

# Kat's Great Adventures

Switzerland - Italy - France - Mont Blanc East Hiking Tour 2022  
Self-Guided Tour  
7 Days / 6 Nights



Aostatal, Val Ferret and Courmayeur. The places that you will pass in this leg of Tour Mont Blanc read like the best-of's of the mountain world. There is no dearth of alpine beauties in this tour either: mighty glaciers glitter in the sun and quiet mountain lakes lie dreamily in meadows carpeted with flowers. Those who have completed Tour Mont Blanc know why the Alps have such exquisite appeal - there is hardly any walking trail in the mountains that is more beautiful than this one.

## Itinerary Day to Day

### **Day 1: Arrival in Martigny**

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



### **Day 2: Martigny – Champex 15 km + 900 m - 700 m**

Early in the morning by bus or by transfer to Trient. Your first hiking day starts by climbing the legendary old pass trail to Col de la Forclaz, an important junction between Rhôneal and Chamonix. From the top of the pass, a beautiful forest trail guides you up and over the Collet Portalo peak to the mountaineer station Alp Bovine. Take rest on the alpine pasture before you start heading on a spectacular descent along high cliffs and across rustling mountain brooks. A typical farmhouse with homemade products awaits you in the valley. You can stop here to take a break. A gentle climb through small villages and woods takes you to the Lac de Champex Lake that has crystal clear water. Not without reason is this place called the “Canada of Switzerland”: dark wooden houses and extensive, lone woodlands surround the frozen lake.

### **Day 3: Champex – La Fouly 15 km + 600 m - 450 m**

Good forest roads will take you down to the valley of the Dranse River; you will now follow its course through the quaint mountain villages of Valais. A beautiful path soon takes you further up, above the ravine of the mountain brook, until you reach the upper end of Swiss Val Ferret at La Fouly. You will be amazed by the sanded cliffs and massive glacier flanks that you will see all around you. Rock climbers and high alpinism enthusiasts will find countless bivouac huts as base camps for their mountain adventures. A cable car ride to the panorama point is a tempting proposition in the afternoon or you can simply enjoy total relaxation in the dreamlike alpine surroundings.

### **Day 4: La Fouly – Arnouva Val Ferret 14 km + 1000 m - 800 m**

The first high pass and mountain pass to Italy awaits you here! After climbing the Alpe Peule, where you can stock up on supplies, you will hike on good roads until you reach Grand Col Ferret (2537 m). You can enjoy fascinating views of the Italian Val Ferret, which is flanked by greenery on one side and has rock edges and glaciated walls on the other. When you climb down, you will directly reach Refuge Elena, where you can sip an original espresso while enjoying an overwhelming view of the glacier from the terrace. A beautiful hiking trail along the stream will finally guide you to the valley. You will spend the night in a small chalet hotel directly at the valley head; a dreamlike, idyllic spot, where the nights are especially peaceful.





## **Day 5: Val Ferret – Courmayeur 16 - 19 km + 550 - 1100 m - 1100 - 1600**

Your first climb in the morning will bring you to a great alpine path, which offers a wonderful mountain view and leads to Refuge Bonatti. You must not miss the halt at this legendary alpine hut! At this point, you have to make a choice: you can take the shorter and more levelled route along the mountain flank or you can cross two more passes and hike on the alpine path across the summits. Both offer a great alpine experience! Both routes meet in the cosy Rifugio Bertone, where cappuccino and cakes await the hikers. You will reach the pretty Italian town of Courmayeur in the afternoon. It is famous for its great alpine history and its panoramic views of Mont Blanc. The beautiful pedestrian area, well-kept bars and cafés attract people to visit this place.

## **Day 6: Courmayeur – Ville des Glaciers - Bourg Saint-Maurice 15 km + 850 m – 750 m**

In the morning transfer/by bus (depending on the season) to Chalet du Miage. Today, you will hike through the Veny Valley, where you will discover impressive lateral moraines, bizarre limestone formations and hidden glacial lakes. Through the wide valley floor, you will hike to the alpine club hut called Rifugio Elisabetta. You can enjoy delicious Italian cottage specialties on its terrace. Via the Col de la Seigne pass (2516 m), you will now reach the region of Hoch-Savoien in France! Your destination is Vallée des Glaciers (valley of glaciers), formerly an alpine pasture, where you can grab a quick bite surrounded by numerous herds of cows. You will then climb down to the leisurely French Alps location called Bourg-Saint-Maurice, which is located right next to river Isère. Here you can look back on your impressive three country hike and enjoy a glass of wine. In the afternoon, you will be transported from Ville des Glaciers to Bourg-Saint-Maurice.



## **Day 7: Individual departure or extra days**

We recommend a walk through the typically French Alps location, a ride on the funicular into the hiking region of Arcs and a visit to the Isère River before heading back home. Or would you rather spend a few more days and relax in the region of Hoch-Savoien?

## Route



### Technical Characteristics:

**Route Profile:** Hard. You need to be physically fit to cope with the partially long legs of the hike. Hiking experience in alpine regions is a must. Though there are almost no exposed sites, one needs to be surefooted for the treks across the high mountain passes!

**Total Distance:** 78 km

**Travel Season:** Departures daily from July 2 to September 25, 2022  
Season 1: September 10 – September 25  
Season 2: July 2 - September 9

**Prices per person:**

Double Occupancy B&B Season 1	€ 945.00
Double Occupancy B&B Season 2	€ 969.00
Single Room Surcharge	€ 355.00
Extra Nights Martigny Double Occupancy B&B	€ 75.00
Extra Nights Martigny Single Occupancy B&B	€ 105.00
Extra Nights Bourg St. Maurice Double Occupancy B&B	€ 79.00
Extra Nights Bourg St. Maurice Single Occupancy B&B	€ 109.00

**Accommodation:**

3\* hotels and guest houses

**Included:**

- 6 overnight stays as stated including breakfast
- 1 x half board (Val Ferret)
- 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

