

TRAIL RUNNING

TOUR DU MONT BLANC, TRAIL RUNNING WITH NÚRIA PICAS

Trail running stage. Improve your skills with
the UTMB® champion.



B4Experience

FRANCE



Trail running along the most iconic route in the Alps, the TOUR du MONTBLANC (TMB), guided by UTMB® winner Núria Picas. Run 170 km and 10,000 m of elevation gain over 7 days, improving your technique and enjoying the journey.

[View Web Program](#)

<https://b4experience.com/tour-du-mont-blanc-trail-running-with-nuria-picas>



RECOMMENDED MONTHS

JUNE, JULY, AUGUST



PRICE

From 1.950€ /person

Group discounts





Highlights

- LUGGAGE TRANSFER, REFUGE STAYS, AND SUPPORT VEHICLE INCLUDED.
- ALL LOGISTICS MANAGED: FOCUS ON RUNNING AND ENJOYING.
- IMPROVE TRAIL RUNNING SKILLS WITH EXPERT GUIDANCE.
- 7-DAY JOURNEY THROUGH STUNNING ALPS LANDSCAPES.

Private groups

100% customizable

From (People)	Category	Availability	N° days	Price per pers.
✕ No private group options available, only open groups				

Travel only with your family or friends.

**Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com*

Open groups

Share the experience with other travelers

Program	Dates	Nº days	Seats available	Starting point	Price
Tour Mont Blanc Núria Picas trailrunning	22 Jul 2026	8	15	Chamonix	1.950€

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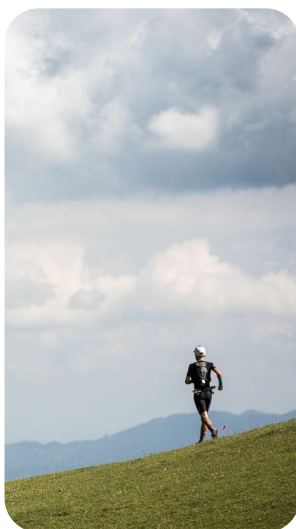


Included

- Main guide Núria Picas, UTMB® winner
- Daily afternoon workshops to improve your trail running technique
- 1 night in a hotel in Chamonix (last night) (shared room)
- 6 nights in mountain huts along the route
- Breakfast and dinner on route days
- Second mountain guide / filmmaker to support the group and produce a professional video of the experience
- Support vehicle (for emergencies and luggage transport)
- Technical and gear advice prior to the trip

Not Included

- Flights and/or transfers to Chamonix (we can arrange them)
- Travel / accident / medical / evacuation insurance (we can arrange it)
- All beverages
- Lunches during the route
- Meals in Chamonix
- Tips (optional)
- Anything not included in the “INCLUDED” section



Itinerary

DAY 1 : ARRIVAL TO CHAMONIX

Briefing in the afternoon and preparation of all equipment and logistics for the Trail running week.
Prologue stage from Chamonix to Les Houches.

Route: 7 km. Elevation gain: 57 m. Elevation loss: -110 m. Estimated time: 1 h.

Accommodation: Mountain hut

Meal: dinner

DAY 2 : LES HOUCHES - LES CONTAMINES

Route: 26 km. Elevation gain: +1,350 m. Elevation loss: -1,180 m. Highest point: 1,850 m. Estimated time: 4 h – 6 h

Accommodation: Mountain hut

Meals: breakfast + dinner

DAY 3 : LES CONTAMINES - LES CHAPIEUX

The route: 17 km. Elevation gain: +1,250 m. Elevation loss: -900 m. Highest point: 2,440 m.
Estimated time: 5 h – 7 h

Accommodation: Mountain hut

Meals: breakfast + dinner

DAY 4 : LES CHAPIEUX - COURMAYER

The route: 27 km. Elevation gain: +1,670 m. Elevation loss: -1,380 m. Highest point: 2,500 m.
Estimated time: 5 h – 7 h

Accommodation: Mountain hut

Meals: breakfast + dinner

DAY 5 : COURMAYER - LA FOULY

The route: 35 km. Elevation gain: +1,940 m. Elevation loss: -2,160 m. Highest point: 2,525 m.
Estimated time: 5 h – 7 h

Accommodation: Mountain hut

Meals: breakfast + dinner

DAY 6 : LA FOULY - TRIENT

Route: 31 km. Elevation gain: +1,200 m. Elevation loss: -1,500 m. Highest point: 2,230 m. Estimated time: 6 h – 8 h

Accommodation: Mountain hut

Meals: breakfast + dinner

DAY 7 : TRIENT - CHAMONIX

Route: 29 km. Elevation gain: +1,680 m. Elevation loss: -1,930 m. Highest point: 2,230 m. Estimated time: 4 h – 5 h

Accommodation: Hotel

Meals: breakfast

DAY 8 : RETURN

Después del desayuno, es hora de despedirse de una semana increíble de trail running.

Meals: breakfast

Payment and cancellation policy

Booking and Cancellation Policy

Initial Booking: To secure your spot, an initial payment of 30% of the total trip cost is required at the time of booking.

Final Payment: The remaining 70% 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.

Trip Cancellation Insurance: Clients may choose to purchase trip cancellation insurance in order to recover the full amount paid (according to the insurer's terms and conditions).

Right of Withdrawal: Participants may withdraw from the contracted trip, with the right to a refund of the amount paid, minus the penalties indicated. In addition, once the trip is confirmed, the participant must pay the amounts listed below. If the trip does not go ahead due to not reaching the minimum number of participants, the client may choose to keep the credit for future trips or request a full refund of the reservation.

Cancellation Policy 3

- Full refund within 24 hours of purchase
- Up to 60 days before the trip: 100% refund of the trip cost.
- Up to 45 days before the trip: 50% refund of the trip cost.
- Cancellations made less than 45 days before the trip: no refund.

*A management fee of €250 applies.

*Cancellation fees for already issued bookings will not be refunded. If there are any other non-refundable costs already incurred, these will not be refunded and will be deducted from the refundable amount.

*Issued flight tickets are 100% non-refundable.

Packing List

FUNCTIONAL CLOTHING

- Softshell jacket (windproof, water-repellent, lightweight) for normal activities, or Hardshell (Gore Tex waterproof) only in case of very bad weather
- Light waterproof pants
- Warm jacket: down jacket or preferably Primaloft (better water resistance)
- Light fleece
- Thermal pants and shirt for sleeping in the hut
- Shorts and technical T-shirts (quick-drying)
- Swimwear
- Underwear (recommended not to be cotton)

HEAD

- Light running cap
- Wool hat
- Neck gaiter or buff
- Sunglasses

HANDS

- Thin fleece gloves
- Trekking poles

FEET

- Socks (preferably non-cotton)
- Trail running shoes
- Trekking sandals with heel strap (optional)

BACKPACKS

- Trail running vest
- Rain cover for backpack
- Duffel bag

HUT GEAR

- Sleeping bag
- Earplugs

ACCESSORIES

- Headlamp and spare batteries
- Sunscreen, lip balm and after sun

FOOD/DRINK

- Hydration system minimum 1 L (Camelbak, canteen, or flexible bottle)
- Thermos (optional)
- Snacks, nuts, gels, hydration and plenty of energy bars, protein bars, nut mix, magnesium tablets and recovery supplements

TRAVEL GEAR

- Casual clothing
- ID or passport, visa, cash, insurance documents, vaccination card
- Microfiber towel
- First aid kit and medications
- Emergency blanket
- Mobile phone and GPS watch with route track
- Power bank, camera, charging cables, headphones, selfie stick...

FAQs

What is the Tour du Mont Blanc in trail running?

It is a unique 7-day experience running along the trails of the Tour du Mont Blanc, one of the most spectacular circuits in the world, accompanied by champion Núria Picas and a team of guides. The route passes through France, Italy, and Switzerland.

How many kilometers and elevation gain does the route have?

The route covers approximately 160 km and over 10,000 meters of total ascent across 7 stages. Although it's demanding, the pace is adapted to the group, with full logistical support and a guide at all times.

Do I need to be an elite runner to participate?

It is not necessary. You need to be in good physical shape and have prior experience in mountain races or treks, but this is not a competition. The group runs together, with frequent stops to enjoy the scenery. There are always two guides: Núria Picas leading at the front and another guide at the back of the group, so if someone prefers to walk certain sections, that's perfectly fine. We also have a support van that transports luggage between stages and is available in case of incidents or if a participant needs a break or a transfer.

How many people are in the group?

The group is limited to a maximum of 15 people, allowing for a close, dynamic, and highly personalized experience with Núria Picas and the mountain guides. The team consists of two guides (one leading and one at the back) and support staff, enhancing safety and fostering a well-cared-for team atmosphere throughout the entire journey.

What sets this tour apart from other trail running trips?

The combination of a legendary route like the TMB, the presence of Núria Picas —winner of the UTMB—, professional guidance, and well-organized logistics makes this experience truly unique. Some participants use it as the perfect preparation for the UTMB, since the race takes place just a month later. But beyond performance, it's about living an unforgettable human and alpine adventure, sharing the trail with one of the world's trail running icons.

What kind of food is provided?

The trip includes half-board accommodation in mountain huts (breakfast and dinner). During the day, we eat energy bars, nuts, and snacks that each participant carries in their backpack, although it's also possible to buy something at the huts where we stop. Menus can be adapted for vegetarian or restricted diets if communicated in advance. Maintaining good nutrition during the trek is key to performing well.

How do I get to Chamonix?

The fastest way is to fly to Geneva Airport (GVA) and from there take a direct bus to Chamonix, which takes around 2 hours and runs several times a day. Additionally, the organization often arranges carpooling from Barcelona—a very practical and cost-effective option for those departing from Spain, as travel costs are shared and the journey can be enjoyed as a group.



Contact us!

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