



## 10-Days « Tour du Mont Blanc » Suggestion

**PRICE PER PERSON : 1500€ for 12 people\***

*\* depending on the refuges disponibility and booking. Please not that price can be change if one of this refuge are not available and we need to change something and order a taxi for exemple.*

**If you are only 10 people : 1595€/pers. and 11people : 1542€/pers**

### The price includes :

- Luggage transfer for 13 people (including guide) over 8 stages (2 night without luggage transfer)
- Half board (diner, night and breakfast) for 10 days hiking,
- 4 lunch boxes included : day 2, day 5, day 9 & day 10 + bottled drinking water (3L) in day 10
- Twin room in IH Hotel in Courmayeur
- Cheese and local produce tasting
- 2 cable-cars (Bellevue & Brévent)
- 1 taxi transfer (Monte Bianco Refuge to Courmayeur Hotel – Day 3)
- bus transfer \*2
- TMB passport
- Guide fees, accomodation and meals.

### The price not includes :

- The two days of sightseeing before the trek and the day after the trek.
- Diner in Courmayeur (day 3)
- 6 lunch : day 1, day 3, day 4, day 6, day 7, day 8
- Drinks and other beverages
- Cancellation and repatriation insurance.

### Meeting point and dispersion :

At your Hotel in Chamonix, at 8 o'clock, Friday september the 4th.

Dispersion Sunday september the 13th at 17 o'clock.

### Physical level :

This trek is classified as “challenging” due to the rocky terrain, the altitude and the, duration. The kilometers and altitude differences remain accessible to all good walkers.

This trek is for hikers with experience of walking for several days. It is therefore desirable to have experience of trekking for several consecutive days. The altitude, a few long days (hours and elevation changes), the uneven terrain, the nights in refuges are factors requiring a good knowledge of one's physical and, even more, of one's mental state. It is also important to have a team spirit.

## How many are we?

12 people and the guide

## Where do we sleep?

During your stay in the Mont Blanc range, you will stay in mountain refuges (4 people to 12 people dormitories, sometimes private - only your groupe- and sometimes shared) and an hotel (twin room) in Courmayeur

⇒ **Refuge already booked (August the 4th 2025)** : Nant Borrant (1st night), Les Mottets (2<sup>nd</sup> night), iH Hotel Courmayeur (3rd night), Maya Joie La Fouly (5th night), La Grande Ourse (7th night)

⇒ **Booking available later** : Refuge Bon Abri (in october), Refuge Bonati (4th night) Refuge CAF du Tour (in november), Refuge du Lac Blanc (in january)

\*Please note that price can be change if one of these refuges are not available and I need to change something in the programme and order a taxi for example.

## Enjoy your meal!

Dinner, breakfast and lunch (4/10) are made by the accommodations. Carine will complete the lunch with local products. Some lunches (4/10) are not included so you can eat at the **refuge** you encounter along the way. This allows you to choose what suits you best. As you pass through towns, you can also buy picnics at supermarkets (not included in the price).

## What about transfers?

On Day 1, you will take Bellevue Cable Car (included in your stay).

On Day 3, you will take a taxi from Refuge Bonati to iH Hotel in Courmayeur (included in your stay).

On Day 10, you will take La Flégère Cable Car (included in your stay).

All other journeys are on foot. This route includes three passes at 2,500 m. At this altitude, snow can fall every month of the year. Sometimes, this snowfall makes crossing a pass impossible. In this case, your guide will arrange an exceptional transfer to the next accommodation. The cost of this transfer will be shared between the participants.

## Carrying / Luggage transfer

Luggage will be transported by taxi. You will only carry one bag containing your daily essentials and the lunch provided. We ask that you have one piece of luggage per person that is weighing no more than 15kg.

Luggage must be soft-sided (no suitcases). It must not contain any valuable, fragile, or prohibited items. Also prohibited are identity papers, medications, food, and drinks. We accept no liability for damage to any fragile items (e.g., laptops).

Out of respect for the people transporting your luggage, please remember that you are in the mountains, that the areas surrounding the accommodations may be difficult (stairs, snow or ice in winter, etc.), that space in vehicles is limited, and that you may have to travel several hundred meters between the vehicle and the accommodation. With a little practice, your luggage should not exceed 12 kg.

Your guide will give you practical advice on how to reduce the weight of your transfer bag while ensuring your comfort.

## In my bag / équipement list

Carine will give you the list of recommended equipment in October 2025.

## 10-Days Tour du Mont Blanc trekking programme

### DAY 1: Les Houches to Refuge de Nant Borrant = 19km – 970m D+ & D- 1318m

Start in Les Houches – Bellevue Cable-car - Col du Tricot – Chalets de Miage – Chalets du Truc – Les Contamines – Notre-Dame de la Gorge – Refuge Nant Borrant

=> Lunch at Chalets de Miage or Chalets du Truc (not included in the price)

Overnight stay at the Nant Borrant Refuge : **6-person dormitory**

**with luggage transfer and picnic for the following day (included in the price.)**

### DAY 2 : Refuge de Nant Borrant to Refuge des Mottets = 18km - 1470m D+ et 1060m D-

Nant Borrant - Refuge de la Balme – Col du Bonhomme – Col de la Croix du Bonhomme – option Col des Fours (if good condition (or descent to Les Chapieux and shuttle to Refuge des Mottets) – Ville-des-Glacières – Refuge des Mottets

=> Picnic lunch box from Refuge Nant Borrant, included in the price.

Overnight stay at the Mottets Refuge (**4-person dormitory**) with luggage transfer.

### DAY 3 : Refuge des Mottets to Courmayeur (iH Hôtel) = 20km - D+1130m & D- 1300m

Col de la Seigne – Refuge Elisabetta– Lac Combal – Refuge de Maison Vieille - refuge Monte Bianco

=> Lunch at the Elisabetta Refuge (not included in the price)

**Departure to Courmayeur by taxi**

Overnight stay in a 4-star hotel (**room 2 pers.**) with luggage transfer.

**Picnic can be purchased in Courmayeur for the following day (day 4) – (not included in the price)**

**Diner in a restaurant (not included in the price)**

### DAY 4 : Courmayeur to Refuge Bonati = 15km D+ 1200m & D- 780m

Ascent to Refuge de Bertone - Mont de la Saxe – Arminaz – Refuge Bonati (or option balcony path).

Overnight stay at the Bonati refuge (**dormitory**). **No luggage transfer.**

**Picnic for the following day (day 5) included in the price**

### DAY 5 : Refuge Bonati to La Fouly = 19,2km D+ 869m & D- 1300m

Refuge Bonati - Arp Nouva - Refuge Elena - Grand Col Ferret - La Peule - Planproz- La Fouly Maya Joie

Overnight stay at the Maya Joie hostel (**12-person dormitory**) with luggage transfer.

=> Picnic lunch box for the following day (day 6) will be purchase in La Fouly shop (not included in the price)

### DAY 6 : La Fouly to Champeix d'en Haut = 16,5km, 500m D+ et 650m D-

La Fouly - Praz de Fort - Issert – Champeix-Lac

Overnight stay at the Bon Abri lodge (**6-person dormitory**) with luggage transfer

**DAY 7 : Champeix d'en Haut – Trient La Grande Ourse = 14,2km 720mD+ & 900m D-**

Champeix d'en haut - Bovine – Col de la Forclaz – Trient

=> **Lunch at Bovine Refuge (not included in the price)**

Overnight stay in La Grande Ourse (**8-person dormitory**) with luggage transfer

**DAY 8 : Trient – Le Tour = 14,6km 1130mD+ & 950m D-**

Trient – Col de Balme – Col des Posettes – Aiguilles des Posettes – Le Tour

=> **Lunch at Col de Balme Refuge (not included in the price)**

Overnight stay at the CAF du Tour refuge (**5 person dormitory – please note that you may be in a dormitory with person you don't know ! It's only 5 person dormitories and it's not possible to privatise a dormitory**) with luggage transfer

=> **Picnic lunch box for the following day (day 9) included in the price**

**DAY 9 : Le Tour – Lac Blanc = 11km D+1105m**

Le Tour – Trélechamps – Balcon Sud - Lac des Chésery – Lac Blanc – Lac de Persévérance - Refuge du Lac blanc

Overnight stay at the Lac Blanc Refuge (**dormitory**) **No luggage transfer.**

=> **Picnic lunch box for the following day (day 10) included in the price**

**DAY 10 : Lac Blanc – La Flégère = 15km D+1020m & D-890m**

Lac Blanc - l'Index – Lacs Noirs – Col de la Glière – Lac Cornu - Planpraz – Col du Brévent – Cable car Brévent

**Descent to Chamonix by La Flégère cable-car**