



# Alps Tour du Mont Blanc Hiking

## The Classic Three Country Mountain Loop

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

**We love talking travel!**

Contact us at [info@mtsobek.com](mailto:info@mtsobek.com)

or call **800-974-0300**





# Feel the difference

with **Mountain Travel Sobek**

## **Unrivaled Expertise**

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Tour Company in 2022 by USA Today's 10 Best Readers' Choice Awards.

## **Unique Trip Design**

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

## **Small Groups**

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.







## Leading the Way

### World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.







# Why take this trip with us?

## REASON 1

The Tour du Mont Blanc is a classic Mountain Travel Sobek adventure and a best-seller that's been perfected over 40 years.

## REASON 2

In 12 days, you'll enjoy the best of Chamonix and hike the full 99 miles around Mont Blanc, staying at great hotels along the way.

## REASON 3

We work with professional local guides, who are truly the best in the Alps. Many of our Alps-loving guests return to hike with them year after year!

## At A Glance

### ACTIVITIES

Strenuous hiking on mountain trails covering 6-8 miles per day with maximum elevation gain of 4,200'. Exploration of scenic mountain towns.



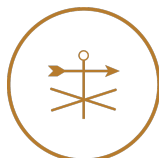
### LODGING

Charming accommodations in alpine towns and villages, featuring comfortable rooms, on-site restaurants, and stellar vistas of surrounding scenery.



### CLIMATE

The days can change from hot to cold and wet. Snow is even possible at the high passes. Come prepared for everything.



## KNOW BEFORE YOU BOOK

### Accommodations

Please come prepared for the experience of sleeping in the mountains, and in old towns and villages where the architecture might date back centuries. Most guestrooms and bathroom facilities are quite small, and amenities may be fairly basic.





# Alps Tour du Mont Blanc Hiking

## The Classic Three Country Mountain Loop

Mont Blanc. Europe's highest and most iconic peak. Spectacular. Immense. Dazzling. And undisputedly on every serious hiker's must-do list. Hiking for 10 days through the heart of the Alps won't just get your pulse rate up, it will open your eyes to some of the most breathtaking vistas on Earth. Starting near Chamonix, you'll hike the full 99 miles around Mont Blanc. Follow age-old trails past giant glaciers, beside secret mountain lakes, and through grassy meadows, and delight in jaw-dropping landscapes at every bend. Experience three countries, cultures, and cuisines.

### 12 Days

**Start:** Geneva, Switzerland

**End:** Geneva, Switzerland

**Departing:** June, July, August, September

**Activities:** Hiking & Trekking

**Lodging:** Comfortable Hotels

**Group Size:** 6-16 Guests

**ACTIVITY:**



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*"As someone that does all the vacation planning and itineraries for my family, it has been an absolute joy to confidently hand over all decision making to MT Sobek for every step of the way to be so smooth. Needless to say, the views are breathtaking. The hiking feels great and the coffee and beer breaks are just the cherry on top."*

- April B.

Check [mtsobek.com](https://www.mtsobek.com) for date-specific pricing.



# The Itinerary

DAY  
01

## Arrive in Geneva, Transfer to Chamonix

Arrive at the airport in Geneva, Switzerland, for a 2pm pick-up. Transfer by private van to the charming mountain-ringed resort town of Chamonix, France. Upon arrival at the hotel, you'll have time to rest a bit or explore the town before orientation, where you will meet the guides and other members of your group. End the day with a delicious welcome dinner at a fine restaurant in town.

**ACCOMMODATION:** Grand Hotel des Alpes, Chamonix Park Hotel Suisse & Spa, Chamonix

**MEALS:** Dinner

**TRANSPORTATION:** 1.5-hour private van transfer

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DAY  
02

## Hike Above Chamonix

Start the day by taking the world-famous cable car to Aiguille du Midi and enjoy the view at 12,605'. From here, descend by cable car to Plan de l'Aiguille and start your journey along the stunning Grand Balcon hiking path that descends to the Montenver Upper Train Station. Enjoy an up close view of the Mer de Glace Glacier before making your way to the quaint Chalet Caillet, where you can enjoy an aperitif and dinner in the magical setting. Walk off your meal with a short hike down to your hotel in Chamonix.

**ACCOMMODATION:** Grand Hotel des Alpes, Chamonix Park Hotel Suisse & Spa, Chamonix

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** Short Cable Car Ride

**ACTIVITY:** 3-3.5 hours/4.5 miles hiking with 2,345' of elevation loss

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DAY  
03

## Hike from Chamonix to Les Houches (France)

Your hike from the hotel leads to the start of the trail beneath the Aiguilles Rouges along the Petit Balcon to Merlet (4,921'), with its magnificent views of the north face and glaciers of Mont Blanc. After traversing to Coupeau, you will make an easy descent to your hotel near the charming village of Les Houches (3,200').

**ACCOMMODATION:** Chalet Hotel Les Campanules, Les Houches

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 5-6 hours/10 miles hiking with 2,000' elevation gain & loss

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## Hike from Les Houches to Les Contamines (France)

Leaving Les Houches, climb through the forest past beautiful mountain farmhouses and into the woods to the small pass of Bellevue, overlooking the Chamonix Valley. Marvel at the peaks and hanging glaciers of Aiguille de Bionnassay (13,294') and Mont Blanc (15,777'). Descend the thickly wooded hillside through typical alpine hamlets to the historic town of Les Contamines (3,829'), a traditional mountain village with picturesque wooden chalets and a fine old church.

**ACCOMMODATION:** Hotel La Chemenaz, Les Contamines

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 7 hours/10 miles hiking with 2,500' elevation gain & 2,800' elevation loss

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## Hike the Roman Road to Bourg Saint Maurice (France)

A long ascent on an old Roman road takes you to the Plan des Dames, before you make the last ascent to the Col du Bonhomme (7,641') and Croix du Bonhomme (8,100') where lunch is served. In the afternoon, hike the grassy trail downhill to Les Chapieux (5,080') with sightings of ibex, marmots, and beautiful wildflowers along the way. At the end of the day, take a short transfer to the village of Bourg-Saint-Maurice, where you'll stay the night. Enjoy dinner in town.

**ACCOMMODATION:** Hotel Autantic, Bourg-Saint-Maurice Base Camp Lodge, Bourg-Saint-Maurice

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 35-minute private van transfer

**ACTIVITY:** 7 hours/12 miles hiking with 4,200' elevation gain & 3,000' elevation loss

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## Cross Vallée des Glaciers to Courmayeur (Italy)

After a 50-minute transfer to the end of the "Vallée des Glaciers," enjoy a relatively easy hike over the Col de la Seigne (8,245'). Take in the breathtaking view of Mont Blanc, Himalayan in its immensity, rising in a near verticality from the Veny Valley to the summit 10,000 feet above. Afterward, descend into Italy to Lac Combal and Visaille. A transfer then takes you to Courmayeur (3,800'), situated beneath the Grand Jorasses and Brenva Glacier, where you will spend the night. Dinner tonight is in town.

**ACCOMMODATION:** Hotel Berthod, Courmayeur

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 1.5-hour private van transfer

**ACTIVITY:** 6 hours/10 miles hiking with 2,300' elevation gain & 2,700' elevation loss

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DAY  
07

### Hike from Courmayeur to La Vache (Italy)

Today's beautiful mountainside walk offers fabulous views of Mont Blanc, hanging glaciers, and glacial moraines. As you climb the trail through larch and alder it's not unusual to see the deer and chamois that make this area their home. A continued ascent to the Rifugio Bonnatti offers yet more unforgettable views on the way up. Your descent takes a steep trail to the valley floor and then continues to La Vache (4,500'). At the end of your hike, take a 15 minute transfer back to Courmayeur for another night at Hotel Berthod.

**ACCOMMODATION:** Hotel Berthod, Courmayeur

**MEALS:** Breakfast | Lunch

**ACTIVITY:** 5 hours/7-8 miles hiking with 2,500' elevation gain & 1,500' elevation loss

DAY  
08

### Hike from La Vache to Champex (Switzerland)

After breakfast this morning, transfer back towards La Vache and today's trailhead. Start your hike past the spectacular "Glacier de Pre-de-Bar" with Mont Dolent above, the meeting point of the borders of France, Italy, and Switzerland. Cross the Grand Col Ferret (8,300') to enter Switzerland, and descend to the scenic village of La Fouly (5,280'), located beneath the Glacier de l'A Neuve. Transfer by van to the lovely town of Champex (4,808'), a small lake resort that features typical Swiss-style chalets and charming gardens.

**ACCOMMODATION:** Hotel du Glacier, Champex-Lac

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 30-minute private van transfer

**ACTIVITY:** 5–6 hours/9 miles hiking with 2,500' elevation gain & 3,100' elevation loss

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DAY  
09

### Follow the Trail to Col de la Forclaz, Transfer to Martigny (Switzerland)

An hour and a half of moderate hiking followed by a rapid ascent in the forest brings you high over the Rhône Valley overlooking the town of Martigny. Fabulous views await! A sustained descent takes you to the Col de Forclaz (3,900'), from where you'll take a short transfer to Martigny.

**ACCOMMODATION:** Martigny Boutique Hotel, Martigny

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 30-minute private van transfer

**ACTIVITY:** 6 hours/12 miles hiking with 2,400' elevation gain & 2,300' elevation loss

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DAY  
10

### Climb to the Vallorcine Valley (France)

After breakfast, take a short transfer to nearby Trient. Climb steeply on an old smuggler's path through the forest to the French border and an unforgettable view of the Mont Blanc massif and the Chamonix valley. Your descent takes you deep into the Vallorcine Valley East of Chamonix, and to your hotel in Argentière (4,100').

**ACCOMMODATION:** Hôtel de la Couronne, Argentière

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 30-minute private van transfer

**ACTIVITY:** 5–6 hours/10 miles hiking with 2,900' elevation gain & 2,650' elevation loss

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DAY  
11

### Hike Back to Chamonix (France)

From Le Col De Montets (4,800') the hike to Les Cheserys (7,130') offers gorgeous views of the Le Tour and Argentiere glaciers, as well as the entire Mont Blanc range. After rejoining the Grand Balcon Route and La Flégère, descend to Chamonix (3,300') and a festive farewell dinner in town.

**ACCOMMODATION:** Grand Hotel des Alpes, Chamonix Park Hotel Suisse & Spa, Chamonix

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 6.5 hours/10 miles hiking with 2,700' elevation gain & 3,600' elevation loss

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## **Return to Geneva & Depart**

Enjoy your final breakfast with the group before transferring from Chamonix to Geneva airport.

**MEALS:** Breakfast

**TRANSPORTATION:** 1.5-hour private van transfer



## Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

### **Grand Hotel des Alpes**

Located in the shadow of Mont Blanc in the heart of Chamonix, the Grand Hotel des Alpes is centrally located, just minutes from the lake, the lift to the Aiguille du Midi, and the old town. The traditional blue shuttered building, built in 1840 but newly renovated, offers 30 handsome rooms with extensive amenities including concierge service and afternoon tea.

### **Chalet Hotel Le Prieure**

Experience classic Alpine hospitality in downtown Chamonix at one of the "Best Mont Blanc" unique mountain hotels. Completely renovated in 2015, chalet-style rooms feature en suite bathrooms, complimentary tea/coffee, free Wi-Fi, and mini-bar. Just a short walk to the Aiguille du Midi cable car!

### **Chalet Hotel Les Campanules**

Experience a warm welcome at Chalet Hotel Les Campanules, situated in the charming village of Les Houches. Its 48 comfortable, well-appointed rooms come with a forest or Mont Blanc view — and free Wi-Fi if you need to plug in. Feel completely at home in the heart of the Alps.





# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## **Hotel de la Couronne**

Located just 5 minutes from the departure tracks for hikers, this classic turn-of-the-century hotel, one of the oldest in the valley, occupies a quaint Alpine-style building. It offers simple, lodge-style rooms, many with mountain views, a traditional approach to hospitality and a warm welcome. Recently renovated in 2023, La Couronne will now boast a spa with a sauna and hammam as well.

## **Hotel La Chemenaz**

Situated right at the start of the hiking trails, this classic family-owned chalet hotel offers luxurious accommodations in a magnificent setting facing the Mont Blanc Massif. A variety of rooms, suites and family accommodations feature "chalet chic" decor, with faux fur textiles and warm wood finishes.

## **Hotel L'Autantic**

Welcome to the picturesque Hotel Autantic, a 3-star establishment located in a peaceful part of the village. Its stone and wood exterior exudes a warm and inviting feel, and its period furnishings create a Savoyard ambience. Enjoy the comfort of well-appointed rooms as well as a swimming pool and sauna.

## **Base Camp Lodge**

Boasting sweeping views of the Vanoise National Park mountains, this modern hotel comes with warmly decorated guestrooms, each having flat-screen TVs, en suite facilities and Wi-Fi. There's an industrial-chic restaurant, a bar and a terrace.

## **Hotel Berthod**

Built in 1882 by Jean Laurent Berthod, more than a century later the hotel remains family owned and operated. There is a familial atmosphere here, with cozy, personalized rooms and service designed to make guests feel right at home. Indoor spa facilities await hikers eager to relax after a vigorous day of activity.

## **Hotel du Glacier**

Serving guests for over 100 years, the cozy Hotel du Glacier is a Swiss hotel tradition. Rooms are basic but spacious and comfortable, and many have views of the picturesque mountain lake. After a day of hiking, enjoy the sunny terrace or gardens.

## **Martigny Boutique Hotel**

This modern, centrally located hotel is artfully decorated and boasts breathtaking mountain views. The hotel has a bright and airy restaurant with a wine bar. Guestrooms are equipped with free Wi-Fi, flat-screen TVs, minibars and en suite bathrooms.



# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## **Les Grands Montets Hotel**

This charming mountain lodge in the heart of Mont Blanc offers a peaceful alpine retreat with warm hospitality. Enjoy modern amenities in comfortable rooms with stunning mountain views from private balconies, LCD flat-screen TVs, free Wi-Fi, mini-bar, hair dryer, and complimentary bathrobes with slippers. Relax at the pool and sauna or hit the nearby ski slopes just minutes away!

## **Grand Hotel des Alpes**

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# Departure Dates

**Book early for a greater choice of available dates.**

Once you book, your price is GUARANTEED!

June 18-29, 2024

June 25-July 6, 2024

July 2-13, 2024

July 9-20, 2024

July 17-28, 2024

July 23-August 3, 2024

August 2-13, 2024

August 13-24, 2024

August 22-September 2, 2024

August 27-September 7, 2024

September 3-14, 2024

September 10-21, 2024

June 17-28, 2025

June 24-July 5, 2025

July 1-12, 2025

July 8-19, 2025

July 15-26, 2025

July 22-August 2, 2025

July 29-August 9, 2025

August 12-23, 2025

August 19-30, 2025

August 26-September 6, 2025

September 2-13, 2025

September 9-20, 2025

# What's Included

## PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

## PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses





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