

TREKKING

# *SELF-GUIDED MONT BLANC TOUR (10 DAYS)*

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10-day circular trek around the Mont Blanc massif



**B4Experience**

# FRANCE



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Self-guided trekking of 10 days and about 160 km through the Alps, around Mont Blanc, crossing France, Italy, and Switzerland, with refuges and gîtes, luggage transport and digital or paper roadbook to follow the route at your own pace.

[View Web Program](#)





## RECOMMENDED MONTHS

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JUNE, JULY, AUGUST, SEPTEMBER



## PRICE

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**From 944€ /person**

Group discounts

Trekking

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# Highlights

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- COMPLETE MONT BLANC TOUR ON FOOT IN 10 STAGES
- CROSS FRANCE, ITALY, AND SWITZERLAND WITH VIEWS OF MAJOR GLACIERS
- REFUGES AND GÎTES WITH HALF BOARD AND PICNIC OPTION
- LUGGAGE TRANSPORT AND DIGITAL OR PAPER ROADBOOK.

# Private groups

100% customizable

From (People)	Category	Availability	N° days	Price per pers.
2	Standard	01 Jun 2026 - 30 Sep 2026	10	1.590€
8	Standard	01 Jun 2026 - 30 Sep 2026	10	944€
6	Standard	01 Jun 2026 - 30 Sep 2026	10	1.085€
4	Standard	01 Jun 2026 - 30 Sep 2026	10	1.175€

Travel only with your family or friends.

\*Confirm availability at [info@b4experience.com](mailto:info@b4experience.com) / +34 613 03 77 00 / [www.b4experience.com](http://www.b4experience.com)

# Open groups

*Share the experience with other travelers*

Program	Dates	Nº days	Seats available	Starting point	Price
✕ No open group events available, only private groups					

*\*Confirm availability at [info@b4experience.com](mailto:info@b4experience.com) / +34 613 03 77 00 / [www.b4experience.com](http://www.b4experience.com)*



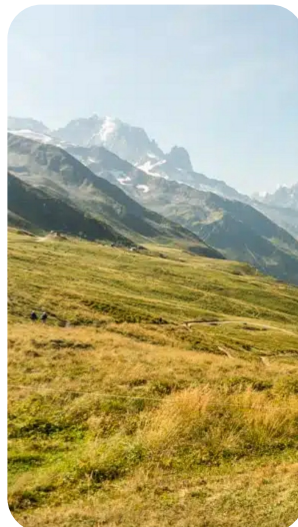
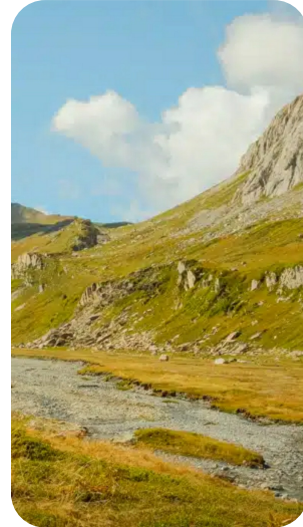
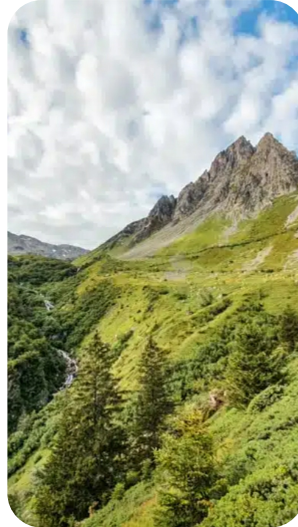
## *Included*

- Dormitory accommodation.
- Half board (breakfasts and dinners).
- Choice of: a printed roadbook (including IGN maps and a map holder) or a digital roadbook with GPS tracking.
- Luggage transfer each night (except on Day 5 if you overnight at the Bonatti hut).
- Support and contact with our team throughout the trek.

## *Not Included*

- Transfers to/from the trekking start and finish point in Les Houches.
- Certified/qualified guide.
- Drinks served with meals (excluding water).
- Picnic lunches / midday meals (optional).
- Personal hiking gear (clothing, footwear, trekking poles, etc.).
- Any public/private transport and cable-car tickets (at the participant's expense).
- Assistance and cancellation insurance (we can arrange it).
- Anything not mentioned in the "Included" section.





# Itinerary

## DAY 1: Les Houches – Bionnassay

The meeting is at 9:00 at the Prarion cable car parking lot in Les Houches. The day begins with an ascent through a picturesque forest that takes you to the summit of Prarion, at 1,969 meters altitude. There you will find an impressive panorama, with 360-degree views of the surroundings. The day continues with a gentle descent to the charming Fioux refuge, where you will spend the night in a magical setting.

5 h 30 min walk&nbsp;

Accommodation: refuge

800 m ascent / 500 m descent.

## DAY 2: Bionnassay – Les Contamines

The second day of this adventure promises an unforgettable visual experience. The route takes you past majestic glaciers, crossing the Col de Tricot at 2,120 metres and traversing the peaceful alpine pastures of Truc. A scenic descent then leads down to the charming village of Les Contamines, where you'll spend the night.

6 hours of hiking

Accommodation: gîte

950 m ascent / 1,300 m descent.

## DAY 3: Les Contamines – Les Chapieux

Follow the old Roman road on a spectacular climb up to the Col du Bonhomme (2,408 m) and the Col des Fours (2,665 m)—your morning objective. After an outdoor lunch with breathtaking panoramic views, you'll continue on towards the Les Chapieux valley, tucked away at the far end of the Tarentaise. This region is renowned for producing the delicious Beaufort cheese.

\*If accommodation in Les Chapieux is not available, the itinerary will be slightly adjusted so we can overnight elsewhere.

7 hours of hiking

Accommodation: hut

1,450 m ascent / 800 m descent.

#### **DAY 4: Les Chapieux – Col Chécrouit**

Today a splendid day unfolds before you, with majestic views of Mont Blanc. After a short transfer to the start of the stage\*, the day begins with an ascent to the Col de la Seigne (2,514 m), marking the border between France and Italy. You then enter the Aosta Valley via Val Veny, revealing the Italian side of Monte Bianco. The day ends in the warm atmosphere of an Italian mountain hut—an unforgettable stage of your journey.

\*If you spent the previous night in accommodation outside the village of Les Chapieux, an additional €115 transfer fee will apply from your lodging to La Ville des Glaciers, the starting point of the stage. This price is valid for up to 8 people.

6 hours of hiking

Accommodation: hut

1,100 m ascent / 1,050 m descent.

#### **DAY 5: Col Chécrouit – Bonatti Refuge**

We start the fifth day of your adventure by descending the slopes to Courmayeur—often called the “Italian Chamonix”—to stroll through the picturesque lanes of its old town. The route then continues into Val Sapin, climbing up to the Bertone hut, where exceptional panoramas await. By the end of the day you’ll reach the Bonatti hut\*, set at 2,025 metres and named in honour of the legendary Italian alpinist. From there, you’ll enjoy a stunning view of the Frébouze Glacier stretching out elegantly before you.

\*If the Bonatti hut is not available, a local bus can take you back to Courmayeur, where accommodation will be booked. Overnight in a hotel with access to your luggage.

6 hours of hiking

Accommodation: overnight in a hut (no access to your luggage)

1,100 m ascent / 1,000 m descent.

#### **DAY 6: Bonatti – La Fouly**

\*If you’re staying in Courmayeur, you’ll take the local bus from Courmayeur towards Arnouva. At dawn, the route leads you towards the majestic Mont Dolent, where the borders of France, Switzerland and Italy meet. Reaching the summit of the Grand Col Ferret at 2,537 metres, you enter Switzerland and receive a warm welcome. A gentle descent takes you through the alpine pastures of La Peule, bringing you closer to La Fouly—an enchanting little village at 1,600 metres in the heart of the beautiful Valais.

6 hours 30 minutes of hiking

Accommodation: gîte

900 m ascent / 1,300 m descent

#### **DAY 7: La Fouly – Champex**

On this stage you’ll set off to explore the Swiss Val Ferret, with its charming traditional villages, before reaching Champex and its beautiful lake. The day ends with a short climb up to our accommodation—a cosy inn with a relaxing atmosphere, perfect for winding down after the hike.

4 hours 30 minutes of hiking

Accommodation: gîte

650 m ascent / 650 m descent.



#### **DAY 8: Champex – Trient**

On this eighth day of trekking, an outstanding stage awaits, with high-level panoramic views above Martigny. In the distance, the vineyards of the Rhône Valley speak to Switzerland's rich wine-making tradition. The descent brings you to Trient, a small village, following the Bisse du Trient trail. Depending on your preferences and conditions, there's an alternative option: crossing the Fenêtre d'Arpette (2,665 m) via a superb alpine route. Feel free to ask the hut guardian the night before—or get in touch with us—to find out which itinerary is best.

Option 1: 715 m ascent / 925 m descent – 5 hours of hiking

Option 2: 915 m ascent / 1,260 m descent – 7 hours of hiking.

Accommodation: gîte.

#### **DAY 9: Trient – Le Tour**

It's time to head back into France. Throughout the day, views of the picturesque Chamonix Valley unfold before you, becoming more and more spectacular. Tonight's destination is the charming village of Le Tour, where you'll stay in a cosy lodge—perfect for a warm, enjoyable evening.

5 hours of hiking

Accommodation: gîte

1,000 m ascent / 850 m descent.

#### **DAY 10: Le Tour – Chamonix**

On this unforgettable final day, you head towards the Aiguilles Rouges Nature Reserve. The trail follows a panoramic balcony path, offering breathtaking views of the majestic Mont Blanc—one of the Chamonix Valley's most iconic landscapes.

Next, you begin the descent to La Flégère, followed by a spectacular balcony traverse to Planpraz. If you wish, you can take the cable car down to Chamonix town centre. From the lower station, local buses are available to return to the Prarion car park in Les Houches.

And with that, the loop of your adventure comes to a close—leaving you with unforgettable memories.

7 hours of hiking

1,350 m ascent / 850 m descent.

## **Payment and Cancellation Policy**

Initial deposit: To secure your spot, a 35% deposit of the total trip cost is required at the time of booking.

Final payment: The remaining amount, equivalent to 65% of the total, must be paid no later than 60 days before the departure date.

Extras: Additional trip costs, such as insurance, flights, or other optional services, must be paid in full at the time of booking.

Cancellation insurance: The customer may take out trip cancellation insurance to be eligible for a refund of the full amount paid (subject to the policy terms and conditions).

The end customer may withdraw from the booked trip and is entitled to a refund of the amounts paid, subject to the penalties set out below. However, once the trip is confirmed, they must pay the agency the following amounts.

### **FULL REFUND UP TO 24 HOURS AFTER PURCHASE**

- More than 45 days before the trip: the deposit is retained and the remaining amount is refunded.
- Less than 45 days before the trip: no refund will be issued.

\*A €250 administration fee will apply.

\*If any other non-refundable costs have already been incurred/issued, they will not be refunded either and will be deducted from the total amount to be reimbursed.

\*The cancellation cost for any flights already issued is 100% of the ticket price.

## **Equipment List**

### **HEAD**

- 1 hat or headband
- 1 cap or sun hat
- 1 Buff-type neck/gaiter or scarf
- 1 pair of sunglasses, preferably category 4, with case
- Sunscreen with minimum SPF 40.

### **LEGS**

- 1 pair of thermal tights with fleece lining (or similar)
- 1 pair of convertible hiking pants (can be turned into shorts)
- 1 lightweight waterproof pant (e.g., Gore-Tex type).

### **UPPER BODY**

- 2 short sleeve breathable shirts
- 2 long sleeve breathable shirts
- 1 lightweight fleece or equivalent
- 1 fleece or softshell jacket
- 1 waterproof and windproof jacket (e.g., Gore-Tex type)
- 1 down or equivalent insulation jacket

### **HANDS**

- 1 pair of lightweight gloves
- 1 pair of warm and waterproof gloves

### **FEET**

- 2 pairs of comfortable walking socks
- 1 pair of waterproof trekking boots

### **OTHER**

- 1 backpack of 30 to 40 liters
- 1 pair of trekking poles
- 1 survival blanket
- 1 silk sleeping sheet



- 1 water bottle (about 1.5 liters)
- 1 lunchbox + cutlery
- 1 multi-tool knife
- Camera (optional)
- 1 headlamp with spare batteries

# FAQs

## **What physical and technical level is required?**

It is recommended to have some hiking or trekking experience and be in good physical shape. During the trip there are long days, with ascents of at least 1,000 m positive elevation on several consecutive days. Any physically prepared person can undertake it, but training endurance before the trip is ideal. Some sections may be more demanding, especially at the start of the season if there is still snow at altitude, so it is advisable to be well prepared and trained.

## **What type of accommodation is used during the trip?**

The trip is conducted in refuge and gîte type accommodations, sleeping in shared dormitories according to the program. These are simple but comfortable accommodations, designed for hikers doing the Mont Blanc Tour. All offer dinner and breakfast, and provide blankets and pillows; it is mandatory to bring a silk sleeping sheet for hygiene reasons.

## **What meals are included and how do picnics work?**

The trip includes half board at the accommodations: breakfasts and dinners each day as per the program. Picnic-style lunches are not included by default but can be contracted as an option for the entire stay for €140 per person. If this option is not chosen, each traveler can purchase their midday meals in villages, refuges, or small shops along the route.

## **How does luggage transport work during the trek?**

Luggage transport of one piece per person (soft duffle bag, max 12 kg) between accommodations each day is included. You only carry a light backpack with essentials for the stage. The only exception is the night at Bonatti refuge (day 5), where there is no access to luggage and materials for two days need to be planned.

## **What is the roadbook like and what options are available?**

You can choose between a paper roadbook, which includes IGN maps and a map holder, or a digital roadbook with GPS tracking of the itinerary. Both contain detailed stage information, variants, and key points. Additionally, you can contact the organizing team during the trek to resolve doubts or adapt the route if needed.

## **What happens if there are no spots in some refuges like Les Chapieux or Bonatti?**

Due to high accommodation demand on the Mont Blanc Tour, some stages may need adjustment. If no availability exists in some accommodations, stages are slightly modified and you stay in another nearby place. In the case of Bonatti, if it is full, the option is to go back to Courmayeur and stay in a hotel, maintaining as much as possible the spirit of the original itinerary.

## **What weather can I expect during the Mont Blanc Tour?**

Even in summer it can be cold on the Mont Blanc Tour, especially at high passes and at the start or end of the day. Also, at the beginning of the season there may still be snow in some sections, increasing the difficulty of certain stages. Therefore, it is important to bring warm clothes, waterproof garments, and be prepared for rapid weather changes.

**How often are departures and how are dates organized?**

Departures are available every day of the week, offering great flexibility to choose dates. The trip is planned as a self-guided program: you decide when to start within accommodation availability, and the team coordinates bookings, luggage transport, and preparation of the roadbook to follow during the 10 days of trekking.





## Contact us!

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