



Compagnie des Guides de Chamonix

190 place de l'église - 74400 Chamonix – France - Tél : + 33 (0)4 50 53 00 88

www.chamonix-guides.com - e-mail : info@chamonix-guides.com

TRAIL RUNNING - 5-DAY TOUR DU MONT BLANC

Duration: 5

Level: ▲▲▲▲▲

Price from: 960 €

The legendary loop in the Northern Alps offers a unique adventure to trail runners in search of self-transcendence. Over more than 150 kilometers and 10,000 meters of elevation gain, the Tour du Mont Blanc trail provides magnificent views of the peaks and glaciers of the Mont Blanc Massif. It's also an opportunity to immerse yourself and discover an exceptional natural and cultural heritage. This race will take you on the trails of the famous Ultra Trail du Mont Blanc, spanning France, Switzerland, and Italy. To give this intensive Tour du Mont Blanc the character of a real race, we have programmed it for semi-autonomy. You will carry your belongings for the entire 5 days while enjoying daily lunch supply at mountain accommodations. To ensure a high-quality experience, the group size is limited to 8 people. Your guide will take good care of you to help you endure and surpass yourself.

This program is part of a series of programs we have developed thanks to the unique experience of our trail team, composed of specialized mountain guides who are multi-finishers in major races. Challenge yourself with our [day Tour of the Aiguilles Rouges](#), develop endurance during our [intensive weekend](#), and complete the full [Tour du Mont Blanc in only 5 days](#).

ITINERARY

Day 1

Chamonix - Nant Borrant refuge

Departure from the Chamonix church next to the Compagnie des Guides. The first section to Les Houches is considered as a warm-up: a few short climbs and descents on very rolling terrain. The first real climb takes us to Bellevue, where we change valleys and reach the Val Montjoie. The Col du Tricot, the first real difficulty, is nevertheless easy to climb. We then descend to Miage valley, where we will have lunch. In the afternoon, we pass through the village of Les Contamines Montjoie before tackling the famous Roman road to reach our refuge, Nant Borrant, where we spend the night.

Distance: 29 km / Total ascent: D+ 1886 m

Day 2

Nant Borrant refuge - Maison Vieille

We start our day with a succession of two passes: the Bonhomme pass followed by the Croix du Bonhomme. A long descent takes us to Les Chapieux and then to La Ville des Glaciers, following the glacier's eponymous torrent. After a refreshing lunch break, the next climb takes us to the Col de la Seigne and Italy, where we descend into the Val Vény in the direction of Lac Combal, at the foot of the Pyramides Calcaires and close to the remains of the Great War. We finish our descent to the lake and then head towards the Alpine pastures of Arp Vieille to finally find our refuge at Maison Vieille, overlooking Courmayeur, where we will spend the night.

Distance: 32 km / Total ascent: D+ 2404 m

Day 3

Maison Vieille - La Fouly

After a good breakfast, we descend to the beautiful town of Courmayeur down to the valley, before switching again to an ascent that takes us to the Bertone refuge, at 1991 metres. We are in front of the magnificent valley of the Italian Val Ferret and the southern side of the Mont Blanc massif. We return to the Bonatti hut, where we will have a refreshing break. The magnificent balcony trail gives us a chance to admire some of the massif's iconic peaks, including the Dent du Géant, the Grandes Jorasses and Mont Dolent. Once we reach Arnuva, we are in front of the imposing Grand Col Ferret. The steep and straightforward ascent takes us to the Italian-Swiss border at the top of the pass at 2537 metres. The descent to the Swiss Val Ferret is smooth and very pleasant all the way to La Fouly. You will have access to your luggage at the hotel where we will

spend the night !

Distance: 35 km / Ascent: D+ 2103 m

Day 4

La Fouly - Trient

After this first Swiss night of our Tour du Mont Blanc, we continue our journey along a very pleasant path along the Dranse de Ferret to Praz de Fort, from where we begin a climb in the shade of spruce trees towards the charming village of Champex and its lake. We anticipate the lunch, thanks to few shops, before heading to Trient. A dreaded climb by runners of the legendary ultra-trail called "Bovine" awaits us. It is steep and hard, but relatively short! Beautiful Helvetian alpine pastures cross our path as we make our way to the Col de la Forclaz, from where we can see our refuge for the night at Trient. There's just one more descent before our rest.

Distance: 30 km / Difference in altitude: D+ 1450 m

Day 5

Trient - Chamonix

Last wake-up, last efforts, last admiration. On this fifth day of our lovely trail running, we enjoy a magnificent ascent, first through the forest, then around beautiful alpine meadows dotted with colourful flowers, towards the Col de Balme, from where we overlook the entire Chamonix valley. The rolling path leads us to the sublime Aiguillettes des Posettes. We admire The Tour glacier with its characteristic bluish colors. A fairly technical path takes us to the Col des Montets, for our final ascent to Tête au vent. The short and narrow trails give way to a vast alpine meadow bordered by lakes as far as the Lac Blanc refuge, where we can enjoy a break. The descent to La Flégère and then Chamonix is our last effort before the great comfort of returning to the Arve river, which we follow until we reach the church in Chamonix. The end, well done ! A tour du Mont-Blanc in 5 days, that's something to celebrate!

Distance: 29 km / Ascent: D+ 2083 m

GROUP BOOKING

The collective formula associates several people who do not necessarily know each other. It allows for a planned program to benefit from an attractive price on fixed dates. This formula is ideal for people looking for the friendliness of a group.

Dates : Find all the dates available in the drop-down list below

Price 2024: 960€ per person - based on a minimum of 5 participants

This price includes :

- the organization and supervision by a state qualified trekking guide
- half-board accommodation in either a basic hotel or gîte in either a dormitory or double/twin room
- lunch in mountain huts

Not included in the price :

- drinks and personal expenditure (souvenirs...)
- repatriation insurance (compulsory). Cancellation Insurance highly recommended.

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. 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 : 4160 per person | 5 people : 1275€ par person
- 2 people : 2355€ par person | 6 people : 1155€ par person
- 3 people : 1755€ par person | 7 people : 1070€ par person
- 4 people : 1455€ par person | 8 people : 1005€ par person

This price includes :

- the organization and supervision by a state qualified trekking guide

- half-board accommodation in either a basic hotel or gîte in either a dormitory or double/twin room
- lunch in mountain huts

Not included in the price :

- drinks and personal expenditure (souvenirs...)
- repatriation insurance (compulsory). Cancellation Insurance highly recommended.

FURTHER INFORMATION

Find all the information regarding this activity in this section. For additional details, please contact our advisor (contact information above).

Meeting point : meet at 8.30am in front of the Compagnie des Guides in Chamonix, 190 place de l'Eglise, 744000 Chamonix Mont-Blanc.

Ability level : 4/5. The Tour du Mont Blanc Trail in 4 days is of a sustained difficulty. 150km and 10000m of elevation in total. A minimum of 2500m (8202ft) and a maximum of 3000m (9842ft) vertical gain, and between 30km to 40km per day or 6h - 8h of daily trail running. Running on comfortable and well-maintained trails. An intensive practice of running and trail experience are essential.

Guiding policy : minimum 5 and maximum 8 people per state qualified guide. The Compagnie des Guides de Chamonix's guiding policy is one of the strictest in the mountain guiding business. It guarantees a better level of comfort and a high-quality personalised advice.

Important : Registration possible from 16 years of age. Registration is not permitted to anyone under the age of 18 without a legal guardian.

Accommodation :

- During the trip : 2 nights half board in mountain huts in dormitories, 2 night half board in inns a double/twin room.
- *For people signing up alone, we cannot guarantee that you will share your room with a person of the same gender.*
- Before & after the trip : benefit from preferential prices from our partner hotels in Chamonix.

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.

Preparing for the trip : There is a preparation meeting the day before departure at 6pm at the Compagnie des Guides Office to review the equipment and give you all the tips to make the most of your trip.

EQUIPMENT

The content of your trail backpack is quite close to the mandatory equipment required on an Ultra Trail. Take special care in choosing your equipment because it contributes greatly to the success of your trip, lightening the load is paramount to a successful trip ! Hand washing possible every night and lunches will be in a refuge or inn. All equipment must be protected against the rain (zip loc type freezer bags).

Equipment

- A trail backpack
- A pair of trail shoes in good condition

Clothes

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 the entire trip :

- 1 running shorts
- 2 under t-shirt (wear one, one spare)
- 1 pair of leggings
- 1 very light waterproof overtrousers
- 2 t-shirt
- 1 light warm layer
- 1 additional warm jacket (sufficiently compressible)

- 1 lightweight gore-tex jacket
- Lightweight beanie
- Cap
- Buff neckband
- Light gloves
- 2 pairs of socks (wear one, one spare)

Accessories

For the entire trip :

- 1 pair of sunglasses index 3 minimum
- Sun protection cream
- Toilet paper and a lighter (to make it disappear)
- A reduced pharmacy (Ibuprofen, double skin, elastoplast-type bands, etc.)
- Survival Blanket
- A toiletry bag reduced to its bare minimum (sample of toothpaste, toothbrush, small soap, dry shampoo, moisturizer, etc.)
- A small terry towel
- Handkerchief
- Hydroalcoholic gel to clean your hands
- Sleeping bag liner (cotton or silk)
- Earplugs for the dormitory
- 1 pair of poles
- Flasks or camel bag with a capacity of 1.5 litres
- Mini frontal light
- Energy food for the day
- Money for your personal expenses
- A little laundry soap
- Charger for watch and smartphone
- Nok-type anti-friction cream

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

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