



# Alps Tour du Mont Blanc Express Hiking

**The Classic Three Country Loop in Just One Week**

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 8 days, you'll enjoy the best of Chamonix and hike a more than 60 miles on this express circuit, staying at unique and well-located properties 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 8 - 12 miles per day with maximum elevation gain of 4,200'. Exploration of scenic mountain towns.



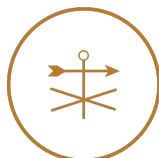
### LODGING

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 in 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 Express Hiking

## The Classic Three Country Loop in Just One Week

Experience contrasts that surprise and stimulate on this express version of our classic Alps Tour du Mont Blanc hiking adventure. In just 8 days you'll maximize opportunities for vigorous trekking, breathtaking scenery, and the coziest of Alpine hospitality. Follow mountain trails to soaring viewpoints and storybook villages and enjoy nuzzles from friendly Swiss cows on the way. Europe's most iconic peak has inspired and drawn mountain lovers for centuries; our world-class itinerary and expert guides make it an endlessly inspiring journey for today's hiking enthusiast.

### 8 Days

**Start:** Geneva, Switzerland

**End:** Geneva, Switzerland

**Departing:**

**Activities:** Hiking & Trekking

**Lodging:** Comfortable Hotels

**Group Size:** 5-16 Guests

**ACTIVITY:**



“

*"My wife and I have been traveling with MTS for 10 years. Do you want incredible guides, adventures, getting off the beaten trails away from the tourists? Then this is your company. Be prepared for adventure and rest when you get home."*

- Andrew G.

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 Alpina Eclectic Hotel & Spa, Chamonix

**MEALS:** Dinner

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

---

DAY  
02

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

Starting in nearby Les Houches, climb through the forest past beautiful mountain farmhouses and through 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 through 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 with 2,500' elevation gain & 2,800' elevation loss

---

DAY  
03

## Hike the Roman Road to Les Chapieux (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 Seez, where you'll stay the night. Enjoy dinner in town.

**ACCOMMODATION:** Auberge du Val Joli, Seez Base Camp Lodge, Bourg Saint Maurice

**MEALS:** Breakfast | Lunch | Dinner

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

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

---



DAY  
04

### 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:** 1.25-hour private van transfer

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

DAY  
05

### Hike to Champex (Switzerland)

A short transfer puts you on a walking trail 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:** 1-hour private van transfer

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

---



## Champex to Col de la Forclaz (Switzerland) & Argentiere (France)

Our Tour du Mont Blanc Express takes the Bovine route. An hour and a half of easy walking followed by a rapid ascent in the forest brings you high over the Rhône Valley and the town of Martigny. Fabulous views await! An easy descent takes you to the Col de Forclaz (3,900'), from where you'll transfer to Argentière (4,100').

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

**MEALS:** Breakfast | Lunch | Dinner

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

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

---



## 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 Alpina Eclectic Hotel & Spa, Chamonix

**MEALS:** Breakfast | Lunch | Dinner

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

---



## 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.

### **Park Hotel Suisse & Spa**

Enjoy upscale comforts and warm hospitality at the Park Hotel Suisse & Spa, perfectly located in the heart of Chamonix. In addition to well-appointed rooms, guests are treated to a spa area located on the hotel's roof top. This comes with a steam room, two saunas, a Jacuzzi and heated outdoor swimming pool, plus a panoramic terrace.

### **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!



# Where You'll Stay

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

## **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.

## **Hotel Splendide**

This historic hotel opened its doors to guests for the first time in 1938. Passed down through four generations, the property exudes historic character combined with a modern take on Belle Epoque style. Overlooking the Grand-Combin massif which peaks at 14,150 feet, the hotel provides a tranquil retreat for guests hiking the Mont Blanc trail. Many of the stylish and comfortable rooms have balconies and views of the mountains.

## **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.



# Where You'll Stay

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

## **Alpina Eclectic Hotel & Spa Chamonix**

The luxurious Alpina Eclectic Hotel & Spa Chamonix is located in the heart of Chamonix with stunning views of the Mont Blanc. Each room is individually decorated with updated mountain style to evoke a warm and inviting atmosphere. Each room is modernly equipped with complimentary Wi-Fi, flat-screen TV, a coffee & tea making station, hair dryer, and a complimentary set of bathrobes and slippers. Guests can recharge at the spa or indulge in a delicious meal at the on-site restaurant with panoramic views of the Mont Blanc range.

# Departure Dates

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

Once you book, your price is GUARANTEED!

June 10-17, 2024

June 24-July 1, 2024

July 15-22, 2024

July 24-31, 2024

August 5-12, 2024

August 10-17, 2024

August 19-26, 2024

August 26-September 2, 2024

September 2-9, 2024

September 9-16, 2024

September 16-23, 2024

June 9-16, 2025

June 23-30, 2025

June 30-July 7, 2025

July 14-21, 2025

July 21-28, 2025

August 4-11, 2025

August 11-18, 2025

August 18-25, 2025

August 25-September 1, 2025

September 1-8, 2025

September 8-15, 2025

September 15-22, 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



**MT SOBEK**<sup>™</sup>

The Adventure Company | Est. 1969

**YOUR  
ADVENTURE  
AWAITS.**

**70 Countries | 150+ Destinations | Infinite Possibilities**

Call **800.974.0300** or visit **[mtsobek.com](https://www.mtsobek.com)**  
**AND BOOK TODAY!**