

Best of the Tour du Mont Blanc

Trip Code: BTM

Version:



WALK & TREK



GUIDED GROUP

MODERATE



HIGHLIGHTS

- Experience an incredible Alpine walking holiday in just one week of adventure
- Enjoy the varied mountain cultures of France, Italy and Switzerland
- Recharge at night in fantastic family-run hotels
- Excellent IML guide, and all meals and baggage transfers are included

AT A GLANCE

- 6 days trekking
- Max altitude - 2670 metres
- Join at Chamonix

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

An iconic walking holiday at the heart of the European Alps, the Tour du Mont Blanc circumnavigates the massif of Mont Blanc, crosses the borders of France, Italy and Switzerland and includes some of the most spectacular mountain scenery and trekking imaginable. This adventure features a carefully crafted selection of all the best stages of the Tour du Mont Blanc and links them by short vehicle transfers, perfect for those who want to experience the tour within just one week. With its rich mountaineering history and unsurpassed cultural diversity, this corner of the Alps has an irresistible attraction for the world's adventurers, climbers and hikers alike.

Mont Blanc itself, at 4807 metres is the high point of the range and the biggest peak in Western Europe. During our 6 days of trekking, we will get to see all of the highlights of this famous long-distance walk, including all of the best mountain views. Our route will tackle several major pass crossings, such as the Col de Bonhomme and the Col de la Seigne. For those with limited time, this one-week highlights version of the Tour du Mont Blanc offers superb trekking as well as a wealth of unforgettable Alpine experiences.

Is this holiday for you?

This is a well established Alpine walking holiday on good trails throughout. During the holiday, we walk the best sections of the classic Tour du Mont Blanc trek, linking these with short transfers. The average distance covered during each day's walk is around 15 kilometres and there is a fair amount of ascent and descent. However, the pace of the walking is quite leisurely and regular hillwalkers will find this Mont Blanc trek to be well within their capabilities. Additionally, vehicle transport for your main bag, means that you need carry no more than a small daypack.

Itinerary

Version:

Holiday Information

What's Included

- A professional English-speaking guide
- All transfers and cable cars involved in the itinerary
- All accommodation as described
- All meals
- Services of a support vehicle for baggage transfers

What's not Included

- Travel Insurance
- Visa fees (if applicable)
- Airport transfers
- Miscellaneous personal expenses

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on [Travelling by Train](#).

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

Meal Plan

All meals are included in the holiday price from dinner on day 1 to breakfast on day 8. For lunch we provide a large sandwich and 2 trail bars. If you wish to take additional trail bars and snacks (not chocolate as it can melt) we recommend you bring these with you (or purchase them in local supermarkets) to keep in your trek bag as these can be expensive from hotels and refuges en-route.

Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

As might be expected, the food available in restaurants and hotels in France and Switzerland is excellent. Continental breakfasts and evening meals are taken in the accommodation. For lunch we provide a large sandwich and additional snacks can be purchased from the huts or supermarkets when in the valley.

Accommodation

During this trip, the group start and finish the trek at a hotel in the Chamonix Valley. The first and last hotel might not be the same hotel, if so, we will arrange for any left luggage to be transferred between the two for you.

On trek, the group will spend 4 nights in very comfortable hotels, chosen for their location, charm and character. Where we can, we will book couples in twin rooms. Other travellers will be accommodated in same sex twin or triple rooms, which may be with shared bathrooms. Single rooms are not available. On one night, the accommodation may be in a non-segregated, dormitory. This type of shared accommodation is all part of the Alpine mountain experience.

Group Leader & Support Staff

The group will be led by an experienced and qualified mountain leader.

Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude.

Baggage Allowance

For this holiday you should take one piece of luggage (maximum weight on arrival at group hotel is dependent on your international flight restrictions) and a daypack (of around 30 - 40 litres).

Our baggage transfer company who transport your main bag from guesthouse to guesthouse throughout the trek have requested that everyone uses a duffel type bag. They will not take hard suitcases. Please note that there is a strict weight limit of 15kgs maximum for bags to be transferred and no fresh produce should be left in these bags.

You can leave a bag at group hotel if required. If the first and end hotels are not the same, the luggage will be transferred between the hotels for you.

Your main bag will be transferred between overnight stops and you should have this ready for collection by 8.00 each morning. The bag will normally be delivered to your hotel by 17.30.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Currency

The currency for part or all of this holiday is the Euro.

The unit of currency in Switzerland is the Swiss Franc.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a walking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We would suggest that you adopt a weekly exercise regime leading up to your trip. Running and swimming are good for developing better stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

The temperatures that we can expect to encounter during the day will be generally warm, ranging from 15°C/ 59°F to 25°C/ 77°F. It can be cool in the evenings at our highest overnight stopping places, falling close to freezing point at night. The weather is usually stable during July and August, but mountainous areas do generate their own weather systems and occasional rain and even stormy weather cannot be ruled out. You should be prepared for all eventualities!

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Walking Guide to the Tour du Mont Blanc. Andrew Harper (Cicerone Press).
- Tour of Mont Blanc. Trekking Guide. Kev Reynolds.

Maps

IGN (Institut Geographique National) 1:50,000 scale.

The IGN also produce a 1:25,000 series covering the route but these are not very practical as you would require several sheets. The 1:50,000 Carte de Randonees series of walking maps provides a detailed topographic map with a useful contour interval of 20 metres. This is a good scale for following the route on the ground and means you only need one map: Pays Du Mont-Blanc - Aravis - Chamonix - Courmayeur A1

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You should bring the following items:

- Hiking boots

- Socks

- Trekking trousers

- Waterproof overtrousers

- Underwear

- Baselayer shirts (1 short sleeve, 1 long sleeve)
- Fleece jacket or warm jumper
- Waterproof jacket
- Thermal gloves
- Warm and waterproof gloves or mittens
- Sunhat
- Warm hat
- Sunglasses
- Daypack 30 - 40 litres should be sufficient
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial hand wash
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment.

◆ **The following items are optional:**

- Travel shoes / Trainers
- Gaiters

- Spare laces
- Shorts
- Shirts (e.g. T-shirts)
- Thermal baselayer - leggings
- Swimwear (sauna/hot tub may be available)
- Trekking poles (highly recommended)
- Insect repellent
- Camera
- Travel clothes
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Reusable cloth bag for shopping (to avoid plastic bags)

Note

We request that you keep the weight of your main baggage to less than 15kgs for the baggage transfers.

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

Why Choose KE

Why KE

We were the first to create a trip which includes the highlights of the Tour du Mont Blanc region in a week long adventure, so we really know how to create the best Alpine experience for you. Relax in lovely accommodation and walk worry-free with all baggage transfers and meals included.

Please Note This document was downloaded on 03/07/2024 and the trip is subject to change