



8-DAY ADVENTURE

BEST OF THE TOUR DU MONT BLANC

France

The iconic Tour du Mont Blanc is world-famous for good reason. Circuiting the rooftop of Europe allows you to uncover an incomparable land of high mountains and glistening glaciers, with mighty Mont Blanc dominating the scene at 4807m. With seven valleys, 71 glaciers and 400 peaks, the Mont Blanc massif is extraordinary. From the Chamonix valley to Courmayeur, from the Fenetre d'Arpète to the wild Val Ferret, along the Swiss, Italian and French slopes, the path winds its way between pastures, glaciers and peaks, over passes and through valleys. You'll finish with an exceptional trek in the reserve of Aiguilles Rouges, where Lac Blanc reflects the magnificent panorama of the peaks and glaciers of the massif.

TRIP HIGHLIGHTS

- One of the worlds most iconic trekking routes
- Comfortable hotel accommodation
- Trekking through France, Switzerland and Italy



ITINERARY

DAY 1

ARRIVAL

The Kandoo team will meet you at Geneva airport and transfer you to your pre-trek hotel in Chamonix. Later you will attend a pre-trek briefing with your Guide to prepare you for your tour. There are many typical Savoyard restaurants close to your hotel where you can sample some alpine specialities.

Please note: there is only one transfer to Chamonix at 2pm.

Transport: **Private transfer**
(1.2 hours, 100 km)

Accommodation: **Hotel**

DAY 2

CHAMONIX TO ARGENTIÈRE

We will transfer to Les Praz village by either bus or train, and from here we will ride the cable car to La Flégère (1813m). The view of the Chamonix Valley and the Mer de Glace is breathtaking. We start our hike on a balcony path, climbing gently up and leading us to Lac Blanc (2352m) and its spectacular view of the Mont Blanc massif: the Drus, the Vert, the Aiguille du Midi and, of course, Mont Blanc itself. We head down through one of the most beautiful trails in France, bordering the Cheserys lakes, to Argentière where we will spend the night in a hotel in a peaceful, wooded setting.

Hiking time: **5 - 6 hours**

Ascent: **1317 m**

Descent: **1102 m**

Max. altitude: **2352 m**

Accommodation: **Hotel**

Meals included:

Breakfast / Lunch / Dinner

DAY 3

ARGENTIÈRE TO CHAMPEX

After breakfast, we will take a short private transfer to cross the Swiss border via the villages of Châtelard and Trient to the Col de la Forclaz (1527m). From here, we start our trek through a pine and larch forest to reach the grazing pastures at Bovine. We will enjoy views of the valley and the impressive Coude du Rhône below us, as well as the northern foothills of Mont Blanc. On the eastern side, the impressive Combins massif stays in our sight all day long and leads us to Champex, a charming lakeside village.

Hiking time: **5 - 6 hours**

Ascent: **277 m**

Descent: **59 m**

Max. altitude: **1527 m**

Accommodation: **Hotel**

Meals included:

Breakfast / Lunch / Dinner

DAY 4

CHAMPEX TO COURMAYEUR

Today we transfer from Champex to La Fouly in a private minibus and begin our hike from the village of Ferret. We will cross the Grand Col de Ferret (2537m) from where we can enjoy an exceptional view of the Val Ferret and the Glacier de Pre de Bard. Italy opens its doors to us as we descend from the pass to Arnouva, where we will take a bus to our hotel in Courmayeur.

Hiking time: **6 - 7 hours**

Ascent: **1069 m**

Descent: **1313 m**

Max. altitude: **2537 m**

Accommodation: **Hotel**

Meals included:

Breakfast / Lunch / Dinner

DAY 5

COURMAYEUR

This morning we will take the Skyway Monte Bianco, which lifts us effortlessly to the Punta Helbronner (3466m). In just 10 minutes, we will find ourselves facing Mont Blanc and the highest peaks in Europe. Returning for lunch in Courmayeur, you will have chance to savour some famous Italian specialities. Taking a break from walking, you will have the afternoon free to explore this lively town. If you prefer, you can have fun rafting in the Aosta Valley or spend a relaxing afternoon at the thermal baths of Pré-Saint-Didier (additional charges apply).

Accommodation: **Hotel**

Meals included:

Breakfast / Lunch / Dinner

DAY 6

COURMAYEUR TO CHAPIEUX

Climb aboard the bus and enjoy the ride to Visailles, at the foot of the Glacier du Miage. We will then stretch our legs, climbing up to the Lée Blanche Valley, where sheep graze during the summer. We will reach the Col de la Seigne (2516m) and cross the border to return to France once more. The south face of Mont Blanc is now behind us as we head down to Les Mottets. We will then transfer to the village of Les Chapioux where we will spend the night.

Hiking time: **7 - 8 hours**

Ascent: **1292 m**

Descent: **967 m**

Max. altitude: **2516 m**

Accommodation: **Hostel**

Meals included:

Breakfast / Lunch / Dinner

DAY 7

LES CHAPIEUX TO CHAMONIX

Our final day on the trek begins by heading up to the Chalet de la Raja, which marks the beginning of the slopes to reach the Col de la Croix du Bonhomme refuge (2443m). The refuge is located right before the Col de Bonhomme (2329m). From the pass we will descend into a valley that will lead us to La Balme refuge and the Nant Borrant refuge. We continue our descent to Notre Dame de la Gorge and its small chapel before reaching Les Contamines. We will transfer by private bus to Chamonix where we will spend our final night at the hotel and you can enjoy a leisurely evening in town.

Hiking time: **7 - 8 hours**

Ascent: **894 m**

Descent: **1408 m**

Max. altitude: **2443 m**

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

DAY 8

DEPARTURE

We will collect you from your hotel and transfer you to Geneva airport.

Transport: **Private transfer (1.2 hours, 100 km)**

Meals included: **Breakfast**

Please note: there is only one transfer to Geneva at 9am.

PLEASE NOTE

This programme may be modified by the guide or tour organiser, according to mountain and weather conditions, required physical condition of participants and, above all, your safety. For safety reasons and to ensure the programme operates smoothly, we need to ensure that all participants have the required level of mental and physical ability. We reserve the right to end your participation if your ability does not match the minimum required level. In this eventuality, there will be no reimbursement or payment of compensation.

TRIP INFORMATION

DIFFICULTY

Whilst a high level of fitness will make the hikes a lot easier it by no means requires super human fitness. We often take people who have left their fifties well behind them and are not in peak physical condition. That being said, a solid training plan will allow you to better prepare for the hikes and enjoy yourself when you're on the trail. What all successful hikers share though is a real Kandoo attitude and that means high levels of grit and determination.

There is a lot of steep ascent and descent on this trek, so your legs will be getting a good workout. If you are comfortable walking for 6-7 hours with an ascent of 1000m then you are certainly fit enough to succeed on the Tour. Think of it as climbing Snowdon or Ben Nevis every day for six days! Similarly if you can do a full hour spinning, a vigorous aerobics class or can jog at a decent pace for 45 minutes then there is no reason why you can't make the entire Tour du Mont Blanc.

FOOD & DRINK

This trip is on a full board basis (except for nights in Chamonix). For your evening meals in Chamonix there is a wide range of local restaurants for you to sample. If you have a dietary requirement or are a vegetarian then just let us know when you book so that we can plan a suitable menu.

The refuges provide hearty, traditional and generous meals. Drinks are not included with dinner, so please make sure you have some Euros and Swiss Francs with you. Refuges do not generally accept card payments.

Packed lunches will be produced by your guide and include local meats and cheeses, crusty bread and fresh seasonal vegetables. The lunch items will be shared between all of the group for carrying each day. Remember to bring your favourite snacks (cereal or energy bars, dried fruits, chocolate) with you to keep you going through the day.

Tap water is typically safe to drink in France so you can fill up your water bottle each morning at the hotel. On the trek itself, you will be passing many refuges where you will also be able to top up your water if needed.

ACCOMMODATION

Accommodation in Chamonix is in a 3-star hotel in twin rooms. You will stay in Chamonix on the first and last night of the trip. Please note that your evening meal is not included when you are in Chamonix.

You will spend four nights on the trek in 3-star hotels in twin rooms, with evening meal included. Accommodation will differ on day 6 when we spend the night in the Chapieux Valley. Here you will stay in a traditional gite/hostel and you should expect to share a dormitory room with other trekkers.

LUGGAGE

You will need two bags for this trip. One travel bag for your replacement clothes which will be transferred between locations by vehicle (max 10kg). Please do not lock your bag as it may need to be checked by Swiss customs. Please note: Do not leave computers, tablets, cameras and valuable objects in your travel bag. One 30-40L rucksack with a large chest strap that you will carry during the day. You will carry your own personal equipment (spare warm clothes, waterproofs, water bottle, camera and sun screen) and valuables, as well as your packed lunch in your rucksack.

HOW DO I GET THERE?

For hikers based in the UK or the US, it is best to fly to Geneva International Airport (GVA). Lots of airlines fly to Geneva from all of the major UK airports, and many of the larger US international airports as well.

All of our tours begin at Chamonix , known as the capital of Alpinism, at an altitude of just over 1000 metres above sea level. Chamonix is only 53 miles from Geneva International Airport by car, and we will arrange transport from the airport to your hotel as part of your trek. Transport is generally available at 2 pm, and takes approximately an hour and a half.

Chamonix is an excellent choice for hotel accommodation during your stay, but it does fill up quickly during the peak season, so be sure to reserve your booking with us as early as possible.

BUDGET & CHANGE

The currency in France and Italy is the Euro (EUR) for the latest exchange rates please see www.xe.com

You can withdraw currency from ATMs in Chamonix on arrival. Credit/debit cards may not be accepted in all hotels so please keep a small amount of cash with you for drinks, snacks and any personal expenses.

TIPS

Although the custom is practiced here it is not mandatory and should be left to the discretion of each individual. If you are satisfied with the services of your guide then a tip is always appreciated.

FORMALITIES & HEALTH

PASSPORT

Most travellers will require a passport valid for at least 6 months after your return date. It is your responsibility to confirm your specific requirements and please be aware that proof of onward travel may be required.

VISA

Travelling to France is visa free for up to 90 days, for UK and US citizens

VACCINATIONS

There are no specific health risks in the Mont Blanc region. However, you should ensure that your routine vaccinations and boosters are up to date, such as tetanus and MMR.

INSURANCE

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses. Many insurance policies will have a maximum altitude limit, if you are climbing Mont Blanc or Gran Paradiso you should ensure you are covered for climbing up to 5000m. We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

MEDICATION

Your guide carries a first aid kit at all times but we recommend you carry the following items: - Painkillers - Anti-inflammatory tablets/gel - Second Skin Elastoplast (to prevent blisters)/ bandages - Sunscreen and after sun cream (for sunburn) - Personal medication

EQUIPMENT & CLOTHING

CLOTHING TO BRING

HEADGEAR

- Sun hat - preferably wide-brimmed for protection
- Sunglasses - high UV protection
- Neck gaiter or scarf
- Warm beanie style hat - fleece or wool

UPPER BODY

- Gloves - warm fleece or wool gloves
- Short sleeve shirt/t-shirt - lightweight, moisture wicking (x2)
- Long-sleeve shirt/t-shirt - light/medium weight, moisture wicking (x2)
- Fleece or soft shell jacket
- Insulated jacket - down or primaloft
- Water/windproof hard shell outer jacket

LEGS

- Trekking shorts
- Trekking trousers - lightweight - convertible trousers work well
- Wind and waterproof over trousers (Gore-Tex or similar)
- Gaiters

FEET

- Trekking boots - with good ankle support
- Training shoes or sandals - to wear in the hotels in the evening
- Light-weight trekking socks (x3 pairs)
- Breathable, high-wicking liner socks (x2 pairs)

EQUIPMENT TO BRING

- Travel bag for your replacement clothes – avoid suitcases
- 30-40L rucksack with chest strap and waterproof cover - to carry water, packed lunch and personal items each day
- Trekking poles
- Water bottle or hydration bag – must be able to carry 2.0L of water
- Drybags or heavy duty plastic bags – provide additional waterproofing for the kit in your rucksack and travel bag
- Individual plastic tub and cutlery – for your picnic lunch
- Headlamp (plus extra batteries)

OTHER ACCESSORIES

- Sunscreen and lip balm (high SPF)
- Toiletries, including wet wipes, after sun and hand sanitiser
- Camera and spare batteries
- Thermos flask (optional)
- Personal medication and first aid kit
- Personal snacks and energy bars – dried fruit and nuts are also good
- Microfibre towel
- Ear plugs, if you are a light sleeper
- Toilet paper and lighter

HOW TO BOOK THIS TRIP

1 CHOOSE YOUR DATE AND CHECK AVAILABILITY

A full list of available dates can be found on our website.

2 CONTACT US

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

3 COMPLETE BOOKING AND PAYMENT

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.

