

Kat's Great Adventures

Switzerland - France- Italy - Full Mont Blanc West Hiking Tour 2022
Self-Guided Tour
12 Days / 11 Nights



The trip starts in the beautiful village of Martigny in Switzerland. From here you follow Tour Mont Blanc past the alpine hotspots Chamonix and Courmayeur. You conquer countless mountain passes, enjoy the views on sparkling glacial lakes and are enchanted by the views of the wide mountain valleys. This journey leads through three countries and shows the most spectacular peaks of Europe at close range. Tour Mont Blanc is one of the biggest adventures one can experience in the Alps.

Itinerary Day to Day

Day 1: Arrival in Martigny

The little town of Martigny lies in an idyllic spot close to Rhône River. Go for a walk and visit the castle La Batiaz or indulge yourself in one of the many restaurants.



Day 2: Martigny – Argentière 15 km + 1000 m - 1200 m - 900 - 1100 m

Early in the morning by bus or transfer (depending on the season) to Trient. Your first hiking day starts by climbing the Col de Balme pass (2191 m), where you can rest in a quaint mountain lodge. It offers fantastic views of Mont Blanc and the Chamonix Valley. You will then descend into the grassy Sattel, where you can see grazing livestock and leisurely mountain pastures. The impressive Kammweg (ridgeway) over the summit of Aiguillette des Posettes will now take you through a rocky terrain with a phenomenal panoramic view of the surrounding glaciers. You will cope with the descent on a steep trail, which later takes you along the mountain brook to your destination. A fantastic day amidst the highest, gigantic mountains!

Day 3: Argentière – Chamonix 14 km + 1050 m - 1300 m - 350 - 600 m

Today is the most spectacular leg of the Mont Blanc tour: on well secured ladders, you will climb steep rocks to reach the light blue shining mountain lake called Lac Blanc. In the afternoon, the path across the “Grand Balcon”, a great alpine path, will take you along the mountain slope and through blueberry fields to Plan Praz, which has a café at an altitude of 2000 m! Here you can take the cable car and glide down to the legendary mountaineer location of Chamonix. A stroll through the magnificent pedestrian area with colourfully decorated houses is a treat for the eyes! These stretches can be made easier if you wish and you can leave out the adventurous climbing routes.

Day 4: Chamonix – Les Houches 12 km + 500 m - 1500 m

Today, you will ride the cable car to climb up 2000 m without any efforts. You are not very far from Col du Brévent pass (2368 m), from where you will climb the impressive boulders of the panorama peak of Brévent. From the panorama platform which is known as the “best lookout post on Mont Blanc”, you can study the glaciers and corn snow peaks of the ice giant very well. A beautiful hiking trail passes the bizarre shaped mountain lake Lac du Brévent and descends into the shelter called Bel-Lachat. You can take some rest here before resuming the steep climb, which will take you past the Alpen-Wildpark Merlet through the forest and into the valley. You will stay the night in one of the many small hamlets in the municipality of Les Houches situated in the valley of the river Arve, which gets its water from the glaciers.



Day 5: Les Houches – Les Contamines 10 - 18 km + 550 m - 1350 m - 1150 m

Experience the famous “Mont Blanc tram” from close quarters and walk along its tracks for a stretch of the hike! From Bellevue, you can view the imposing end station of the daringly constructed rack railway next to the ice field. An interesting alpine path guides you to an adventurous suspension bridge that you need to cross to walk over a rustling glacial stream. You will then hike through mountain meadows to the Col de Tricot pass (2120 m) and climb down to the Miage huts. After a further climb, you will reach the cosy resting destination of Truc-Alpe. Grab a bite while listening to the bells of grazing cows. Your destination, Les Contamines, is situated in the Montjoie valley, which is famous for its delicious cheeses from the numerous surrounding alpine pastures. Don't forget to visit one of the cheese dairies and taste the Savoy cheese with red wine and a fresh baguette.



Day 6: Les Contamines – Les Chapieux - Bourg Saint-Maurice 17 km + 1300 m - 900 m

This leg of the tour will make your heart beat faster: you will hike on the paths tread by Romans over gurgling ravines, see stone types of varied colours, get views of glacial lakes and climb two high pass crossings! The path passes the southernmost point of the Mont Blanc massif, where you can enjoy unending vistas of the southern part of the mountain massif of the French Alps. You will first walk leisurely along the river to the baroque pilgrimage church Notre Dame de la Gorge, from where you can start with the long climb to the top of the passes: on a rocky alpine path from Col du Bonhomme (2329 m) to pass Col de la Croix du Bonhomme (2450

m). Replenish yourself at Refuge de la Croix du Bonhomme, a traditional shelter of the French Alpine Club. The last descent across alpine pastures with mountain brooks flowing through them leads you to Vallée des Glaciers (valley of glaciers), where you can toast to your successful hiking week in the small hamlet of Les Chapieux! A short transfer from Les Chapieux will bring you down to your overnight accommodation location - Bourg-Saint-Maurice.

Day 7: Bourg Saint Maurice – Courmayeur 15 km + 750 m - 850 m

A short journey takes you back to the Vallée des Glaciers, the valley of the glacier. From there you climb up to the Col de la Seigne pass, where you cross the border from France to Italy and enjoy fantastic panoramic views. You then hike through fields studded with flowers to the Rifugio Elisabetta, a traditional Italian mountaineering lodge. A side trip to the turquoise glacier lake Lacs de Miage is enticing, before you take the bus or the transfer from Chalet du Miage (depending on season) to Courmayeur, the home of famous mountain guides and alpine mountaineers.



Day 8: Courmayeur – Val Ferret 16 km + 1,000 m - 550 m

Passing by Rifugio Bertone, you walk on a very scenic mountain path along the mountain flank. The Rifugio Bonatti mountain lodge receives you to rest on the terrace, directly opposite the massive Mont Blanc. The path takes you further over bridges and brooks to Arnouva, located at a height of 1800 meters in the valley head of the idyllic Val Ferrets.



Day 9: Val Ferret – La Fouly 14 km + 800 m – 1,000 m

Today, you will hike over the 2500m high Col Ferret pass in Switzerland and reach beautiful Wallis. Rest in one of the mountain lodges and enjoy fresh milk products and the ringing of cow bells on your way further towards your destination of La Fouly.

Day 10: La Fouly – Champex 15 km + 450 m + 600 m

The blue alpine river Dranse accompanies you on your hike past high mountain walls towards the valley through forests and meadows. Small traditional mountain villages with their typical stone houses and corn fields are a feast for the eyes on the relaxed hike through the valley. In the end, Marmotierweg (groundhog route) takes you up to Champex, a mountain location famous for its extensive forests and crystal clear lake.

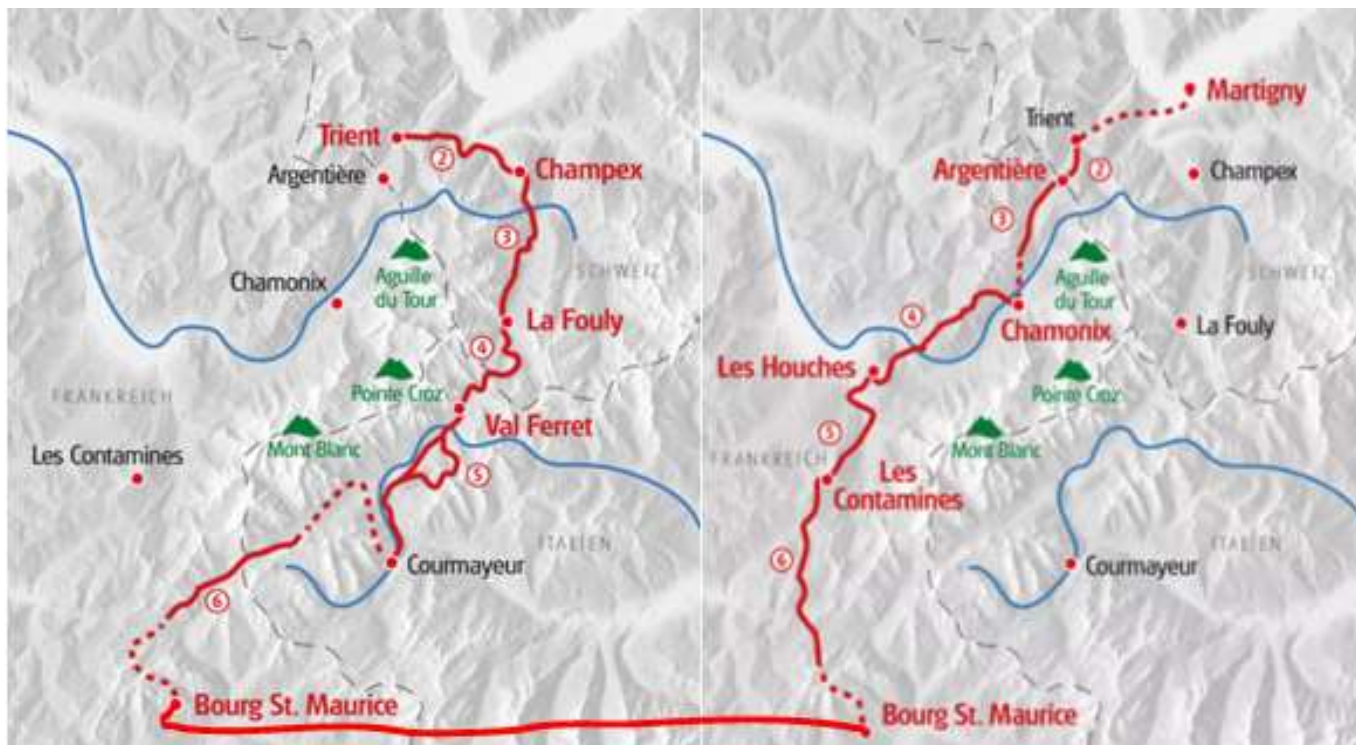
Day 11: Champex – Martigny 15 km + 700 m - 900 m

Beautiful forest and meadow paths take you down to Alpe am Plan de l'Au, where a long ascent begins to the higher pastures. You climb up to the Bovine lodge with gigantic views of the Rhone valley and bizarre shaped rocky peaks, where you can rest among gentians and alpine roses. Now you climb down to Trient, famous for its rose-pink church and impressive glaciers on the surrounding mountain peaks. By bus or transfer (depending on season) down to Martigny.

Day 12: Departure or extra nights



Route



Technical Characteristics:

Route Profile: Hard. You need to be physically fit to cope with the long legs of the hike. There are some exposed sites - enduring surefootedness and head for heights are a must! The first part of this tour is more difficult. Things get easier past Bourg Saint Maurice.

Total Distance: 143 -151 km

Travel Season: Departures daily from July 7 to September 25, 2022

Season 1: September 10 – September 25

Season 2: July 2 – September 9

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Prices per person:

Season 1 Double Occupancy B&B	€ 1525.00
Season 2 Double Occupancy B&B	€ 1625.00
Single Occupancy Surcharge	€ 675.00
Extra Nights Martigny Double Occupancy B&B	€ 75.00
Extra Nights Martigny Single Occupancy B&B	€ 105.00

Accommodation:

3* hotels and guest houses

Included:

- 11 overnight stays including breakfast
- Luggage transfer
- Transfers as per program
- Carefully elaborated route description
- Detailed travel and tour documents (1 per room)
- Service hotline

Not Included:

- Rides in public transport, cable cars, etc
- Tourist taxes, payable locally

