




## MONT-BLANC PANORAMIC self-guided


A selection of the most beautiful hikes, self-guided and at a gentle pace!



If the mythical Tour of Mont Blanc is a little too much for you, we invite you to discover its wonders in small steps. We have selected the most beautiful routes with unique viewpoints, vast panoramic views and also the discovery of the natural and cultural heritage of the region. Hiking at a gentle pace, allowing time to appreciate the deep blue gentian flowers, the purple orchids, the soaring golden eagles and the playful marmots.

 7 days

 Self-guided / without a guide

 With or without baggage transport

 Accommodation : Hotel \*\*\*

 Level : \*\*

 From : 1040€

### You will like

- The exceptional panoramic views of the Mont Blanc range
- An easy and accessible route for all, still with a very alpine character
- Your proximity to major glaciers throughout the week
- The comfortable 3 star hotels

# The route

## Day 1

**Meeting at your hotel L'Aiguille du Midi in Les Bossons, Chamonix.**  
(train station 200m away)

### FRANCE: MONT-BLANC FROM THE CHAMONIX SIDE

#### MER DE GLACE

Short transfer by bus or train to take the Aiguille du Midi cable car to the mid station Plan de l'Aiguille. Traverse along the balcony trail via the Blaitière pastures to the Forbes Signal (2200m). Descend along the Mer de Glace facing the Aiguille des Drus and the Grandes Jorasses. Return to Chamonix on foot through the forest or with the historical Montenvers train. Return to your hotel by bus or train.

Option: take the cable car to the summit of the Aiguille du Midi and admire the spectacular panoramic view and try the "Step into the Void".

4.5 hour walk / Elevation: +200m -500m (-900m extra if descending to Chamonix on foot)

## Day 2

### TRANSFER TO ITALY: MONT-BLANC FROM THE COURMAYEUR SIDE

#### PRÉ DE BAR GLACIER

Transfer to Italy through the Mont-Blanc tunnel with Altitude Mont-Blanc and check-in at your hotel. Hike to refuge Elena opposite the Pré de Bar glacier. A day in the Val Ferret in the foothills of the Grandes Jorasses, the Aiguille du Triolet and Mont Dolent the border point between France, Switzerland and Italy. Bus return to the hotel.

3 hour walk / Elevation: +/-400m

## Day 3

#### ITALY: THE MONT DE LA SAXE

Short transfer by bus to La Vachey in the Val Ferret. Gentle climb to the long beautiful balcony traverse across the Mont de la Saxe back to Courmayeur and your hotel. A full day with an exceptional panorama over the south face of the Mont-Blanc range.

5 hour walk / Elevation: +600m -950m

## Day 4

#### ITALY: LAKE AND GLACIER OF MIAGE - COL DE CHECROUI

Bus transfer to the Val Veny. Hike to the glacial Lake Miage nestled between the moraine and glacial wall. Depending on your fitness condition, climb to the Grand Balcon Sud du Mont-Blanc to reach col de Chécroui revealing the incredible himalayan face of Mont-Blanc. Bus transfer to your hotel.

4.5 to 6 hour walk / Elevation: +400m or +680m -800m depending on the route

## Day 5

### BACK TO FRANCE - AIGUILLES ROUGES RESERVE

#### LACS DES CHESERYS

Transfer by bus with Altitude Mont-Blanc from Courmayeur to Col des Montets. Gently climb to Lacs des Chéserys (2200m) and continue along a magnificent balcony trail to Planpraz revealing the most famous panoramas over the

Mont-Blanc range... Return to Chamonix in the Planpraz gondola and return to your hotel by bus or train.

4.5 hour walk / Elevation: +750m -500m

## Day 6

### **FRANCE - COL DE BALME - AIGUILLETTE DES POSETTES**

Bus or train transfer to the village of Le Tour. Climb to Col de Balme, the Aiguillette des Posettes and descend through the pastures of Montroc - Le Tour. Beautiful panoramic views over the Mont-Blanc and the glaciers of Argentiere and Tour. Return by bus or train to Chamonix.

5 hour walk / Elevation: +750m -750m

## Day 7

### **THE GLACIER DES BOSSONS**

From the hotel, climb to the hamlet named Mont, then to the Chalet du Glacier des Bossons (a chairlift can be taken from the top of village Les Bossons). Continue to the Chalet des Pyramides (1895m) to get even closer to the Glacier des Bossons. This is the lowest descending glacier in the Alps even with its vast retreat in the last few years. Walk back to the hotel.

5 hour walk / Elevation: +880m/+470m -880m

### **End of the tour in the afternoon in Chamonix Les Bossons.**

The itinerary is established according to the latest information available, the possibility of unknown factors affecting this itinerary is possible including situations beyond our control which may change the route, timings etc.

Personalised tour available, contact us...

# The trip

## LEVEL \*\*

Elevation: +/- 400m to 750m approximately per day.

**Walking time:** 3 to 5 hours per day.

**Type of trek:** this tour is not technically difficult and is open to most people. Depending on your level some alternative routes may be proposed.

You will need a good fitness level. A physical preparation will help you to enjoy your stay: please regularly practice a cardio sport such as hiking, running, biking, swimming.

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

## TRANSPORT

Each day transfers to the departure point of the hike are possible with public transport. Return transfers to Italy will be provided by Altitude Mont Blanc.

## ACCOMMODATION

6 nights in a hotel in comfortable twin/double bedroom.

France: 3 nights at the Aiguille du Midi Hotel in Les Bossons, 3km from Chamonix centre, recently renovated family hotel with swimming pool and wellness centre.

[www.hotel-aiguilledumidi.com](http://www.hotel-aiguilledumidi.com)

Italy: 3 nights in Courmayeur at Maison Saint Jean Hotel, traditional alpine style hotel with swimming pool and wellness centre.

[www.msj.it](http://www.msj.it)

\*Number of nights in each hotel may change subject to availability.

## MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are not included and can be pre-ordered at each accommodation in the evening.

Possibility to buy picnic supplies in small local shops.

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.*

## MAPS

IGN Top 25 - 3630 OT - Chamonix and Top 25 - 3531 ET - Saint Gervais (1/25 000)

# Practical information

## ACCESS TO DEPARTURE POINT

**Meeting point on Day 1 at your hotel in Les Bossons, Chamonix.**

### BY TRAIN

Inbound: depart Gare de Lyon (Paris) at 8:18am arrive in Les Bossons at 3:10pm. Hotel L'Aiguille du Midi is 200m from Les Bossons train station. *Times given are indicative and should be verified in a train station or on [www.oui.sncf](http://www.oui.sncf)*

### BY CAR

Take the A40 motorway towards Chamonix, exit Les Bossons.

If you wish to leave your car in a covered garage, contact:  
Chamonix Auto Park: 04 50 53 65 71 (40 to 50€ per week).

### CAR-SHARING

Get in touch with people to share a lift! Here are some website recommendations: [www.blablacar.fr](http://www.blablacar.fr)  
[www.covoiturage-libre.fr](http://www.covoiturage-libre.fr) [www.laroueverte.com](http://www.laroueverte.com) [www.roulezmalin.com](http://www.roulezmalin.com)

### CLOSEST AIRPORTS

#### Geneva (GVA)

1 hour by car to Chamonix.

Bus and minibus services direct to your accommodation (25-35€ pp each way)

#### Lyon (LYS)

2h15 by car to Chamonix.

Train every 2 hours to Chamonix, 4h15 journey (40-45€ pp return)

#### Paris (PAR)

7 hours by car to Chamonix.

Train every 2 hours to Chamonix / 5-6 hour journey (80-120€ pp return)

**End point around 3:00pm in Les Bossons - train station 5min away.**

## ACCOMMODATION BEFORE AND AFTER

Hotel Aiguille du Midi in Les Bossons: +33 (0)4 50 53 00 65

Chamonix Tourist Office: +33 (0)4 50 53 00 24

[www.chamonix.com](http://www.chamonix.com)

If you book a night in the Chamonix valley, ask the hotel reception for a bus/train pass to use public transport for free in the Chamonix valley.

[www.chamonix.montblancbus.com/en/bus-lines](http://www.chamonix.montblancbus.com/en/bus-lines)

## INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. In no case can we be responsible for your own Personal Liability. 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

### High season: from 30/06 to 30/08/2024

**1105€** per person, in standard bedroom (double/twin) in hotels - 2 person basis

**1255€** per person, in superior bedroom - 2 person basis

*Single bedroom possible with supplement on request.*

### Low season: from 11/06 to 29/06 and from 01/09 to 08/09/2024

**1040€** per person, in standard room (double/twin) - 2 person basis

**1190€** per person, in superior bedroom - 2 person basis

*Single bedroom possible with supplement on request*

**For departures in June, a vehicle is necessary in Italy (vehicle rental can be organised on request)**

## THE PRICE

### The price includes:

- Half board from dinner the first evening to breakfast of the last day;
- A road book: description and IGN maps (1 road book per registration up to 4 people. A supplementary road book for groups of 5 or more. Extra road book supplement 10-25€);
- Return transfer to Italy;
- Organisation and booking fees, taxes.

### The price does not include:

- Picnic lunches;
- Personal expenses, drinks, touristic visits, etc.;
- Bus or train transfers in France and Italy (approx 10€ per person);
- The cablecars (approx 50€ per person);
- Cancellation insurance (4.2% of total tour cost).

# Equipment and baggage

## 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

- Toilet 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

Bring a comfortable backpack of 30 to 40 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

## BAGGAGE TRANSPORT

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person.** Your baggage will be transported daily between accommodation by our logistics.

**Baggage which is too big and too heavy won't be accepted by the drivers, please think of their backs!**

*If you wish to prolong your holiday, we can safely hold another bag for you which you may leave with us at the departure point and it will be deposited at the end point with your other baggage.*



## HOW TO REGISTER

- By internet: [www.altitude-montblanc.com](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  
62 Passage du nant Devant  
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:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

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