



# Compagnie des Guides de Chamonix

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## ELECTRIC MOUNTAIN BIKE - TOUR DU MONT BLANC

Duration: 4

Difficulty: ▲▲▲▲▲

Price from: 1 170 €

We offer you an exclusive Electric mountain bike trip of the legendary Tour du Mont Blanc combining beautiful landscapes, small singles, intimate trails and typical accommodation. Benefiting from logistical assistance, this Tour du Mont Blanc is a real summary intended for riders wishing to travel this mythical route of the Northern Alps, focusing on the most beautiful sections. A unique program with multiple variations to share with family or friends. Set off for a great challenge to discover the Pays du Mont Blanc, the Swiss Val Ferret and the Italian Val d'Aosta. 3 countries, 7 alpine valleys, 71 glaciers and 400 summits: a grandiose alpine setting to experience real mountain immersion on a mountain bike.

### ITINERARY

#### Day 1

**Chamonix Alt. 3,395ft - Col de Balme Alt. 7,188ft - Martigny Alt. 1,545ft - Champex Alt. 4,809ft**

Meet your guide at 9am in Chamonix. This first day gives us the chance to make the most of the Chamonix valley seen from above, with its legendary glaciers and peaks as a backdrop. Having arrived at the Col de Balme we drop into the Swiss side of the pass for an attractive, fast and winding descent that leads us to Martigny. A cycle up to Champex, through pretty, typical Swiss chalets, awaits us in the afternoon. Night's half-board in hotel in the village of Champex. Private transfer by minibus from Vernayas to Gorges de Durnant (or higher depending on the group).

*Elevation gain : 8,500 feet / Elevation loss 9,800 feet (depending on itineraries) - Distance : from 20 to 28 miles*

#### Day 2

**Champex Alt. 4,809ft - Issert Alt. 3,608ft - Col Ferret Alt. 8,323ft - Courmayeur 4,074ft**

We leave the village of Champex via the 'sentier des Champignons' ('mushroom path') to reach Issert. The day's challenge will be the ascent of the Grand Col Ferret, which, at an altitude of 8,323ft, is the highest point on the famous Tour of Mont Blanc. The alpine pass allows us to cross, through a high-altitude environment, from the Swiss Val Ferret to the Italian Val Ferret. As a reward for our efforts, there is a long descent beneath the watchful gaze of the Grandes Jorasses and the south face of Mont Blanc, along what are sometimes quite technical singletrack sections. Arriving in Courmayeur, we'll use the Dolonne cablecar to join plan Chécrouit. We'll spend the night in a lovely typical Italian mountain inn. Private transfer by minibus from Issert to Ferret.

*Elevation gain : 6,500 feet / Elevation loss : 7,500 feet (depending on itineraries) - Distance : from 28 to 35 miles*

#### Day 3

**Courmayeur Alt. 4,074ft- Col de la Seigne Alt. 8,254ft - Plan Mya Alt. 6,102ft**

We return to France via the famous Col de la Seigne (8,254ft). Total immersion in a mineral landscape and grandiose panorama are guaranteed! A day devoted to one of the best singletracks in the area, all the way to the Mottets hut... Explore the Vallée des Glaciers, the Beaufortain trails as well as the area around the Lac de Roseland, along a choice of varied technical and non-technical routes. We spend the night in an authentic mountain pasture hut, complete with local traditions and local products, for simplicity and a return to basics... Night's half-board in mountain hut. Private transfer by minibus from Courmayeur to Visaille

*Elevation gain : 4,900 feet / Elevation loss : 4,200 feet (depending on itineraries) - Distance : +/- 28 miles*

#### Day 4

**Plan Mya Alt. 6,102ft - Col de Gittaz Alt. 7,798ft - Contamines Alt. 3,818ft - Col de Voza Alt. 5,436ft - Back in Chamonix 3,395ft.**

The final stage takes us back to Chamonix, through the Beaufortain and the Val Montjoie, via a surprising area known as the 'Grande Pierriere'. A day devoted to high-mountain pastures, technical singletracks and fast trails, as well as the traverse of mountain passes with uninterrupted views across the Aravis range and Mont Blanc chain... A great and intense day, with, it has to be said, quite a bit of distance to cover and a not insignificant positive height gain to honour! Return to Chamonix late afternoon and end of trip. Private transfer by minibus from Contamines to Champel.

*Elevation gain : 9,200 feet / Elevation loss : 11,482 feet (depending on itineraries) - Distance : +/- 31 miles*

## GROUP BOOKING

This tour is only available as a private group booking option.

## 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 mountain leader who will meet your specific needs. It is undoubtedly the ideal formula to realise your projects because it guarantees you a maximum amount of comfort. You are free to choose your departure date (subject to the availability in the accommodation). Depending on the weather conditions, the proposed route can be adjusted according to your level and expectations, the professional can suggest alternatives to the itinerary.

### Prices 2024 :

- 1 person : 5450€ par person
- 2 people : 3005€ par person
- 3 people : 2190€ par person
- 4 people : 1780€ par person
- 5 people : 1535€ par person
- 6 people : 1370€ par person
- 7 people : 1255€ par person
- 8 people : 1170€ par person

The price includes :

- supervision by a state-certified mountain bike instructor
- private Minivan assistance throughout the trip
- 3 nights in half-board accommodation including diner & breakfast (2 nights in Dormitory in Mountain hut + 1 night in a 2\* hotel based on 2 people per room)
- picnic lunches & snacks
- lift passes

Not included in the price :

- FULL SUSPENSION (recommended) mountain Ebike rental & helmet
- drinks in refuge & hotel and all personal expenditure (make sure you have Euros & Swiss Francs)
- personal mountain bike protection (highly recommended)
- your trip to Chamonix
- repatriation insurance (mandatory) & cancellation insurance

## FURTHER INFORMATION

In this section, find all the information about this activity. For further information, please contact our advisor (contact details above).

**Meeting point :** meet at 9.00 am at the Compagnie des Guides office, 190 Place de l'Eglise, 74400 Chamonix

**Level :** This tour is designed for participants with good levels of fitness who regularly go mountain biking (using standard and/or ebikes) with good riding skills on narrow, singletrack-style trails, able to be autonomous on technical sections

**Guiding policy :** group of 4 to 8 people

### Accommodation :

- During the trip : Half-board in hotel on Day 1 (double room) and mountain huts on Days 2 and 3 (dormitory)
- 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.

**Minibus assistance :** In order to offer a high quality service and to avoid the uninteresting sections of the tour (in particular the sections with roads), a minibus assistance is integrated all along the trip, allowing more flexibility and adaptation according to the profile and motivation of the group

**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.

**Organization :** The week before your departure, the instructor in charge of the group will contact you to answer all your technical questions.

## EQUIPMENT

We recommend that you take special care in choosing your equipment because it contributes greatly to the success of your trip. As alpine conditions can be highly variable with sudden changes, it can get very cold in altitude, it is preferable to have numerous layers rather than one thick piece of clothing. It is not uncommon to have snow in the middle of summer, do not skimp on warm clothes even if the weather seems favourable. Contrarily, the sun can be scorching hot. Without weighing too much, you should always have sufficient equipment in your backpack to deal with the capricious and severe weather.

**Back-pack**

- 20L / 25L backpack (for biking) - Provide enough space for the picnic. A word of advice in case of rain: even if you have an over-backpack, always protect your belongings in a plastic bag inside the backpack.

**Clothing**

For added comfort regarding underwear, (t-shirts, boxers, socks), avoid cotton which is heavy, cold and dries very slowly. Opt for synthetic technical fabrics or wool, which is making a comeback. They are warmer and dry quickly.

**For yourself :**

**NB : ID card or valid passport + small change for personal expenses.**

- 1 travel bag or suitcase for the hotel
- 1 mandatory mountain bike helmet (+ Knee protectors recommended)
- 2 mountain bike drinks bottles or 1 camelbak
- 1 knife + Flashlight or headlamp
- 1 hat/headband + warm gloves
- Cap, sunglasses, sunscreen
- Spare items (T-shirt, underwear, socks), in synthetic fabric/wool
- 1 Long-sleeved technical T-shirt/Cuffs
- 1 fleece
- 1 Gore-Tex jacket
- 1 small down jacket (or 2nd fleece)
- Short and long bib shorts (or leggings)
- Short and long Mountain bike gloves (compulsory)
- Clothes for the hotel
- Sleeping bag liner (the most light and comfortable is the silk bag)
- Toiletries including technical towel
- Personal pharmacy : elastoplast, (stretchable strapping tape), band-aids "second skin" kit, compresses, medicines for common ailments : diarrhea, constipation, sore throat, headaches, pain relief, allergies and any prescribed medication. The mountain leader always carries a first aid kit with them. Remember that packing light is essential.

**Mountain Bike equipment**

- Electric battery key/battery lock system
- Bike lock
- 2 air chambers
- Patch box + glue
- 1 pump
- Specific tools for your bike (depending on the eMTB brand, sometimes very specific tools)

**Recommended :**

- Spare brake pads or pads

- Front and rear derailleur cable
- 1 spare derailleur clip (unless your derailleur is attached directly to the frame)

The guide has a first aid pharmacy, an emergency radio, a repair kit, and orientation material. Don't overload yourself!

\*\* Elastoplast, "2nd skin" dressings, compresses, medication for common ailments and your personal treatment!

**Our Rental Partners :** You can rent your equipment with our rental shops partners and benefit from special price [Sport Spirit 74](#), [Millet](#), [Sanglard Sports](#), [Ravanel & Co](#) & [Concept Pro Shop](#)

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