



TOUR OF MONT BLANC Camping 7 days

Get even closer to nature




If the TMB is for you to get closer to nature and yet you're on a budget, then to spend your nights under the stars should tempt you... The route remains the same. Discover a world of unique impressive and magic high mountains with a breathtaking show of summits and glaciers in all directions.

The camp is made up each night near a refuge or on a campsite. Meal times are a shared activity and spent in a friendly atmosphere in the mess tent.

A real adventure to enjoy every moment of simply being in the mountains.

 7 Days

 Guided / with a guide

 With or without luggage transportation

 Accommodation : Bivouac

 Level : ***

 From : 850€

You will like

- An original route in the opposite direction along less frequented trails enabling you to enjoy a more serene "off the beaten track" mountain experience
- The breathtaking landscapes of the Mont Blanc and major glaciers
- Accommodation in comfortable tents
- Daily baggage transport between camps

The route

Day 1

Meet at 10:45am in front of the train station in Montroc-le-Planet

COL DE LA BALME - TRIENT

Climb via the balcony trail of Posettes to the Col de Balme (2200m) on the French-Swiss border. Magnificent view of the surrounding glaciers of Argentière, Tour and the north face of the Mont-Blanc range. Descend into Swiss pastures to the village of Trient.

5 hour walk / Elevation: +840m -920m

Day 2

BOVINE OR ARPETTE - CHAMPEX

Depending on conditions and the fitness of the group, 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 Fenêtre d'Arpette (2665m).

6 hour walk / Elevation: +1100m -750m (via Bovine)

6.5 hour walk / Elevation: +1300m -970m (via Arpette)

Day 3

SWISS VAL FERRET

Traverse the Swiss Val Ferret, dotted with small charming villages, traditional chalets and barns, under the ever present glaciers, including Saleina and A Neuve.

5 hour walk / Elevation: +580m -600m

Day 4

GRAND COL FERRET - COURMAYEUR

Descend to the village of Champex, also known as 'little Canada'. Bus transfer to the village of La Fouly. Climb up through the vast pastures of La Peule and encounter local farmers on your way to the Col Ferret (2537m). Descend into the Italian Val Ferret in the impressive foothills on the opposite side of the Mont Blanc. Bus transfer to Courmayeur. Night facing the Brenva Glacier.

5 hour walk / Elevation: +840m -750m

Day 5

COL CHECROUI - COL DE LA SEIGNE - LES MOTTETS

Climb the Val Veny via the glacial lake Miage to the Col de la Seigne forming the border between Italy and France. Detour possible via the Balcon de Chécroui and the Mont Fortin unveiling another angle of the impressive Mont-Blanc range.

6 hour walk / Elevation: +850m -650m

8 hours walk / Elevation: +1300m -1100m

Day 6

COL DES FOURS - COL DU BONHOMME - LES CONTAMINES-MONTJOIE

Meet the local dairy farmers of the Beaufort region at work. Climb through pastures and by waterfalls to the Col des Fours (2665m) the highest point of the tour. Followed by a descent to the Col du Bonhomme (2329m), once frequented by peddlers. Descend via the old Roman road to the chapel at Notre-Dame-de-la-Gorge.

6 hour walk / Elevation: +850m -1500m

Day 7

GLACIER DE BIONNASSAY - COL DU TRICOT - LES HOUCHES

Climb up to the Bionnassay Glacier through the village of Champel or via the Col du Tricot (2120m) with an unmissable view close to the Dômes de Miage, the Chamonix valley and the Mont-Blanc. Descend to the village of Les Houches.

5 hour walk / Elevation: +750m -800m (via Champel)

6.5 hour walk / Elevation: +1100m -1250m (via the Col du Tricot)

End point Saturday around 4:00pm at the bottom of the Prarion cable car in Les Houches.

The itinerary is established according to the latest information available, the possibility of unknown factors affecting this itinerary is possible including situations beyond our control which may change the route, timings etc.

Personalised tour available, contact us...

The trip

LEVEL ***

Elevation: +/- 900m approximately per day.

Walking time: 5 to 7 hours per day.

Type of trek: The Tour of Mont Blanc is a long hike route accessible to any person with a good physical condition. Although it does not involve any technical difficulty (no rock climbing or very steep path...), this trip remains a demanding hike where you will need to be able to walk almost 1000 meters up every day for a week.

Advised preparation: regular practice of a cardio sport (hike, running, bike...), 3 to 4 hours of sport every week. Being able to easily walk 15km in less than 3 hours.

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

GUIDING

Number in a group between 6 and 14 people supervised by a qualified professional mountain leader.

It is usual to tip your guide at the end of the trek, according to your satisfaction. It is not mandatory but, it is very appreciated.

ACCOMMODATION

Every evening, the camp is organised near to a refuge or on a campsite.

Hot showers and a covered area for dinner are available at each location.

Accommodation in tents of 2 to 4 people.

Bring a good sleeping bag (comfortable to 0°), a sleeping bag liner and a pillow.

A sleeping roll mat is provided.

MEALS

Breakfast and dinner are provided and prepared by the mountain leader and the group together at each location in a covered dining area or in a mess tent.

Picnics are included and are carefully prepared daily by your mountain leader, comprising a variety of healthy salads and local products.

Please inform us about your food allergies and special diets **at the time of booking**.

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

MAPS

IGN Top 25 - 3630 OT - Chamonix and Top 25 - 3531 ET - Saint Gervais (1/25 000)

Practical information

ACCESS TO DEPARTURE POINT

Meeting point at 10:45am in front of the train station of Montroc-le-Planet.

BY TRAIN

Inbound: departure from Paris-Gare de Lyon the day before at 12:18pm (or 2:18pm) arrival in Chamonix at 7:50pm (8:50pm).

www.oui.sncf

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

www.chamonix.montblancbus.com/en/bus-lines

Return : departure from Les Houches the day after at 9:20am (or 12:20pm), arrival at Paris-Gare de Lyon at 3:42pm (5:42pm).

Times given are indicative and should be verified at a train station or on the SNCF website.

BY CAR

Take the A40 motorway to Chamonix, follow the main road towards Argentiere and Switzerland to the village Montroc (1km after Argentiere). Or exit at Les Houches, Bellevue/Prarion.

There is ample parking at the meeting point in Montroc-le-Planet or in the village of Le Tour 1km away.

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 or train to the meeting point at the train station of Montroc-le-Planet.

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

2.15 hours by car to Chamonix.

Train every 2 hours to Chamonix, 4.15 hour 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 point at 4:00pm 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 at Montroc-le-Planet is easy via bus.

ACCOMMODATION BEFORE AND AFTER

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

Les Houches - Hôtel St Antoine: +33 (0)4 50 54 40 10

Gîte du Moulin: +33 (0)6 82 33 34 54

Le Tour - Chalet Alpin: +33 (0)4 50 54 04 16

Chamonix Tourist Office: +33 (0)4 50 53 00 24

www.chamonix.com

If you book a night in the Chamonix valley, ask the hotel reception for a bus/train pass to use public transport for free in

the Chamonix valley.

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

DEPARTURE AND PRICE

Departures from beginning of July to end of August 2025.

From 20/07/25 To 26/07/25 Guaranteed at the next registration **850 €**

From 03/08/25 To 09/08/25 **Open departure** **850 €**

THE PRICE

The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- All meals including picnic lunch and simple snacks during the day;
- Accommodation in tents;
- Daily baggage transport between accommodation and bus transfers.

The price does not include:

- Personal expenses (drinks, etc.), touristic visits;
- Your return journey from home to the point of departure/end point;
- Airport taxes and other exclusions clearly described within the corresponding technical sheet.

The price is all inclusive from departure to end point.

Equipment and luggage

EQUIPMENT LIST

Clothing

- Walking trousers
- 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 warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

Other Equipment

- Sleeping bag (comfortable to 0°) + sleeping bag liner + a pillow
- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches
- Plastic cup for coffee
- 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 30 to 40 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, 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
- 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