



Compagnie des guides
SAINT-GERVAIS
LES CONTAMINES
— Organisation —

43 RUE DU MONT-BLANC
74170 SAINT-GERVAIS
04 50 47 76 55

WWW.GUIDES-MONT-BLANC.COM
CONTACT@GUIDES-MONT-BLANC.COM



AROUND MONT BLANC IN 11 DAYS

The full circuit of the famous "Tour du Mont-Blanc":
11 days of hiking from refuge to refuge in a spectacular environment
surrounded by glaciers and mythical peaks of the Mont-Blanc mountain
range.

You will get to taste local cheeses on the way and enjoy picnics made of local
products.



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OUTLINE

The day before Briefing at 6.30PM at the guide's office in CONTAMINES, to meet up with your guide and the other participants.

Day 1 Contamines - Col and Beaufortain valley
From the Summit of the lifts of Contamines Montjoie (Signal 1875m), we take go in the direction of Roselette (2110m), from where the point of view is remarkable on the mountains of the Mont Blanc massif and Beaufortain. It is likely that you will encounter more marmots than hikers during the first two days of the trip.
D + 510m / D- 680m - Time: 5 h 30

Day 2 Vallon du Beaufortain - Col de la Croix du Bonhomme - Ville des glaciers
Ascent to the Col de la Croix du Bonhomme. Through the secret passages of alpacists, we enter the mineral scenery of the gorge of "sentier du Curé" (priests' trail). The green pastures contrast with the snowy peaks of the Mont-Blanc massif, and the bells of the Glacier Valley cows follow us to the refuge. Evening meal and night at the refuge.
D + 1050m / D- 876m - time: 6 h

Day 3 We hike from the hut up to col de la Seigne, and down again to Lake Combal. Climb to Col Chécroui. Night at the Maison Vieille hut.
D + 1100m D- 900m D - time: 7 h

Day 4 Down to Courmayeur, a typical village in the Aosta valley. Ascent to the Bertone hut (no luggage) D + 700m D- 700m - time: 5h

Day 5 Upper trail in the Val Ferret valley, night in the Arnouva pasture. Possibility of itinerary by the Testa Bernada. D + 400 D- 400m - time: 5h

Day 6 Grand Col Ferret, descent to the village of La Fouly, where we spend the night in Hotel Edelweiss.
Altitude difference: D +: 700m D- 900m - time: 6h

Day 7 Crossing the Swiss Val Ferret, to Champex. Night in Champex
D +: 500m d-: 500m - time: 6h

Day 8 Depending on the conditions and your level, the guide will choose between making you a spectacular scenic point on Rhône valley or "Fenêtre d'Arpette" (a tiring and more delicate way to the rocks), before getting to Trient. Difference in height of + 1,100 m / - 1,385 m – 6-and-a-half-hour walking..

Day 9 Back to France through the pastures of Herbagères and the col de Balme (2380 m). the view of the Mont-Blanc from here is spectacular. We will spend the night in the village of Montrroc (1360m). + 1000 m / - 900 m/ 5 hrs.



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Day 10 Ascent to Tête au Vent and hike down on Chamonix. Night in Les Houches.
D: + 1200m - 500m - Effective walking time: 6h

Day 11 We take the cable car up to Bellevue and hike past Col de Tricot into the peaceful pasture of Miage, very close to an impressive high-mountain environment. From there, up (or next to) the mountain called "Le Truc" (meaning "the thing" in french) and back down from there to our starting point, les Contamines.
D: + 700, - 1600 m - time: 6h

The guides could be led to change the programme depending on the weather conditions, the mountains and the level of the participants.

2019 DATES

Departure August 6 and return on August 16.
Other dates possible on demand.

GROUP AND GUIDANCE

Guidance is done by a qualified, local French hiking guide (State diploma)
Groups from 7 to 10 people
Already established a group ? Contact us !

TECHNICAL AND PHYSICAL LEVEL

For people in good physical condition, practising regular endurance sports throughout the year, without any medical counter indication to hiking in the mountains with a 6 to 8kg backpack. Experience in other multiple day hiking trips is recommended. Rocky and maybe even snowy surfaces are to be expected. Between 3 and 6-and-a-half hours of walking on trails per day. Backpack with your luggage for the day and your picnic. Don't hesitate to contact us if you are not sure about the required physical capacities. It is possible to skip parts of the trip if there are spots available on the transfers, costs for this will be at your charge.

2019 RATES

Group sessions starting from 6 participants :

1340€ per person

Private guiding (max. 12 people per guide): please contact us



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The price includes

- guiding
- half-board in refuges or lodges
- picnicks
- bus transfers, cable cars or taxi transfers
- luggage transport (except 4 of the huts)

The price doesn't include

- Drinks, cereal bars and other personal expenses
- Your personal insurance
- Your hiking equipment
- Everything that isn't mentioned in « the price includes »

OUR ADVANTAGES

- ✓ You'll only be carrying your day pack (except day 2, 4, 9 and 10)
- ✓ Departure confirmed at 7 participants
- ✓ Transfer back to starting point at the end of the trip is included
- ✓ Special itinerary to stay away from the crowds
- ✓ Meeting and briefing with your guide the day before departure
- ✓ Groups limited to 10 participants to maximize exchange

REGISTRATION AND PAYMENT

Thanks to the registration form dated and signed and with the 30% deposit, plus the optional insurance coverage amounts. The balance will be paid 30 days before the departure date. Having repatriation help service coverage is compulsory to attend our trips. If you do not have one, we can offer you one.



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APPOINTMENTS

The appointment takes place the day before the departure at 6.30 pm at the guides' office. You can book a hotel room on the spot through us.

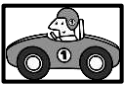
In Saint-Gervais :

The guides' office is in the tourist information centre of Saint Gervais in the centre of the village.

In Contamines :

The guides' office is in the city centre, next to the tourist information centre, in ESF premises.

To get to Saint Gervais or to Contamines :



Motorway A 40, exit 21. From the exit 21 : 6 km to Saint-Gervais, 18 km to Contamines.



Saint-Gervais/ Le Fayet train station. 4 km from Saint-Gervais city centre, 13 km from Contamines city centre. Transports by taxi or bus are possible (to be booked upfront).



Airports of Geneva (1h), Annecy-Methey (1h), Lyon Saint-Exupéry (2h). Shuttles and cabs are possible from the airports (upfront booking compulsory for the shuttles).



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LIST OF THE EQUIPMENT

Pay attention to prepare 2 bags, one as your daypack and one for the luggage transportation.

1/ YOUR BACKPACK

Your backpack shouldn't be heavier than 6 kgs. Keep in mind to leave some space for your daily pick nicks.

Clothing :

- Hiking boots (low hiking shoes are strongly discouraged since you'll be walking on fairly rough terrain and off track)
- Hiking socks
- 1 pair of hiking shorts or trousers (clever : a pair of modular trousers)
- 1 tee-shirt (recommended : avoid coton – choose synthetic material for its breathable qualities)
- A warm fleece and thin fleece pullover
- 1 hooded waterproof jacket (breathable, Gore-Tex or equivalent)
- Hat or cap for the sun / sunglasses (min. type 3) / sunscreen / lipscreen
- Beanie or headband
- Fleece gloves
- Waterproof pants

Accessories:

- A comfortable backpack with a hip band and a good back-supporting system (max. 30/35L)
- A 1.5L water bottle or camelbag (keep it as light as possible, but resistant)
- Knife and spoon
- A watertight container to transport your picnic (about 500ml)
- Snacks : dried fruits, cereal bars, ...
- Small personal first-aid kit: blister bandages (like compeed) / other bandages / disinfecting cloths
- A big garbage bag to put around everything in your backpack (for waterproofing)
- 2 hiking poles (telescopic)
- A poncho (ideally with sleeves) and gaiters

Various :

- Valid passport or national identity
- Money for drinks and extras
- A copy of your personal insurance covering hiking activities (name of the insurance company, polis number, procedure and emergency phone number) if you didn't opt for our insurance.



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2/ YOUR LUGGAGE

10 kgs maximum: if your bag is heavier than that you could be asked by the taxi to pay an additional fee. If you are travelling with a friend or your compagnon, please pack 2 different bags unless it's no heavier than 10kgs.

Choose a durable, soft bag, big suitcases cannot be taken by the taxis.

Clothing et accessories

- Change of clothes (tee-shirts, socks, trousers, underwear...)
- Sleeping bag liner or ultralight sleeping bag (blankets available in the refuges)
- Toilet bag: soap, lightweight towel, toilet paper, tissues, wipes...
- Plastic bags for garbage or to protect your things
- Headlight (1 for 2 people) with a new battery
- Slippers or light sandals for the evenings (avoid sneakers)

Medication and other

- Earbuds (ideally not the foam kind)
- Pain/fever medication / digestion problems / anti-inflammatory
- PERSONAL MEDICATIONS and ALLERGY LIST or CONTRAINDICATIONS