

Tour du Mont Blanc 'light pack room option'

Itinerary :

Day 1

Val Montjoie

Our multi-day hike around Mont Blanc begins in Les Houches. From the summit of the Bellevue cable car, there is a panoramic view of the Mont Blanc Massif, the Aiguilles Rouges, the Fiz, and the Aravis. We leave the Chamonix Valley and enter the Val Montjoie. Between alpine meadows and forests, the path leads us to the village of Les Contamines. Overnight at the hotel.

Elevation gain: 3,000 feet - loss: 5,000 feet - Distance : 7 miles

Day 2

Beaufortain

We start our day from Notre Dame de la Gorge and its famous Baroque church. At Col du Bonhomme (7,641ft), we leave Val Montjoie for Beaufortain. The view of the Beaufortain Massif is stunning. We reach Col de la Croix du Bonhomme (8,137ft) and head towards the southernmost part of the Mont Blanc Massif and its remote valley of Les Chapieux.

Elevation gain: 4,000 feet - loss: 3,000 feet - Distance : 9 miles

Day 3

Val Veny

Heading northeast, we cross the Col de la Seigne (8,215ft), the Franco-Italian border. The spectacle is breathtaking: the rocky walls and icy peaks of the south face of the Mont Blanc Massif unfold before us. We end this beautiful day of hiking with a visit to Courmayeur. Overnight in a hotel in Courmayeur or in the Italian Val Ferret.

Elevation gain: 3,000 feet - loss: 3,000 feet - Distance : 9 miles

Day 4

Champex Valley

Starting from Arnuva in the Italian Val Ferret, the trail takes us to the Grand Col Ferret (8,316ft), marking the border between Italy and Switzerland. We are welcomed by its peaceful alpine meadows, overlooked by the distant snow-capped peaks of the Dolent or A Neuve and their glaciers. Descend to La Fouly in the Swiss Val Ferret. Transfer to Champex where we spend the night in a hotel.

Elevation gain: 3,000 feet - loss: 3,000 feet - Distance : 6 miles

Day 5

Col de la Forclaz

From Champex, we ascend to the Bovine alpine pasture and the Col de Portalo (6,722ft). We contemplate the Rhône Valley and its vineyards, the high mountains of the Bernese Oberland, and the dizzying summits of the Combins. We now reach the alpine pasture of La Giète (6,181ft), where the Hérens cows, emblematic of the Mont Blanc Massif, greet us with their cowbells. Descend to the Col de la Forclaz, a key passage between the Rhône Valley and the Trient Valley. Overnight in a hotel.

Elevation gain: 3,000 feet - loss: 3,000 feet - Distance : 8 miles

Day 6

Chamonix Valley

The final ascent of this journey takes us to Col de Balme (7,186ft), the border between Switzerland and France, from where Mont Blanc stands in all its splendor. This fantastic balcony path accompanies us to the alpine meadows of Charamillon, and then to the village of Le Tour. A bus transfer takes us back to Chamonix. End of the hike.

Elevation gain: 3,000 feet - loss: 3,000 feet - Distance : 6 miles

Gear expected :

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 soft 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
- 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
- Spare clothes as per your preference