in a 2-person room.

Itinerary slightly modified (consult us)

### **TRANSFERTS INTERNES**

### **PORTAGE DES BAGAGES**

Depending on the option chosen:

**Without luggage transport:** You carry all your personal belongings for the duration of your stay.

**With luggage transport:** You carry only your personal belongings for the day (small backpack). The rest of your luggage is transported between accommodations. If luggage transport is not possible in an accommodation, you can take your personal belongings with you for the night as well. Your luggage will be returned to you the following day.

If you have opted for luggage transport, we recommend that you take a soft bag, preferably a sports bag, 1 bag per person not exceeding 10 kg.

\*If you wish to extend your vacation after the hike, we can take care of your extra luggage at the start of the hike, labelled with your name and returned to you at the end of the hike.

### **GROUPE**

### **ENCADREMENT**

No guidebook on this trip.

Before your departure, we'll give you a road book specially designed for this tour, with precise indications that will allow you to explore and hike in complete freedom.

To fully enjoy and appreciate your hiking trip, you must be able to ensure your autonomy in the field with the documents provided.

## **MATERIEL FOURNI**

### **EQUIPEMENT INDIVIDUEL A PREVOIR**

#### **Clothing :**

- Hiking pants
- Shorts (1 swimsuit just in case)
- Breathable T-shirts
- Fleece or sweater
- Windbreaker or Gore-tex jacket
- Rain cape + gaiters or pants and Gore-tex jacket + bag cape
- A pair of gloves and a light hat
- Hat or cap
- Hiking socks (double layer, with buckles....)
- 1 change of clothes for the evening
- Already broken-in hiking shoes (high-top, notched soles)
- Spare shoes for the evening

#### **Miscellaneous equipment :**

- Toiletry bag
- Towel
- Sunglasses and sun cream
- Water bottle or thermos flask (1.5-liter minimum)
- Knife and cutlery
- Tupperware-type plastic box for picnics
- Coffee cup
- Snacks: dried fruit, chocolate, cereal bars
- Small personal first-aid kit (vitamin C, aspirin, plasters, etc.).
- Headlamp or flashlight
- Sleeping bag sheet and/or light comforter
- Two telescopic poles (at your convenience)

#### **BACKPACK for the day:**

If you choose the luggage-carrying option, bring a comfortable 30 to 40-liter backpack for your day's belongings (warm clothing, rain cape, water bottle, picnic box and cutlery, sun protection and ID) and a little room to carry a picnic and snacks.

#### **IDENTIFICATION :**

Valid identity card or passport, European health insurance card recommended.

### **LE PRIX COMPREND**

- Travel documents,
- Half-board accommodation from dinner on day 1 to breakfast on the last day,
- Luggage transport between accommodations (if you have chosen this option),
- Organization and registration fees,
- Tourist taxes.

### **LE PRIX NE COMPREND PAS**

- Insurance,

- Transportation to and from departure point,
- Picnic lunches,
- Drinks, visits and personal expenses,
- Bus transfers (approx. €25 to €30 per person),
- Gondola lift on D1 if Lac Blanc stage (approx. 18€ per person).