




## TOUR OF THE COMBINS self-guided

At the foot of the Valais giants !




Like a discreet little brother of Mont Blanc, the Grand Combin (4,314 metres) dominates its region and seems to reign unchallenged over the Pennine chain. And like a silent cousin of the Tour du Mont Blanc, the Tour des Combins stretches between the Swiss Valais and the Italian Val d'Aoste on a wild and authentic route. It's an opportunity to explore this land of contrasts, from the lush green pastures of the Val d'Ollomont to the icy slopes of the Corbassière glacier, via of course the legendary Col du Grand Saint-Bernard and its thousand-year-old hospice. From pass to summit, from lakes to pastures, enjoy your week on a raw and peaceful mountain.

 6 Days

 Self-guided / without guide

 Without baggage transportation

 Accommodation : Classic (dormitory)

 Level : \*\*\*

 From : 650€

### You will like

- The picture-postcard view from the Lacs de Fenêtre to the Mont Blanc massif!
- A varied route between Switzerland and Italy!
- The scenery of the 4000m summits and their glacier all along the way.
- A night in the famous hospice of Grand Saint-Bernard.
- A memorable crossing of the footbridge over the Corbassière glacier!

# The route

## Day 1

### **FIONNAY - MAUVOISIN DAM – REFUGE CHANRION**

Depart from the village of Fionnay to reach the Mauvoisin dam below the Tourmelon and Combins peaks. Gradual ascent to the magnificent Lac de Tsofeiret. Overnight in the middle of the mountains at the Chanrion refuge. Option to shorten the stage from the Mauvoisin dam (bus from Fionnay).

5.5-6 hours walk / Elevation: + 1200 m - 150m / 16km

## Day 2

### **FENETRE DURAND - CHAMPILLON (Italy)**

Ascent to the pass of the Fenêtre de Durand (2797m), a lunar-like landscape on the Italian border. Then down to the Val of Ollomont, beautiful green pastures over the Valle d'Aosta. A day of contrasts between the coarse Swiss landscape and the tranquility of the Italian slopes. Amazing scenery of the Grand Vélán, cousin to the Combins mountains. Night in a mountain refuge.

7-7.5 hours walk / Elevation: + 1150 m - 1280m / 24km

## Day 3

### **COL DE CHAMPILLON - COL DU GRAND SAINT-BERNARD**

A day with stunning scenery to the pass of Champillon over the Grand Saint-Bernard valley. A long traverse above St Rhémy en Bosse completes the route.

To shorten the stage, a taxi transfer to the col du grand St Bernard is available (at your expense), night in its famous hospice.

7.30-8 hours walk / Elevation: + 1200 m - 1150m / 19km

## Day 4

### **LACS FENETRE - BOURG SAINT PIERRE**

Up to the Fenêtre de Ferret and then down to the Lakes Fenêtre, wonders of the Valais too often forgotten. Incredible scenery on the Mont Blanc and the Grandes Jorasses from an unusual angle. Down to the lac of Toules and the village of Bourg Saint-Pierre. Night in a gîte.

6.5-7 hour walk / Elevation: +750m -1550m / 17km

## Day 5

### **COL DE MILLE - CABANE BRUNET**

Long but easy ascent to the col de Mille at 2470m for a stunning scenery over the Mont Blanc massif. The path goes around the mountain, across the pastures of La Chaux and Ly, and over the Valley of Entremont and Bagnes. Night in the refuge Brunet.

6.5-7 hour walk / Elevation: +1100m -650m / 20km

## Day 6

### **GLACIER DE CORBASSIERE - FIONNAY**

Ascent to the glacier of Corbassière, one of the most beautiful in the Alps. With the Combins towering above it, it exudes an unparalleled high-mountain atmosphere. Cross an impressive but perfectly safe footbridge over the moraine. Descend to Fionnay along a beautiful "Bisse", a small canal typical from the Valais that brings the water from the glacier to the bottom of the valley.

4.5-5 hour walk / Elevation: +650m -1200m / 11km



# The trip

## LEVEL \*\*\*

Elevation: +650 to 1150 m average per day.

Walking time: 6.5 to 7 hours average per day.

Type of trek: mountain hike on trails including gravel paths. On Day 5, an impressive but perfectly safe footbridge, 210m long and 70m high, provides an easy way to cross a large glacial valley. In the case of extreme fear of heights, it can be bypassed by another route.

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running, cycling, from 3 to 4 hours a week.

Your physical preparation will enable you to enjoy your trek to the maximum.

Please find the description of the levels by clicking here: [levels of difficulty](#)

## ROAD BOOK

Before departure, we send you a travel folder containing:

- 2 topographical maps (1/20 000) with the route highlighted.
- 1 road-book containing all the information necessary for the trek.
- 1 waterproof map holder.
- Accommodation list.

## SIGNPOSTS AND WAYMARKS ALONG THE TREK

The tour is very well indicated by signposts, yellow arrows in the valleys and red and white stripes at higher altitude. It is preferable to know how to read a topographical map at 1/25'000 and 1/50'000.

## ACCOMMODATION

5 nights in dormitory in gite or mountain refuge.

All accommodation offers hot showers except day 1.

## MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are not included and can be pre-ordered at each accommodation, the prior day in the afternoon.

Possibility to buy picnic supplies in small local shops (days 3, 4 and 5).

Please inform us about your food allergies and special diets **at the time of booking**.

*We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring some additional products for your own picnics.*

## CURRENCY

It is essential to carry Swiss Francs for the bus and cable car transfers as well as for your personal expenses.

## MAPS

1:25 000 Gran San Bernardo - Ollomont (no 5)

1:25 000 Val de Bagnes - Verbier (office du tourisme le Châble)

1:50 000 Grand-St-Bernard - Combin - Arolla, 5027 T



# Practical information

## DEPART

Departures according to your preference from end of June to mid September.

## ACCESS TO DEPARTURE POINT

**Departure at the train station in Fionnay (Val de Bagnes, Valais, Switzerland).**

### BY TRAIN

Inbound: depart Gare de Lyon (Paris) at 10:18am, by Lausanne, Martigny, arriving in Le Châble at 4:15pm.

Bus 253 direction Mauvoisin: departure at 4:21pm, arriving at 4:51pm at Fionnay.

Return: Bus 253 departure from Fionnay to Le Châble, then train departure from Martigny, Lausanne, to (Paris) Gare de Lyon.

*Times given are indicative and should be verified at a train station or at [oui.sncf](http://oui.sncf) and [cff.ch](http://cff.ch)*

### BY CAR

Take the A40 motorway to Geneva, Chamonix, follow direction Martigny (Switzerland), continue direction Italy and follow signs Verbier, when in Le Châble, continue to "Fionnay - Mauvoisin" direction.

Parking place near the river, close to the Fionnay dormitory, big building on your left when you arrive in Fionnay.

**End point during the afternoon in Fionnay.**

## ACCOMMODATION BEFORE AND AFTER

[Tourist Office Verbier](#): +41 (0)2 77 75 38 88

## INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability.

The repatriation insurance EUROP ASSISTANCE that we offer is dedicated to French speaking people living in Europe. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

If you chose to take out repatriation insurance with EUROP ASSISTANCE whom we propose, Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You are responsible for compliance with the reporting procedures of any incident.

**Before making any decision, contact EUROP ASSISTANCE.**

## CONTACT US

If you are late please contact the agency as soon as possible on: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

# Dates & prices

## DEPARTURES AND PRICES

Departure from beginning of July to 14th September 2025

### **Without luggage transport**

€650 per person, classic accommodation

### **With luggage transport (except night 1, min. 4 people)**

Group of 4: €950 per person, classic accommodation

Group of 5: €890 per person, classic accommodation

Group of 6: €850 per person, classic accommodation

## THE PRICE

### The price includes:

- Half board from dinner the first evening to breakfast the last day;
- A road book: description and maps (1 road book per group);
- Luggage transport (except night 1), if you have chosen this option (min. 4 people);
- Tourist taxes;
- Organisation and booking fees.

### The price does not include:

- Picnic lunches;
- Luggage transport, unless you have chosen this option (min. 4 people) ;;
- Personal expenses, drinks, touristic visits, etc.;
- Bus and train transfers;
- Your return journey from home to the point of departure/end;
- Cancellation insurance.

**The price applies from departure to end point.**

# Equipment and luggage

## EQUIPMENT LIST

### Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

### Other Equipment

- Toiletries bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- Identity card or passport

## BACKPACK

Pack a comfortable rucksack of 50 to 60 litres, large enough to hold your belongings for the day (warm clothing, rain cape, water bottle, picnic box and cutlery, sun protection and identity papers), with room for a picnic and snacks as well as for the days without luggage.

## LEAVE ON YOUR OWN FOR 2 OR 3 DAYS OR MORE

In the 'weight is the enemy' section, here are some tips on how to save a few hundred grams. For example, for your toiletries: a simple plastic bag with a zip or a small plastic box to avoid accidental crushing.

- Hotel-size soap is generally enough for a week
- A tube of toothpaste 3/4 full will do the trick
- Shaving foam: a small sample can
- A small microfibre towel
- A small bottle of shampoo
- A travel toothbrush

Pharmacy: in addition to your personal medicines, bring:

- Elastoplast or hook-and-loop tape
- "Second skin" tape to protect against blisters, such as Compeed
- A small pair of scissors, thread and needle
- A small tube of sun cream and lip balm



Now all you have to do is apply this recipe to your entire bag!

## LUGGAGE TRANSPORT

Your change of clothes should be packed into 1 soft bag of no more than **10kg per person**. Your luggage is transported by a logistics vehicle from stage to stage, except on night 1, in accommodation that is not always easy to access. Please note that luggage that is too heavy or too bulky will not be taken in charge by the drivers, please think about their backs!

## HOW TO REGISTER

- Online: <http://www.altitude-montblanc.com>

- By telephone: +33 (0)4 50 79 09 16

- By post: Please provide your details

- Surname, First Name, Date of birth
- Address
- Email
- Telephone
- Mobile

If you wish to register by post, please complete the form below and return it to:

Altitude Mont-Blanc  
180, route du lac  
74110 MONTRIOND  
FRANCE

Please specify whether you wish to take out an optional cancellation insurance (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% in association with your account details at Altitude Mont-Blanc ('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.

The balance must be paid one month before departure without a reminder from us.

For self-guided tours, we will then send your tour pack (includes maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.



## Registration by mail form

Last name:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:

Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE