fitness

## Tour du Mont Blanc - Day by Day Itinerary

Day 1	Welcome in Chamonix ! Lodging : Hotel Faucigny or similar Included meals : None Transport from Geneva Airport to the mountain town of Chamonix Mont Blanc is included in your tour.
	From Chamonix to Les Houches by the Brévent Distance : 15 km (9.5 mi) - Ascent : 650 m (2132 ft)- Descent : 1650 m (5413 ft) - 6 hrs of hiking Lodging : Hotel du Bois or similar Included meals : breakfast, dinner. Meals not included : lunch
Day 2	Take the Planpraz gondola to Planpraz. Start by hiking to Col du Brevent Pass and then all the way to the summit of Brevent Peak (2,525m/8,284ft). Enjoy breathtaking views of Mt. Blanc and the major glaciers of the range. Hike to Bellachat Hut for a short break, and then make the relatively short ascent to the summit of Aiguillette des Houches. From here hike down to Merlet and Les Houches.
Day 3	From Les Houches to Les Contamines Montjoie Distance : 11 km (7 mi) - Ascent : 650 m (2132 ft)- Descent : 1250 m (4101 ft) -5 hrs of hiking Lodging : hotel la Gelinotte or similar Included meals : breakfast, dinner. Meals not included : lunch

From Les Houches take the Bellevue aerial tram. At the top

(1,780m/5,840ft), stare in awe at the high peaks looming above as you stand at the foot of the standard route for climbing Mt. Blanc and the trailhead for day 1 of your tour. Start with a traverse to the Bionnassay Glacier. Next, hike through the beautiful alpine meadows that lead up to Col de Tricot Pass (2,120m/6,955ft). After a short break to admire the views of Contamines-Montjoie Valley, hike down a steep trail to the quaint rural chalets in Miage (1,559m/5,115ft). Finally, contour around Mt. Truc (1,811m/5,941ft) and then hike down into the village of Contamines-Montjoie, where you will spend the night.

*Please note:* it is possible to shorten this hike if you bypass the ascent to Col du Tricot Pass. An alternate route is described in the roadbook.

From Contamines to Les Chapieux via Bonhomme pass Distance : 15 km (9.5 mi) - Ascent : 1250 m (4101 ft) -Descent : 950 m (3117 ft) - 6,5 hrs of hiking Lodging : La Nova hut or similar Included meals : breakfast, dinner. Meals not included : lunch

After a short transfer in the morning to Notre-Dame-de-la-Gorge (1,210m/3,970ft), take the time to visit the renowned baroque church that marks start of the Roman road, the historic trade route used to travel from one mountain valley to another. The steady climb to Col du Bonhomme Pass (2,329m/7,641ft) presents a beautiful section of hiking along the far southern end of the range. The trail marks the boundary between the Mt. Blanc Range and the Beaufortain Mountains. The ascent continues to Col de la Croix-du-Bonhomme Pass (2,433m/7,982ft), which offers spectacular views of Mt. Pourri (3,779m/12,398ft). On the descent, hike through alpine pastures to the small hamlet of Les Chapieux (1,549m/5,082ft), typical of the area, where you will spend the night.

Day 4 From Les Chapieux to Courmayeur Distance : 15 to 25 km (10 to 16 mi)- Ascent : 750 to 1250 m (2460 to 4101 ft) - Descent : 850 to 1800 m (2788 to 5905 ft)- 5 to 7 hrs of hiking Lodging : Hotel Edelweiss or similar Included meals : breakfast Meals not included : lunch, dinner

Transfer to Ville des Glaciers (1,800m/5,905ft). Make sure that you stop at the local farm along the way to learn about how world-famous Beaufort cheese is made. Continue your ascent through beautiful alpine meadows to Col de la Seigne Pass (2,516m/8,254ft) and the Italian border. From here, admire the jagged, steep side of the Mt. Blanc Range; the views are simply breathtaking! Legendary summits like Mt. Blanc de Courmayeur, Noire de Peuterey Spire, and the Grandes Jorasses appear close enough to touch. The descent takes you through Val Veny down to the foot of the Miage Glacier, with its peaceful lake and unique alpine flora. Make one last effort up to the hut at Col de Checrouit Pass. Descend by ski lift to Courmayeur (In June and September, the lifts are closed. For the 800 vertical meter descent on foot, add 1.5 hours. Or hike the 450m up and 50m down to La Visaille for the short <1 hour transfer by local bus to Courmayeur).

From Courmayeur to Bonatti or Elena Hut Distance : 12.5 km (8 mi) - Ascent : 1050 m (3445 ft) -Descent : 250 m (820 ft) - 5 hrs of hiking Lodging : Bonatti mountain hut or similar Included meals : breakfast, dinner. Meals not included : lunch

Day 6

Start one of the most beautiful sections of the tour. Walk into Courmayeur, the capital of the Italian Alps, for a quick visit. Then hike up to the Bertone Hut (2,000m/6,561ft) for front-row views of the legendary Grandes Jorasses and one of the most breathtaking panoramas of the entire trip! Continue along the balcony trail to the Bonatti Hut (2,025m/6,643ft), where you will spend the night and experience one of the most stunning sunsets... ever.

	From Bonatti Hut to la Fouly via Grand col Ferret pass Distance : 20.5 km (12.5 mi) - Ascent : 900 m (2953 ft) - Descent : 1250 m (4101 ft) - 6,5 hrs of hiking Lodging : Maya Joie hut or similar Included meals : breakfast, dinner. Meals not included : lunch
Day 7	This short day at the halfway point on your tour offers the opportunity to take it easy and recuperate. The trail descends to the Elena Hut (2,061m/6,762ft), located in the upper end of Val Ferret, and beneath the mighty Mt. Dolent (3,823m/12,542ft). From there, hike up to and cross over the border from Italy into Switzerland at either Grand Col Ferret Pass (2,537m/8,323ft) or the much wilder Petit Col Ferret Pass (2490m/8169ft). Take one last look back into Italy before starting the descent through Switzerland's gentle alpine meadows as you hike all the way down to the small village of La Fouly (1600m/5249ft).
Day 8	From la Fouly to Champex Distance : 15 km (9.5 mi) - Ascent : 450 m (1476 ft) - Descent : 550 m (1805 ft) - 4 hrs of hiking Lodging : Hotel Splendide or similar Included meals : breakfast, dinner. Meals not included : lunch
	During this short day, you will time to rest and relax along Champex Lake. From La Fouly, a leisurely hike takes you to Praz le Fort. (1,151m/3,776ft). The trail follows Ferret River to the hamlet of Issert. From there, enjoy the hike through the forest up to Champex Lake (1,477m/4,845ft).
Day 9	From Champex to Trient via Bovine (option via Fenêtre d'Arpette) Distance : 14.5 to 15.5 km (9 to 9.5 mi) - Ascent : 750 to 1200 m (2460 to 3937 ft) - Descent : 900 to 1350 m (2952 to 4429 ft) - 5 to 8 hrs of hiking Lodging : Mont Blanc hut or similar Included meals : breakfast, dinner. Meals not included : lunch

From Champex, start by hiking through the Swiss mountain pastures and alpine meadows known for the grazing cows that produce some of the Alps' most famous cheeses! From Bovine, enjoy incomparable views of the Rhône River Valley. We also offer an alternate hike: please be aware that this option presents a much longer and more committing adventure. Fenêtre d'Arpette (2,665m/8,743ft) is a spectacular high mountain notch located near the Grands Glacier. Finish the day in the village of Trient (1,280m/4,199ft), where you will eat dinner and spend the night in a guest house.

From Trient to Argentière via Col de Balme pass Distance : 15 to 16.5 km (9 to 10 mi) - Ascent : 900 to 1100 m (2952 to 3609 ft) - Descent : 1050 to 1150 m (3445 to 3773 ft) - 5 to 6 hrs of hiking Lodging : Hotel la Couronne or similar Included meals : breakfast, dinner. Meals not included : lunch

From Trient, hike up to Col de Balme Pass (2,191m/7,188ft) to cross the French-Swiss border. At the top of the pass enjoy great views into Chamonix and the valley below, as well as the spectacular panorama that includes Mt. Blanc, the Mer de Glace (glacier), and the Argentière Glacier. Hike down (or take the airlift/gondola) the dirt roads and trails through the meadows and astures to Le Tour (1,453m/4,767ft). From there, a leisurely walk takes you to Montroc (1,370m/4,495ft) and Argentière

From Argentière to Chamonix by Lake Blanc Distance : 10 km (6.5 mi)- Ascent : 900 m (2953 ft) -Descent : 550 m (1805 ft) -6,5 hrs of hiking Lodging : Hotel Faucigny or similar Included meals : breakfast. Meals not included : lunch, dinner.

Day 10

Day 11 Enjoy a truly unforgettable hike on last day of your trip. Scrambling through the Aiguilles Rouges, with the Mont-Blanc Range just across the valley, means incredible views of the many glaciers and summits high above Chamonix. From Col des Montets Pass (1,461m/4,793ft), follow the balcony trail to Cheserys Lakes, all known for reflecting in their clear blue waters some of the Alps' most famous peaks. Continue to Lac Blanc (2,352m/7,716ft). Open your eyes, observe your surroundings, and look for one of the area's many alpine ibex. Continue to la Flégère, where a gondola takes you down to Chamonix.

Good bye, Chamonix ! Included meals : breakfast. Meals not included : lunch and dinner

Day

12

Enjoy your breakfast before departure for Geneva,

