



## TMB TRAIL RUNNING self-guided


The classic... a bit faster on your feet!




Seven valleys, 71 glaciers, 400 summits... The Mont Blanc range is fascinatingly beautiful, like a diamond, from every angle.

Discover a world of unique and impressive high mountain with a breath-taking show of summits and glaciers everywhere! You wish to take on a Tour of Mont Blanc but are more inclined to see your feet move faster. This version orientated towards trail running should keep your pulse racing. Daily stages of approximately 30km (warning... those are 30km in the mountains at altitude!) enabling you to set yourself a challenge or for those who are seasoned runners who wish to take in the views! Each evening your baggage will await you, lunch spots are listed on your route enabling you to run light. If you wish to shorten a stage and make an easier day, all route options will be given to you.

 6 Days

 Self-guided / without guide

 With or without luggage transportation

 Accommodation : Classic or comfort

 Level : \*\*\*\*

 From : 595€

### You will like

- The full tour of this mythical destination ;
- Your proximity to the fabulous display of glaciers ;
- Choice of accommodation style with luggage transport each night ;
- Tips to shorten stages if necessary!

# The route

## Day 1

Meeting at 9:00am at the Planpraz gondola in Chamonix.

### PLANPRAZ - COL DE BALME - TRIENT

Use the Planpraz gondola and traverse on the balcony trail via La Flégère then Tête aux Vents with a magnificent view of the numerous surrounding glaciers and the whole Mont Blanc range (detour possible to Lac Blanc). Descend to Col des Montets and climb via the balcony trail of Posettes to the Col de Balme (2200m) on the French-Swiss border. Descend into Swiss pastures to the village of Trient, Switzerland.

Elevation: +1150m -1800m / 23km

## Day 2

### BOVINE / FENÊTRE D'ARPETTE - CHAMPEX - LA FOULY

Cross through the pastures of Bovine via a balcony trail overlooking the Rhone valley or take a more 'high mountain' route along the Trient Glacier to reach the mythic Fenêtre d'Arpette (2665m). Descend to Champex and traverse the Swiss Val Ferret, dotted with traditional elevated wooden chalets. (Possibility of taking a bus at the end of the day)

Elevation: +1550m -1200m (via Bovine) / 32km

Elevation: +1900m -1600m (via Arpette) / 30km

## Day 3

### GRAND COL FERRET - COURMAYEUR

Climb up through the vast pastures of La Peule to the Grand Col Ferret (2537m). Possible detour to the summit of Tête Ferret. Descend into the Italian Val Ferret in the impressive foothills on the opposite side of the Mont Blanc. Exceptional views of the Grandes Jorasses. Take the balcony trail traversing the Mont de la Saxe facing the Italian side of the Mont-Blanc and descend to Courmayeur. Night in Courmayeur or in a gîte above Courmayeur.

Elevation: +1400m -1300m / 30km

## Day 4

### COL DE LA SEIGNE - LES CHAPIEUX

From La Visaille, climb to the Col de la Seigne forming the border between Italy and France and descend via the Ville des Glaciers to the village of Les Chapieux (possible to go via the Col de Chécroui starting from Courmayeur).

Elevation: +900m -950m / 20km (27km from Courmayeur)

### COL DE LA SEIGNE - LES CONTAMINES (5 days version)

From La Visaille, climb to the Col de la Seigne forming the border between Italy and France and descend to the Ville des Glaciers. Ascent to the Col des Fours and Col du Bonhomme before eventually going down in the Val Montjoie and the Contamines village.

Elevation: +1750m -2200m / 30km (37km from Courmayeur)

## Day 5

### LES CHAPIEUX - COL DU BONHOMME - LES CONTAMINES-MONTJOIE

Climb to the Col du Bonhomme once frequented by peddlers and descend via the old Roman road to the chapel at Notre Dame de la Gorge and carry on to Les Contamines.

Elevation: +950m -1250m / 14km

5.5 hour walk / Elevation: +700m -950m - 13km (via la crête des Gittes if sleeping in Roselend)

## Day 6

### **COL DU TRICOT - LES HOUCHES**

From Les Contamines climb to the Col du Tricot and descend under the Bionnassay glacier with an unmissable view close to the Dômes de Miage and the Mont Blanc. Descend to the village of Les Houches.

Elevation: +1400 m -1550 m (via the Col du Tricot) / 17 km

**End point in the afternoon in Les Houches.**

## **OPTIONAL EXTRA DAY**

### **LE BREVENT - CHAMONIX**

From Les Houches climb to the Merlet animal park and then to the Brévent lakes and the Brévent summit. Descend to Chamonix.

Elevation: +1500m -1450m / 17km

**Optional 5 day tour instead of 6 days: DAY 4 and DAY 5 can be adapted into one day.**

Personalised tour available, contact us...

# The trip

## LEVEL \*\*\*\*

Elevation: +/-1400m approximately per day.

**Walking/running time:** 5 to 8 hours approximately per day.

Type of trek: this tour is not technically difficult but the stages are too long for the average hiker. Intended for adults who regularly practice trail running (or trekking at a fast pace) and have an excellent fitness level. You must be capable of easily walking 40km (on flat trails) or running a half-marathon in less than 130 minutes.

Please find the description of the levels by clicking here: [Level of difficulty](#)

The roadbook provides sufficient information on the itinerary of your hike. However, it is essential to be able to read an IGN 1:25,000 map and to be sufficiently autonomous in the mountains to be able to tackle the itinerary with confidence, whatever the weather (fog, snow, etc.). Guiding is not included in the self-guided package. You will be crossing areas with no telephone network. For your own safety, you may wish to bring along a radio or the latest generation telephone with satellite connection.

**Please note:** some névés will be present on the paths until the end of June, on particular on the North slopes. High mountain boots, gaiters and walking poles are essential. Be prepared!

## ROAD BOOK

One month prior to departure, we will send you your travel documents. We offer two roadbook versions:

The "paper" version we send by post :

- 2 IGN TOP 25 maps with route layout.
- 1 road book with all the necessary information for the hike.
- 1 card holder.
- The list of accommodations.

The "digital" version is an application to download on your smartphone, accessible to each of the participants of the file. The information for downloading and using it is sent by e-mail.

## SIGNPOSTS AND WAYMARKS ALONG THE TREK

The tour of Mont-Blanc is a very well indicated trek:

In France: marked with red and white stripes for Grande Randonnée (in both directions).

In Switzerland and Italy: a black dot on a yellow diamond (in both directions).

It is preferable to know how to read a topographical map at 1/25000.

## BAGGAGE TRANSPORT

**With baggage transport:** your baggage is transported daily by our logistics vehicle.

## ACCOMMODATION

CLASSIC: 4, 5 or 6 nights in dormitory in a refuge or gîte.

COMFORT: 4, 5 or 6 nights in gîte, refuge or hotel in a twin/double bedroom.

All accommodation offers hot showers.

## MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are not included and can be pre-ordered at each accommodation in the evening or stop at mountain refuges on your route.

Possibility to buy picnic supplies in small local shops along the way.

**Allergies and diets:** please inform us about your allergies and diet in advance.

The accommodations do their best to accommodate your special diets (gluten free, vegetarian, etc.) However, we encourage you to bring some additional products for your own picnics.

## CURRENCY

During the stages of your tour in Switzerland, Euros are widely accepted and it is not essential to carry Swiss Francs.

## PERSONALISED TOURS

We can personalise a tour according to your requirements (number of days, participants, level of route, accommodation, etc.)

## MAPS

IGN Top 25 - 3630 OT - Chamonix and Top 25 - 3531 ET - Saint Gervais (1/25 000) Michelin map n° 244 folded with 10 and 11 in the centre.

# Practical information

## DEPARTURES

Departures from mid-June to mid-September.  
Departures on Tuesdays.

## ACCESS TO DEPARTURE POINT

**Meeting at 9:00am at the Planpraz gondola in Chamonix to collect your baggage.**  
**OR your luggage can be collected on request at your hotel in the Chamonix valley allowing you to depart freely without meeting.**  
**Option "without luggage transport", no meeting required at the departure point.**

### BY TRAIN

Inbound: departure from Paris-Gare de Lyon the day before at 12:18pm (or 2:18pm), arrival in Chamonix at 7:10pm (8:10pm)

*Times given are indicative and should be verified in a train station or on*

[www.oui.sncf](http://www.oui.sncf)

There are regular buses throughout the whole Chamonix valley - with an hourly bus service between Les Houches and Chamonix.

### BY CAR

Take the A40 motorway to Chamonix.

Free parking: chemin du Biolay, opposite the Montenvers tram station in Chamonix.

If you wish to leave your car in a covered garage, contact:

Chamonix Auto Park: 04 50 53 65 71 (40 to 50€ per week).

The easiest option for your return is to leave your car at the end point of the tour at the Prarion gondola in the village of Les Houches and take the bus to the meeting point at the Planpraz gondola.

CAR-SHARING Get in touch with people to share a lift! Here are some website recommendations: [www.blablacar.fr](http://www.blablacar.fr)  
[www.covoiturage-libre.fr](http://www.covoiturage-libre.fr) [www.laroueverte.com](http://www.laroueverte.com) [www.roulezmalin.com](http://www.roulezmalin.com)

### CLOSEST AIRPORTS

#### Geneva (GVA)

1 hour by car to Chamonix.

Bus and minibus services direct to your accommodation (25-35€ pp each way)

#### Lyon (LYS)

2h15 by car to Chamonix.

Train every 2 hours to Chamonix, 4h15 journey (40-45€ pp return)

#### Paris (PAR)

7 hours by car to Chamonix.

Train every 2 hours to Chamonix / 5-6 hour journey (80-120€ pp return)

**End of the trek during the afternoon at the bottom of the Prarion cable car in Les Houches.**

## RETURN TO DEPARTURE POINT

At the end of the tour the return to the departure point in Les Praz is easy via bus.

## ACCOMMODATION BEFORE AND AFTER

**Extra nights:** at the beginning of your trek, your luggage can be collected at your accommodation in the Chamonix Valley (hotel or gite with a permanent reception). It can also be dropped off at your accommodation at the end of your trek. In both cases, please let us know the name and address of your hotel two weeks in advance, at least.

On request, we can book a bedroom for you before and/or after your trek.

Hôtel Vallée Blanche: +33 (0)4 50 53 04 50  
Les Houches - Hôtel St Antoine: +33 (0)4 50 54 40 10  
Chamonix - Hôtel de l'Arve: +33 (0)4 50 53 02 31  
Chamonix Tourist Office: +33 (0)4 50 53 00 24  
[www.chamonix.com](http://www.chamonix.com)

If you book a night in the Chamonix valley ask your hotel reception for a bus/train pass so you can use public transport for free in the Chamonix valley.

[www.chamonix.montblancbus.com/en/bus-lines](http://www.chamonix.montblancbus.com/en/bus-lines)

## INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. In no case can we be responsible for your own Personal Liability. If you chose to take out repatriation insurance with EUROP ASSISTANCE whom we propose, Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You are responsible for compliance with the reporting procedures of any incident.

Before making any decision, contact EUROP ASSISTANCE.

## CONTACT US

If you are late please contact the agency as soon as possible on: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

# Dates & prices

## DEPARTURES AND PRICES

**Departures from the 17th of June to the 9th of September 2025**

*Departures on Tuesdays.*

**5-day TMB trail with baggage transport:**

**595€** per person, classic accommodation (2 pers. basis)

Single departure supplement: 90€

**675€** per person, accommodation in twin or double bedrooms (or triple if odd number of people)

**6-day TMB trail with baggage transport:**

**695€** per person, classic accommodation (2 pers. basis)

Single departure supplement: 115€

**795€** per person, accommodation in twin or double bedrooms (or triple if odd number of people)

**7-day TMB trail with baggage transport:**

**795€** per person, classic accommodation (2 pers. basis)

Single departure supplement: 135€

**965€** per person, accommodation in twin or double bedrooms (or triple if odd number of people)

**Information and reservation online, by email or by phone.**

## THE PRICE

The price includes:

- Half board from dinner the first evening to breakfast of the last day;
- Organisation and booking fees;
- 1 hard copy of your travel documents for the group and the digital version for each participant;
- Daily baggage transport between accommodation;
- Touristic taxes.

The price does not include:

- Picnic lunches;
- The gondola on day 1 (approx 18€ per person);
- Personal expenses, drinks, touristic visits, etc.;
- Bus transfers if necessary;
- Cancellation insurance (4.2% of total tour cost).
- Guiding : you are responsible for your own safety

**The price is all inclusive from departure to end point.**



# Equipment and luggage

## EQUIPMENT LIST

### Clothing

- Walking trousers or running tights
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a breathable hat
- Sun hat/ baseball cap or headband
- Running socks (1 pair per day)
- Trail running shoes, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

### Other Equipment

- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon (if required for your picnic)
- Plastic lunch box/plate (if required for your picnic)
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- Identity card or passport

## BACKPACK

Bring a comfortable backpack of 25 to 30 litres for your personal belongings for the day (warm clothes, waterproofs, water, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

## BAGGAGE TRANSPORT

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person**. Your baggage will be transported daily between accommodation by our logistics vehicle where access is not always easy. **Baggage which is too big and too heavy won't be accepted by the drivers, please think of their backs!**

*If you wish to prolong your holiday, we can safely hold another bag for you which you may leave with us at the departure point and it will be deposited at the end point with your other baggage.*

## HOW TO REGISTER

- By internet: [www.altitude-montblanc.com](http://www.altitude-montblanc.com)

- By telephone: +33 (0)4 50 79 09 16

- By post: Please provide your details

- Surname, First Name, Date of birth
- Address
- Email
- Telephone
- Mobile

If you wish to register by post, please complete the form below and return it to:

Altitude Mont-Blanc  
62 passage du Nant Devant  
74110 MONTRIOND  
FRANCE

Please specify whether you wish to take out an optional cancellation insurance (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% in association with your account details at Altitude Mont-Blanc ('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.

The balance must be paid one month before departure without a reminder from us.

For self-guided tours, we will then send your tour pack (includes maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.



## Registration by mail form

Last name:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:

Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE