

# **Authentic Tour du Mont Blanc**

## Itinerary :

### **Day 1**

#### **Chamonix - Col de la Forclaz**

We start our journey in the village of Le Tour. Col de Balme (7,188ft), on the Franco-Swiss border, is our first objective. Upon reaching the col, we leave behind us Mont Blanc and the other mountains of the Chamonix Valley. We continue towards the Alpage des Grands and then descend to the waters of Trient. The Col de la Forclaz hotel (5,010ft), where we will spend the night, is nearby.

*Elevation gain: 4,250 feet - Elevation loss: 3,900 feet - Distance : 8.7 miles*

### **Day 2**

#### **Croix de Bovine - Champex - La Fouly**

We walk towards the Giète alpine pasture (6,180ft). The Hérens cows greet us with their cowbells as the cheesemaker diligently works with the milk from the first milking. Our trail now ascends to Col de Portalo (6,722ft). Overlooking the great Rhône Valley, the viewpoint is superb. It's time to descend to the charming village of Champex-Lac (4,920ft). A transfer takes us to the hamlet of La Fouly in the Swiss Val Ferret, where we spend the night.

*Elevation gain: 2,800 feet - Elevation loss: 2,950 feet - Distance : 8 miles*

### **Day 3**

#### **Grand Col Ferret - Refuge Maison Vieille**

On our way to Grand Col Ferret (5,036ft), on the Italian-Swiss border, the southern slope of the Mont Blanc massif reveals itself to us. We also discover Mont Dolent, an iconic summit at the intersection of three borders. The descent to the Italian Val Ferret unfolds with views of the Pré de Bar and Miage glaciers. From the hamlet of Arnouva, a local shuttle takes us to Courmayeur. After a quick visit to the town, we head to the last climb of the day towards the Maison Vieille refuge (6,562ft), where we will spend the night. We will use the Dolonne cable car to shorten the ascent.

*Elevation gain: 3,900 feet - Elevation loss: 2,950 feet - Distance : 9.3 miles*

### **Day 4**

#### **Col Chécrouit - Ville des Glaciers**

We leave behind the Maison Vieille refuge and Col Chécrouit as we begin our descent to Lake Combal. The steady trail leads us to near the Elisabetta refuge and then to Col de la Seigne (8,215ft), the famous Italian-French border. During the descent, we reach the Beaufortain alpine pastures with their herds of goats, and most importantly, their Tarine cows: magnificent fawn-colored cows with velvet eyes. We spend the night in Les Chapieux.

*Elevation gain: 3,900 feet - Elevation loss: 4,250 feet - Distance : 12.4 miles*

## Day 5

### Col du Bonhomme - Refuge des Prés

We start our day with a beautiful climb through the alpine pastures to Col de la Croix du Bonhomme (8,136ft) via La Raja. We then reach Col du Bonhomme, where we enjoy a superb natural terrace and the view before beginning our descent to the Refuge des Prés, where we spend the night.

*Elevation gain: 3,600 feet - Elevation loss: 2,450 feet - Distance : 7.5 miles*

## Day 6

### Col du Tricot - Bellevue - Les Houches

The descent unfolds in stages until we reach the Roman road, allowing us to reach Notre Dame de la Gorge. We cross the village of Les Contamines, and soon the trail ascends to the pastures of Truc and Miage. The landscapes are magnificent. The switchbacks of Col du Tricot (6,955ft) are demanding, and our training works wonders. Back in the Chamonix Valley, we finish our loop at the summit of Bellevue. The cable car takes us back to the valley. Transfer to Chamonix in the late afternoon.

*Elevation gain: 4,250 feet - Elevation loss: 4,900 feet - Distance : 12.4 miles*

### Equipement 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. The weight of your backpack, including all your belongings, should not exceed 9kg

#### **Your gear**

- A 40L backpack
- 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
- Flip flops for the hut
- Spare clothes as per your preference