

TRAIL RUNNING

# MONTBLANC HIGHLIGHTS TOUR WITH NÚRIA PICAS

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Run on the best Montblanc trails accompanied  
by a UTMB® legend



# FRANCE



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Live an unforgettable week of trail running through the best sections of the Montblanc Tour, accompanied by Núria Picas with a small group of only 7 people. Accommodation in a mountain chalet in Les Houches, full board and guided routes every day.

[View Web Program](#)

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



## RECOMMENDED MONTHS

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JULY



## PRICE

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**From 1.550€ /person**

Group discounts









# Highlights

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- RUN ALONGSIDE NÚRIA PICAS ON THE UTMB® TRAILS
- DISCOVER SPECTACULAR ALPINE LANDSCAPES EVERY DAY
- COMFORT IN EXCLUSIVE CHALET WITH FULL BOARD
- PERFECT YOUR TRAIL RUNNING TECHNIQUE ON REAL TERRAIN.

# 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](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
Tour Mont Blanc Núria Picas trailrunning	14 Jul 2026	6	7	Chamonix	1.550€
Tour Mont Blanc Núria Picas trailrunning	19 Jul 2026	6	7	Chamonix	1.550€

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



## ***Included***

- Guide: Núria Picas, UTMB® champion
- Small group of just 7 people.
- 6 trail-running stages
- Workshops to improve your trail-running technique.
- 6 nights in a chalet house in Les Houches (Chamonix valley).
- Full board: breakfasts, picnic lunches, and dinners.
- Private in-country transfers each day.
- Welcome pack.
- Support vehicle for contingencies and transfers.
- 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)
- Tips (optional)
- Anything not included in the “INCLUDED” section





# Itinerary

## DAY 1: ARRIVAL TO LES HOUCHES AND PROLOGUE STAGE

Arrival at the chalet in Les Houches, followed by an easy afternoon outing to help the body acclimatise to the Alpine environment. We'll complete the "prologue" stage (Chamonix-Les Houches), our first introduction to the valley trails, with spectacular views of Mont Blanc.

Distance: 8 km • Elevation gain: +200 m

Accommodation: Chalet

Meals: Dinner

## DAY 2: LES HOUCHES – LES CONTAMINES (FRANCE)

A varied stage crossing lush forests and alpine meadows, with continuous panoramas of the massif. We cross the Col de Voza and descend into the Les Contamines valley.

Distance: 22.5 km • Elevation gain: +1,400 m

Accommodation: Chalet

Meals: Breakfast + picnic lunch + dinner.

## DAY 3: LES CONTAMINES – LES CHAPIEUX (FRANCE)

A demanding high-mountain day. We climb the legendary Col du Bonhomme and Col de la Croix du Bonhomme, finishing in the beautiful, remote valley of Les Chapieux.

Distance: 19 km • Elevation gain: +1,350 m

Accommodation: Chalet

Meals: Breakfast + picnic lunch + dinner.

## DAY 4: COURMAYEUR – LA PEULE (ITALY – SWITZERLAND)

The queen stage of the trip. From Courmayeur, we climb up to Rifugio Bonatti and cross the Grand Col Ferret into Switzerland's lush green valleys. A truly alpine stage with awe-inspiring scenery.

Distance: 27 km • Elevation gain: +1,950 m

Accommodation: Chalet

Meals: Breakfast + picnic lunch + dinner.



#### **DAY 5: CHAMPEX-LAC – VALLORCINE (SWITZERLAND – FRANCE)**

A dynamic traverse through Swiss lakes and forests, crossing the Col de la Forclaz. Perfect for running smoothly, soaking up the surroundings, and enjoying the flow of Alpine singletrack.

Distance: 26 km • Elevation gain: +1,700 m

Accommodation: Chalet

Meals: Breakfast + picnic lunch + dinner.

#### **DAY 6: COL DES MONTETS – CHAMONIX (FRANCE)**

Final stage with a real sense of farewell. We climb up to La Flégère for unforgettable views, then descend back into Chamonix—an ideal day to celebrate everything we've experienced throughout the week.

Distance: 15 km • Elevation gain: +800 m

Accommodation: Chalet

Meals: Breakfast + picnic lunch + dinner.

## ***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.



## Gear 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
- Shorts and technical T-shirts (quick-drying)
- Ropa interior.

### HEAD

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

### HANDS

- Thin fleece gloves
- Trekking poles

### FEET

- Calcetines
- Trail running shoes
- Sandalias/chancas/zapatillas extra para el día a día.

### BACKPACKS

- Trail running vest

### ACCESSORIES

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

### FOOD/DRINK

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

### TRAVEL GEAR

- Casual clothing
- DNI o pasaporte, dinero en efectivo, documentación del seguro.
- Toalla
- First aid kit and medications
- Emergency blanket
- Mobile phone and GPS watch with route track
- Auriculares, libros...

# FAQs

## **What weather can I expect?**

In summer, the weather in the Alps can vary. You can expect good weather, but also rain or rapid changes. It is essential to wear technical clothing and be prepared for variable conditions.

## **How many kilometers and elevation gain does the route have?**

Capability is required to run routes of 20–30 km and more than 1,500 m of positive elevation daily for several consecutive days. This trip is not for beginners. Experience in mountains, ability to manage prolonged efforts and move safely on technical terrain is necessary. Although demanding, the pace is adapted to the group, with logistical support and a guide at all times.

## **Do I need to be an elite runner to participate?**

Of course not! You need to be in good physical shape and have previous experience in mountain races or hikes, but it is not a competition. The group runs together, with frequent stops to enjoy the scenery. We also have a logistic support van available in case of incidents or if a participant needs rest or occasional transport.

## **How many people are in the group?**

The group is limited to a maximum of 7 people, allowing a close, dynamic, and very personalized experience. The team consists of a guide (Núria Picas) and logistical support staff responsible for transfers and cooking.

## **What makes this tour different from other trail trips?**

The combination of an iconic route like the TMB, the presence of Núria Picas — UTMB winner — professional accompaniment and careful logistics make this experience truly unique. Some people use it as ideal preparation for the UTMB, as the race is held just one month later. But beyond performance, it is about living an unforgettable human and alpine adventure, sharing the path with a worldwide trail running reference.

## **What kind of food is offered?**

The trip includes full board: breakfast, picnic to carry during the route, and homemade dinner at the chalet, prepared by a cook. 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 Les Houches/Chamonix?**

The quickest way is to fly to Geneva airport (GVA) and from there take a direct bus to Chamonix, which takes about 2 hours and has several departures daily. Additionally, the organization usually coordinates shared cars from Barcelona, a very practical and economical option for those coming from Spain, as travel costs are shared and the journey is enjoyed in a group.

## **What type of accommodation does the trip include?**

We stay in a typical mountain chalet in Les Houches. The group has exclusive use of the accommodation, with shared rooms, cozy common areas, and all necessary comfort.



**What are the routes like each day?**

Each day features a different stage of the Tour du Montblanc, selecting the most spectacular sections. They are demanding routes, but there is the possibility to do shorter versions if necessary.

**Are transfers included during the week?**

Yes, every morning a vehicle takes the group to the starting point of the route and picks them up at the end to return to the chalet.

**What should I carry in my backpack during the routes?**

It is recommended to carry a trail running vest with only the essentials: water, some extra food, windbreaker, rain jacket, headlamp, and personal safety items. A detailed list is provided before the trip.

**Can I participate if I have a recent injury?**

It is not recommended. This trip demands several intense days. If you have an injury, it is best to wait until you are fully recovered.

**Can I go alone or do I need a companion?**

You can come alone without any problem. In fact, many people sign up individually. You will share the experience with a small and like-minded group.



## Contact us!

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*View web Program*



Trail Running

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