

Tour du Mont Blanc Itinerary

Day 1: Arrival in the Chamonix Valley

You will be met by the Yeti Lodge team, who will show you the chalet and your room for the night. Your guide will come to meet you in the evening to have a chat about the trip, to check your equipment and answer any questions you may have.

Day 2: Chamonix Valley to Les Contamines

We set off from Les Houches, enjoying stunning views of the Chamonix Valley, as we use the cable car to gain a 900m to start the trip. We cross under the Bionnassay glacier and head up to the Col de Tricot, 2120m, before a steep descent to the Miage pastures. From there a short climb over another col, before heading down through the forests to the small town of Les Contamines. Ascent: 700m.

Day 3: Les Contamines to Les Chapieux

Starting along a Roman road, we make the long ascent through mountain pastures to the Col du Bonhomme at 2599m. We then traverse the hillside to another slightly higher col where ibex can often be seen, before a gentle descent to the lovely hamlet of Les Chapieux, where herds of sheep, goats and cows spend the summer grazing. Ascent: 1300m.

Day 4: Les Chapieux to Courmayeur

We ease into the day with a short minibus transfer to the valley where cows produce the famous Beaufort cheese - with the opportunity to buy some for a picnic! Then it's a steady climb to the Col de la Seigne, 2516m, and into Italy with views of the 'other side' of Mont Blanc. From the col we have a gentle descent to the valley past the famous south ridges of the 'Blanc', such as the Peuterey with its impressive jagged skyline. We take the bus down to the ancient Italian town of Courmayeur. Ascent: 830m.

Day 5: Courmayeur to Champex via Grand Col Ferret

We leave the old quarter of Courmayeur and head up a long hike to the Grand Col Ferret (2537 m). Here we cross the border from Italy to Switzerland. You will appreciate the views and the quick change of the scenery between the two sides of the Mont Blanc. There we descent to La Fouly and take a bus to Champex where we will spend the night. Ascent: 870m

Day 6: Champex to Trient

Today we have two options and your guide will decide which path to take depending on the conditions. The first option is to climb up to the Fenêtre d'Arpette 2670m. This climb is physically very demanding but you will be rewarded with amazing views of the Trient glacier. The other option is a steepish climb along the Bovine trail, which traverses the mountainside through flower filled pastures. We enjoy a picnic lunch at a rustic refuge, with the chance to learn about the famous Swiss fighting cows. A transfer bus will take us back over the Swiss/French border to Argentière where we will spend the night. Ascent: 570m

Day 7: Lac Blanc

We take the path up through the Aiguilles Rouges Nature Reserve to reach the start of our ridge walk which will lead us upwards to Lac Blanc. En route we often see ibex, chamois, and marmots. It really can be a great chance to get up close to some of the alpine wildlife! At Lac Blanc there is an opportunity to visit the refuge and indulge in some homemade tart and a coffee. We then descend to the mid-station at La Flégère and descend to Chamonix by cable car before returning to Argentière. Ascent: 900m

Day 8 - Leaving Day

One last breakfast together and then it's time to say goodbye and swap contact details with your hiking buddies.