

Tour du Mont Blanc – Family Tour – 6 days

Itinerary :

Day 1

Chamonix - Col de Balme

We begin our journey in the village of Le Tour. Col de Balme (7,188 feet), the Franco-Swiss border, is our first objective. Once we reach the Col, we leave behind Mont-Blanc and the other mountains of the Chamonix valley. We continue towards Trient. From there, one final effort takes us to Col de la Forclaz (5,013 feet), where we will spend the night.

Elevation gain: 2,700 feet - descent: 2,600 feet - Distance: 8 miles

Day 2

Croix de Bovine - Champex

We walk towards the Giète alpine pasture (6,181 feet). The Hérens cows welcome us with their cowbells as the cheesemaker methodically tends to the first milking. Our path now ascends to Col de Portalo (6,725 feet). Overlooking the Rhône valley, the view is magnificent. It's time to descend to the charming village of Champex-Lac (4,921 feet), where we can take a refreshing swim. Then, we will be transferred to La Fouly, where we will spend the night.

Elevation gain: 2,100 feet - descent: 2,300 feet - Distance: 9 miles

Day 3

Grand Col Ferret

We head towards Grand Col Ferret (5,036 feet), the Italian-Swiss border, with the southern face of the Mont Blanc massif in view. We also discover Mont Dolent, an iconic summit at the junction of three borders. The descent to the Italian Val Ferret unfolds with views of the Pré de Bar and Miage glaciers. In the early afternoon, our assistance minibus transfers us to Courmayeur, where we will spend the rest of the day in the Italian mountaineering capital, enjoying ice cream and experiencing the local cuisine and history.

Elevation gain: 3,200 feet - descent: 2,600 feet - Distance: 9 miles

Day 4

Col de la Seigne - Ville des Glaciers

We begin our hike toward Lake Combal, where glacial waters merge with the snowmelt from winter, creating a striking contrast! We continue toward the Elisabetta refuge and then to Col de la Seigne, a famous Italian-French border. During the descent, we arrive in the alpine pastures of Beaufortain with their herds of goats, and notably their Tarines: beautiful tan-colored cows with velvety eyes. We conclude our hike with a visit to a farm where we can taste Beaufort cheese and engage with local farmers.

Elevation gain: 2,600 feet - descent: 2,400 feet - Distance: 9 miles

Day 5

Ville des Glaciers - Hauts du Val Montjoie

We leave Ville des Glaciers to ascend toward the Bonhomme refuge and then the Col du Bonhomme, where we will enjoy a stunning natural terrace and views for a break before descending to La Balme. We are in the Contamines Montjoie nature reserve and we enjoy the calls of marmots to detect the presence of the Golden Eagle or the famous Bearded Vulture. We continue toward the Refuge des

Prés, where we will spend the night.

Elevation gain: 3,000 feet - descent: 2,600 feet - Distance: 8 miles

Day 6

Hauts du Val Montjoie - Aiguillette des Houches

After a short morning descent, we reunite with our taxi at Notre Dame de la Gorge for a transfer to the heights of Les Houches. We head toward Aiguillette des Houches. Several options are available for this stage, and the group's fitness will allow the guide to offer the best possible experience. The second part of the afternoon will be dedicated to a visit to Merlet Park, during which the children can review what they have learned during the week and see the last animals they may not have had the chance to encounter in the wild. We will then return to the center of Chamonix, where our journey began six days ago.

Elevation gain: 3,000 feet - descent: 2,600 feet - Distance: 6 miles

Equipment required :

Weight is a hiker's adversary, so it is crucial to carefully select your equipment as it plays a key role in ensuring the success of your trip

Your gear

- A 30L backpack
- A compact and sturdy travel bag, maximum 15 kg
- A pair of top quality hiking boots
- A pair of telescopic poles
- A hat or cap
- A warm hat
- Category 3 sunglasses
- Breathable long and short-sleeved T-shirts
- A polar fleece
- A warm down jacket
- A Gore-Tex waterproof jacket
- A rain poncho
- A hiking trouser
- A Gore-Tex waterproof trouser
- A short
- A pair of gloves
- Hiking-appropriate socks
- A minimum 2L water bottle
- A pocketknife and a spork
- A flashlight or headlamp
- Sunscreen and lip balm
- A sleeping bag liner
- Toiletry kit, towel, earplugs, and toilet paper
- Minimal personal pharmacy: blister pads like Compeed, medications for common ailments such as

diarrhea, constipation, sore throat, headaches, pain, allergies

ID, money for personal expenses

- Spare shoes

- Flip flops for the hut with no luggage access

- Spare clothes as per your preference