



Compagnie des Guides de Chamonix

190 place de l'église - 74400 Chamonix – France - Tél : + 33 (0)4 50 53 00 88

www.chamonix-guides.com - e-mail : info@chamonix-guides.com

HIKING - TOUR DU MONT-BLANC 'LIGHT PACK DORMITORY OPTION'

Duration: 6

Fitness: ▲▲▲▲▲▲ Technique: ▲▲▲▲▲▲

Price from: 1 250 €

The legendary circuit of the Northern Alps, the Tour du Mont-Blanc, offers a unique panorama. During this hike, you can appreciate the beauty of the Mont-Blanc massif and discover the natural and cultural heritage of Valais, Valle d'Aosta, and Pays du Mont Blanc. Departing from the Chamonix Valley, you will traverse mountain trails through France, Switzerland, and Italy. This long-distance hike exposes you to breathtaking panoramic views: lakes, mountain pastures, and glaciers. A circuit for hiking enthusiasts, rich in emotions.

Take the time to explore the magnificent landscapes of the Mont-Blanc Massif and the flora and fauna of this exceptional environment. Live a unique experience along the mountain trails. Your mountain guide will enhance your journey with anecdotes and valuable tips while overseeing the entire logistics. Luggage transport is arranged for the entire hike, allowing you to focus on the essentials in your backpack and fully enjoy your trek. Transfers and luggage handling are efficiently managed by taxi companies. The accommodation prepares a daily picnic. **Accommodations consist of basic hotels or inns, where you'll stay in dormitories or shared rooms.**

This journey is part of a series of itineraries that we have designed to allow you to complete the Tour du Mont Blanc with logistics and comfort tailored to your needs. Explore the highlights with our [classic tour](#) or have an experience closer to nature with our [authentic circuit](#). Enhance your journey even further with our [comprehensive tour](#), and finally, maximize your comfort with our [luxury tour](#).

ITINERARY

Day 1

Val Montjoie

Our multi-day hike around Mont Blanc begins in Les Houches. From the summit of the Bellevue cable car, there is a panoramic view of the Mont Blanc Massif, the Aiguilles Rouges, the Fiz, and the Aravis. We leave the Chamonix Valley and enter the Val Montjoie. Between alpine meadows and forests, the path leads us to the village of Les Contamines. Overnight at the hotel.

Elevation gain: 1,900 feet - loss: 4,000 feet - Distance : 7 miles

Day 2

Beaufortain

We start our day from Notre Dame de la Gorge and its famous Baroque church. At Col du Bonhomme (7,641ft), we leave Val Montjoie for Beaufortain. The view of the Beaufortain Massif is stunning. We reach Col de la Croix du Bonhomme (8,137ft) and head towards the southernmost part of the Mont Blanc Massif and its remote valley of Les Chapieux.

Elevation gain: 4,000 feet - loss: 3,000 feet - Distance : 9 miles

Day 3

Val Veny

Heading northeast, we cross the Col de la Seigne (8,215ft), the Franco-Italian border. The spectacle is breathtaking: the rocky walls and icy peaks of the south face of the Mont Blanc Massif unfold before us. We end this beautiful day of hiking with a visit to Courmayeur. Overnight in a hotel in Courmayeur or in the Italian Val Ferret.

Elevation gain: 2,400 feet - loss: 2,600 feet - Distance : 9 miles

Day 4

Champex Valley

Starting from Arnava in the Italian Val Ferret, the trail takes us to the Grand Col Ferret (8,316ft), marking the border between Italy and Switzerland. We are welcomed by its peaceful alpine meadows, overlooked by the distant snow-capped peaks of the Dolent or A Neuve and their glaciers. Descend to La Fouly in the Swiss Val Ferret. Transfer to Champex where we spend the night in a hotel.

Elevation gain: 2,500 feet - loss: 2,400 feet - Distance : 6 miles

Day 5

Col de la Forclaz

From Champex, we ascend to the Bovine alpine pasture and the Col de Portalo (6,722ft). We contemplate the Rhône Valley and its vineyards, the high mountains of the Bernese Oberland, and the dizzying summits of the Combins. We now reach the alpine pasture of La Giète (6,181ft), where the Hérens cows, emblematic of the Mont Blanc Massif, greet us with their cowbells. Descend to the Col de la Forclaz, a key passage between the Rhône Valley and the Trient Valley. Overnight in a hotel.

Elevation gain: 2,400 feet - loss: 2,200 feet - Distance : 8 miles

Day 6

Chamonix Valley

The final ascent of this journey takes us to Col de Balme (7,186ft), the border between Switzerland and France, from where Mont Blanc stands in all its splendor. This fantastic balcony path accompanies us to the alpine meadows of Charamillon, and then to the village of Le Tour. A bus transfer takes us back to Chamonix. End of the hike.

Elevation gain: 3,000 feet - loss: 3,000 feet - Distance : 7 miles

GROUP BOOKING

The collective formula associates several people who do not necessarily know each other. It allows for a planned program to benefit from an attractive price on fixed dates. This formula is ideal for people looking for the friendliness of a group.

Dates : See below for the group booking module

Price 2025 : 1250€ per person - based on a minimum of 7 participants

This price includes :

- the organization and supervision by a state qualified trekking guide
- half-board accommodation in either a basic hotel or gîte in either a mixed dormitory or a triple/quadruple room
- picnic lunches
- lift passes
- transfers throughout the hike
- transportation of one piece of luggage throughout the trek : soft bag, no hard suitcase. **Max 15 kg, in case of excess weight, your luggage will not be transported by our provider**

Not included in the price :

- drinks and personal expenditure (souvenirs...)
- repatriation insurance (compulsory)

PRIVATE BOOKING

A private booking is the historical relationship that binds a mountain leader to their clients. It allows you to be alone or in your own group with your guide who will meet your specific needs. Undoubtedly, it is the ideal formula that guarantees you maximum comfort. Accommodation and itinerary can be tailored, and you are free to choose your departure date depending on accommodation availability.

Prices 2025 :

- 1 person : 6595€ par person
- 2 people : 3715€ par person
- 3 people : 2755€ par person
- 4 people : 2275€ par person
- 5 people : 1990€ par person
- 6 people : 1795€ par person
- 7 people : 1660€ par person

- 8 people : 1555€ par person
- 9 people : 1475€ par person
- 10 people : 1410€ par person
- 11 people : 1360€ par person
- 12 people : 1315€ par person

The price includes

- the organization and supervision by a state qualified trekking guide
- half-board accommodation in either a basic hotel or gîte in either a mixed dormitory or a triple/quadruple room
- picnic lunches
- lift passes
- transfers throughout the hike
- transportation of one piece of luggage throughout the trek : soft bag, no hard suitcase. **Max 15 kg, in case of excess weight, your luggage will not be transported by our provider**

Not included in the price

- drinks and personal expenditure (souvenirs...)
- repatriation insurance (compulsory)

FURTHER INFORMATION

In this section, find all the information about this activity. To prepare your trip effectively, refer to the [guides' tips](#). They share their expertise and recommendations, ensuring you have a great experience

Meeting point : Meet at 8.30 am at the Compagnie des Guides office, 190 Place de l'Eglise, 74400 Chamonix.

Ability level : 3/5 - Tour du Mont-Blanc "Light Backpack" hiking trip is a moderate trek. A minimum of 700m (2296ft) and a maximum of 1300m (4265ft) vertical gain and about 5 to 7 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. For active people who do not mind training to prepare for the hike and practice sport regularly. A great multiday hike for people with trekking experience.

Itinerary: The guide may need to adjust the itinerary based on weather conditions and/or the physical and/or technical abilities of the group

Guiding policy : minimum 7 and maximum 12 people per guide. The Compagnie des Guides de Chamonix's guiding policy guarantees the most balanced groups as possible as well as high-quality personalised advice. *Registration possible from 16 years of age. Registration is not permitted to anyone under the age of 18 without a legal guardian.*

Accommodation :

- During the trip : 5 nights half board in basic hotels or inns in dormitories or shared rooms. *For people signing up alone, we cannot guarantee that you will share your room with a person of the same gender.*
- Before & after the trip : benefit from preferential prices from our partner hotels in Chamonix. If you wish to receive information just ask the Randonnée department.

Documentation :

- Participants must have sports insurance with repatriation cover. We strongly recommend that this also includes cancellation cover. You can take out insurance offering both of these types of cover when you sign up.
- Participants must also take valid ID with them.

Preparing for the trip : An information meeting with your guide is scheduled the day before departure at 6pm at the Compagnie des Guides office. We highly recommend your participation, as this meeting provides an opportunity to fine-tune your preparation.

EQUIPMENT

Weight is a hiker's adversary, so it is crucial to carefully select your equipment as it plays a key role in ensuring the success of your trip

Your gear

- A 30L backpack
- A compact and sturdy travel bag, maximum 15 kg

- A pair of top quality hiking boots
- A pair of telescopic poles
- A hat or cap
- A warm hat
- Category 3 sunglasses
- Breathable long and short-sleeved T-shirts
- A polar fleece
- A warm down jacket
- A Gore-Tex waterproof jacket
- A rain poncho
- A hiking trouser
- A Gore-Tex waterproof trouser
- A short
- A pair of gloves
- Hiking-appropriate socks
- A minimum 2L water bottle
- A pocketknife and a spork
- A flashlight or headlamp
- Sunscreen and lip balm
- A sleeping bag liner
- Toiletry kit, towel, earplugs, and toilet paper
- Minimal personal pharmacy: blister pads like Compeed, medications for common ailments such as diarrhea, constipation, sore throat, headaches, pain, allergies
- ID, money for personal expenses
- Spare shoes
- Spare clothes as per your preference

Our Rental Partners : You can rent your equipment with our rental shops partners and benefit from special price [Millet](#), [Sanglard Sports](#), [Ravanel & Co](#) & [Concept Pro Shop](#)

Our Equipment Partners : [Millet](#), [Dynastar](#), [Julbo](#), [Grivel](#) & [Monnet](#)