

# Comfortable Hiking Holidays

Hike an adventure. Rest in Comfort.

## Trip Itinerary: Tour du Mont Blanc Holiday

August 2 to 16, 2022

Get your name on the Interested List NOW for 2023!

### Day 1

#### ARRIVAL INTO CHAMONIX

We shall meet at the Geneva airport and transfer to our hotel in Chamonix, France.

### Day 2

#### DAY OF LEISURE IN CHAMONIX

You are going to love Chamonix! It is a vibrant town known as both a world-class ski resort and a mountaineering destination. Located in the Haute-Savoie region of France, it is dominated by the incredible Aiguilles de Chamonix chain of mountains peaking atop Mont Blanc (4810m).

### Day 3

#### LES HOUCHES TO LES CONTAMINES

The Tour du Mont Blanc (TMB) begins!

Transfer from Chamonix to Les Houches for a cable ride up the Bellevue Telepherique. After crossing the suspension bridge, begin ascent to the Col de Tricot, which forms the partition between the Bionnassay & Miage valleys. Numerous zigzags descend steeply to the Refuge Miage. Then it's back up we go, to the Col du Truc before beginning our final descent to Les Contamines. (18km, Challenging)

Les Houches: 1007m by cable car to Bellevue plateau: 1800m

Col de Tricot: 2120m

Refuge de Miage: 1560m

Col du Truc: 1750m

Les Contamines: 1167m

### Day 4

#### LES CONTAMINES TO LES CHAPIEUX

This is one of the longest days on the TMB. Walk straight out of the hotel and follow the river to reach the chapel at Notre Dame de la Gorge to start the ascent. Continue past the Chalet de Balme and up to the Col de Bonhomme for a well-earned lunch break. Next is a climbing traverse, often with snowy patches, to the Col de la Croix de Bonhomme from where there are great view towards the Vanoise National Park. Finally, a downhill walk to Les Chapieux. (18km, Very challenging)

Les Contamines: 1167m

Col de Bonhomme: 2329m

Col de la Croix de Bonhomme: 2483m

Les Chapieux: 1554m

### Day 5

#### LES CHAPIEUX TO LA VISAILLE

Depart Chapieux, first passing the memorial to the Resistance fighters who fought in the World War II. Then at Ville des Glaciers, the ascent begins in earnest as we set our sights on the Col de la Seigne, the mountain pass that signals the border between France and Italy - a real WOW moment!! Begin the descent, stopping first at Casermetta, and then at Rifugio Elisabetta, reputed to have THE best mountain terrace on the TMB. The descent from Elisabetta to La Visaille flattens out through Val Veni, first with the river alongside and later cascading its way to town right alongside us. (21km, Challenging)

Les Chapieux: 1554m

Ville des Glaciers: 1789m  
Col de la Seigne: 2516m  
Rifugio Elisabetta: 2195m  
La Visaille: 1956m

## Day 6

### DAY OF LEISURE IN COURMAYEUR

Visit the outdoor swimming pool above Dolonne (half-way up the mountain) or take the famous revolving SkyWay Monte Bianco cable car for outstanding views of Mont Blanc and the Vallee Blanche from the Italian side. Or simply enjoy the shops, gelato and atmosphere of Courmayeur.

## Day 7

### COURMAYEUR TO ARNOUVA

The TMB zig-zags its way up to the Rifugio Bertone. From Rifugio Bertone, begin one of the most spectacular balcony walks you will ever do. Undulating but not overly difficult, the trail goes through Val Ferret with the whole Mont Blanc massif on the left, eventually reaching the Rifugio Bonatti, renowned for its views and its cafe. Eventually descend to Chalet Val Ferret/Arnouva. (18km, Challenging)

Courmayeur: 1226m  
Rifugio Bertone: 1989m  
Rifugio Bonatti: 2025m  
Arnouva: 1784m

## Day 8

### ARNOUVA TO LA FOULY

With little preamble, begin the climb to Rifugio Elena for a great view of the Glacier de Pre de Bar sweeping down from Mont Dolent. A further push uphill to the Grand Col Ferret, the highest mountain pass on the TMB and the border with Switzerland. Head down onto the green hillsides, past an old dairy farm cum chalet and then old farm roads to the hamlet of Ferret. A riverside trail then goes to La Fouly. (16km, Challenging)

Arnouva: 1784m  
Rifugio Elena: 2062m  
Grand Col Ferret: 2537m  
La Peule: 2071m  
La Fouly: 1610m

## Day 9

### LA FOULY TO CHAMPEX

The "easiest" day on the TMB - winding through beautiful Swiss alpine meadows, tiny rural villages and finally up to the lovely alpine resort of Champex, nestled alongside the lake that gives it its name. (16km, Moderate-Challenging)

La Fouly: 1610m  
Issert: 1055m  
Champex: 1466m

## Day 10

### DAY OF LEISURE IN CHAMPEX

Known by nature lovers as 'little Canada', this picturesque village is coiled around a breathtaking alpine lake high in the Swiss Alps.

## Day 11

### CHAMPEX TO COL DE LA FORCLAZ

Begin with a gentle descent on forested trail through the "suburbs" of Champex. Then the uphill begins; this part of the TMB can be challenging, but just before arriving at the Alp Bovine, the trail levels out for beautiful panoramic views of the entire Rhone Valley down below. After lunch tackle the last little bit of uphill to the Collet Portalo before the descent to Col de La Forclaz. Col de Forclaz is the northern extent of the TMB and the furthest point from the summit of Mont Blanc. (16km, Challenging)

Champex: 1466m  
Alp Bovine: 1987m  
Collet Portalo: 2040m  
Col de La Forclaz: 1527m

## Day 12

### TRIENT TO ARGENTIERE

Begin in Trient, cutting across the meadows at the mouth of the Vallon de Nant Noir. The TMB then becomes a footpath climbing steeply in zig-zags to the Col de Balme - the border between Switzerland and France and where the views are magical! A short descent to the Col de Posettes saddle before going up a grassy slope, making for the crown of the Aiguillette de Posettes. The panoramic views here are among the best of the walk! Then descend to the hamlet of Tre-le-Champ, eventually arriving in Argentiere. (15km, Challenging)

Col de La Forclaz: 1527m  
Refuge Le Peuty: 1328m  
Col de Balme: 2191m  
Col des Posettes: 1997m  
L'Aiguillette des Posettes: 2201m  
Argentiere: 1252m

## Day 13

### ARGENTIERE TO FLEGERE VIA LAC BLANC

These last 2 days of the TMB take in the highly acclaimed Grand Balcon Sud, one of the most scenic of all alpine walks with almost uninterrupted views of the Mont Blanc massif.

Return to Tre-le-Champ to begin the ascent to Lac Blanc. Eventually rise above the tree line, passing the impressive rock feature Aiguillette d'Argentiere. It is here that the first of the metal ladders begins. A series of metal ladders, rungs, platforms and wooden steps have been installed to assist in getting over steep rock walls, and you must be comfortable with heights. At the top of the ladder section, arrive at the highest point so far, Tete au Vents with a view of the whole north flank of the Mont Blanc massif! Continuing to Lac Blanc, one final ladder before arriving at the spectacularly set Refuge du Lac Blanc! Then start the descent along various trails to the Flegere cable car station. (10km, Challenging)

Argentiere: 1252m  
Tete au Vents: 2132m  
Refuge du Lac Blanc: 2352m  
Flegere: 1875m

## Day 14

### FLEGERE TO BREVENT SUMMIT

From the top of the Flegere cable car to Plan Praz, the TMB contours the mountainside making for a delightful balcony walk, with all of the Chamonix valley on stunning display below. From Plan Praz, it's a steady climb to the Col du Brevent where the views change yet again. Here, the trails snakes around the back revealing a more rugged, boulder-strewn terrain. Then, one last push to the Brevent summit, reaching our goal and celebrating the end of our Tour du Mont Blanc! A final treat - a cable car ride from the summit right down to Chamonix! (8km, Challenging)

Flegere: 1875m  
Plan Praz: 1999m  
Col du Brevent: 2368m  
Brevent summit: 2526m

## Day 15

### AU REVOIR

The local shops in Chamonix sell TMB patches; make sure to get one before we head back to Geneva for flights home.