



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



# TOUR DU MONT-BLANC

## « Light bags » in 7 days

The "tour du Mont – Blanc" has acquired a fame which exceeds the borders of the countries it crosses like Switzerland, Italy and France. That attraction can be explained by the variety of the landscapes which move from the high mountain pastures and typical villages to the high glaciers and snow summits.

It will take a 7-day walking at least to enjoy this magnificent rambling hiking. We offer you an original route for which we have carefully chosen each stage and selected the refuges, sometimes private for the authenticity they offer.

**The programme includes:** unusual routes rather than the classic route, detours "for the beautiful view " rather than the motorway, the conviviality of a group of 10 hikers maximum.



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## OUTLINE

**The previous day** Appointment at 6.30PM at the guides' office in Contamines to meet your guide and be given the last useful information.

**Day 1** Contamines – Col du Beaufortain and its valley. From the summit of Contamines Montjoie cable-cars (Le Signal 1,875 m) you will go towards Roselette crest (2,110 m) from where the point of view on Mont-Blanc and Beaufortain massifs is splendid. You may meet more marmots than hikers for the first two days. Difference in height of + 510 m / - 680 m – 5-and-a-half-hour walking.

**Day 2** Vallon en Beaufortain – Col de la Croix du Bonhomme – Vallée des Glaciers. Ascent to Col de la Croix du Bonhomme. Via the secret passages of alpine hikers you will enter the mineral setting of the gorges of Curé path. The green high mountain pastures contrast with the snow peaks of Mont-Blanc massif, and the cowbells of the herds of Vallée des Glaciers will lead you to the refuge. Dinner and night at the refuge. Difference in height of + 1,050 m / Difference in height of – 876 m – 6-hour walking.

**Day 3** Col de la Seigne – Vallon de la Lée Blanche – Val Veny. Ascent to Col de la Seigne (2,516 m), then easy descent of Vallon de la Lée Blanche to Lac Combal (1,970 m). From there a narrow mountain road and a logging track will lead you to Monte Bianco refuge. Col de la Seigne is the border with Italy. The impressive southern face of Mont-Blanc gradually appears beyond, which overlooks Val Veny and its forests of soft green larches. The terrace of the refuge where you will spend the night has a splendid view on the nearby Aiguille Noire de Peuterey and La Brenva glacier (Eastern slope of Mont-Blanc). Dinner and night in Val Veny. Difference in height of + 690 m / – 816 m – 7-hour walking.

**Day 4** Entrèves – Mont de la Saxe – Pré de Bar. A car will drive you to Planpincieux (1,627 m), small village from where you will go to Armina on foot (2,000 m) and to Malatra, before going down to Val Ferret. This magnificent and not very crossed scenic point has a splendid panorama which stretches from the summit of Mont-Blanc to Grandes Jorasses. You will see in front of you rocks, snow summits over 4,000 meters high and glittering glaciers. The refuge stands in front of Pré de bar glacier, whose final spur of ice laps the depths of the small valley. Dinner and night in the Italian Val Ferret. Difference in height of + 700 m / - 550 m – 5-hour walking.



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- Day 5** Grand Col Ferret – Border – Swiss Val Ferret. Discovery day off the beaten track, crossing of Col Ferret (2,537 m) which is the Italian-Swiss border. You will go down to Val Ferret by crossing pleasant high mountain pastures, and you will leave the steep-sided reliefs of Vallée d'Aoste to get to the Swiss round nature, a drastic change of landscapes. Transfer to Champex. Difference in height of + 550 m / - 550 m – 5-hour walking.
- Day 6** La Fouly to Champex – Trient valley.- Chamonix valley. Depending on the conditions and your level, the guide will choose between making you benefit from the spectacular scenic point on Rhône valley or reaching Arpette window via a tiring and more delicate way to the rocks, before getting to Col de la Forclaz. From there a bus will drive you to the nice Moulin lodge. Difference in height of + 1,100 m / - 1,385 m – 6-and-a-half-hour walking.
- Day 7** Argentière – Cheserys – Chamonix. After a pleasant ascent towards Cheserys lakes (attractive and neighbouring lakes of Lac Blanc). In front of you you will see the imposing Mont-Blanc, surrounded by the famous summits of Aiguille du Midi, Aiguille Verte, Aiguille des Drus and Glacier du Tour, Glacier des Bossons and Mer de Glace... You will get to Chamonix valley and will come back to St Gervais/les Contamines-Montjoie by taxi. Difference in height of + 1,000 m, - 900 m - 6-hour walking.

**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 every Sunday from June 24 to September 9. Except for the Guides' festival weekend: departure on Monday August 5 instead of Sunday August 4. Other dates possible if you are an already established group.

## 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.



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## 2019 RATES

### **Price of the group session**

815 € / person

### **Price of the private sessions :**

Contact us for more information.

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#### **The price includes**

- guiding
- half-board in refuges or lodges
- picnicks
- bus transfers, cable cars or taxi transfers
- luggage transport

#### **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 »

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## OUR ADVANTAGES

- ✓ You'll only be carrying your day pack
- ✓ Departure confirmed at 6 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.

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### **In Saint-Gervais :**

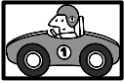
The guides' office is in the tourist information centre of Saint Gervais in the centre of the village.

### **In Contamines :**

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

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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).

## 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