

# Self-Guided Tour du Mont Blanc - Hut to Hut

Trip Code: SGHT

Version:



WALK & TREK



SELF-GUIDED



CHALLENGING



## HIGHLIGHTS

- Tick off the bucket-list Tour du Mont Blanc trek at your own pace
- Stay in traditional mountain lodging for the real Alpine experience
- Hike through three countries in just one week: France, Italy and Switzerland

- Soak up the buzz of Chamonix, the Alpinist's hub

## AT A GLANCE

- Self-Guided
- 7 days trekking
- Max altitude 2665m
- Daily departures available
- Suitable for 2+ travellers
- Join at Chamonix

## ACCOMMODATIONS & MEALS

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

# Introduction

Soaring at an altitude of 4,808m and the highest point in Western Europe, Mont Blanc has long enthralled and enticed adventurers looking to set foot on its revered slopes. One could even consider the iconic Tour du Mont Blanc as a kind of pilgrimage, completing the circuit on foot and with the reward of sumptuous scenery throughout.

In just 9 days, this self-guided trek circumnavigates the magnificent massif by starting and ending in Chamonix, the vibrant town that has attracted Alpinists for generations. Over the week, you will experience the true character of Alpine trekking by staying 6 nights in dormitory accommodation in mountain refuges and auberges with fellow hikers, share your stories and recount the exploits of mountaineering legends who have come before you. Utilising local transfers allows you to maximise your week and focus your energies on the most breath-taking sections of this classic route through France, Italy and Switzerland.

## Is this holiday for you?

This trip is perfect for you if you are an active hillwalker looking for a challenging trek and a real Alpine experience. For six nights on the trail, your accommodation is arranged in mixed-sex dormitories in simple auberges, refuges and mountain inns. Hiking on well-established paths, you will walk an average of 6 hours each day and tackle ascents/descents of up to 1,300m in a day. Routes are well signposted but basic map reading skills and confidence in navigation will stand you in good stead for this holiday. The flexibility of undertaking the TMB as a self-guided trip allows you to go at your own pace with only your daypack to carry while we transport your luggage.

# Itinerary

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Version:

## Holiday Information

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### What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Organised luggage transfers
- Self-guided information pack containing your map and route notes

### What's not Included

- Travel insurance
- Travel to and from Chamonix
- Local transfers and lifts as required by the itinerary
- Visas (if applicable)
- Tourist taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Personal equipment
- Any additional activities/excursions indicated as optional

## Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit, about the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook and all your relevant documents no later than 3 weeks before your holiday start date. We will send your documents using a signed for courier so that you can track your package and know that they are safely on their way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our sales team. Your pack will be sent to the lead booker so please remind them to pack it before you set off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start date, please do inform our sales team so that we can make alternative delivery arrangements.

## Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling instead.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

## Joining Arrangements & Transfers

The trip starts and ends at your hotel in Chamonix. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airport for this trip is Geneva Airport with many departures from regional UK airports.

If you are flying in to Geneva the easiest way to get to Chamonix is to make use of an airport transfer service. We recommend [mountaindropoffs.com](http://mountaindropoffs.com) - transfers are around €40 each way. Please note that transfers are subject to availability and your flight details are required a minimum of 72 hours before your arrival in Geneva. Hotel contact details and an emergency number will be provided with your booking confirmation.

You may even wish to make the Tour du Mont Blanc part of a bigger trip or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

If you would prefer to make the journey part of your holiday why not consider travelling by Eurostar and enjoy the option of stopping off along the way in Paris.

## Meal Plan

This trip is on a half board basis (dinner, bed and breakfast) for six nights on the trail. For the two nights in Chamonix, your stay at the hotel is arranged on a bed & breakfast basis.

There are mountain huts along the route where you can enjoy lunch; alternatively you can purchase picnics from some of your accommodations or local supermarket and bakeries. Having a supply of cash is a good idea as not many huts can take card payments.

We do recommend you bring a few additional trail bars and snacks with you - these can of course also be purchased along the way, but it is sometimes nice to have your favourite hill food with you.

## Food & Water

When in the towns and villages all tap water is drinkable. In mountain huts there is usually not a sustainable drinking water supply. Water in plastic bottles is brought in to the hut. All huts have a recycling point. If you have to purchase water in plastic bottles please buy the largest bottle you can so as to use less plastic. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water if you can fill from a local stream. Bottled water is not provided. We do not encourage the purchasing of single use plastic bottles. Local authorities are working to find solutions to using plastic water bottles in huts. We monitor the situation carefully for updates.

This trip is on a half board basis for 7 nights on the trail. At the hotel in Chamonix, your stay is arranged on a bed & breakfast basis. You can be sure to find excellent food available in restaurants and hotels in France, Italy and Switzerland. In huts, the food is simple and wholesome, usually with a set menu which will include a vegetarian option. Continental breakfasts and evening meals are provided by your accommodation. Packed lunches are usually available from your accommodation, payable locally. Please ensure you pre-order your packed lunch the evening before. Alternatively there are plenty of mountain huts along the route where you can enjoy local delicacies.

## Accommodation

On this trekking holiday, you will stay in simple mountain inns, auberges and refuges in mixed-sex dorms with shared bathrooms. Each of these locations offer outdoor seating areas where after an excellent day of hiking, you can soak in the incredible surroundings with a refreshing drink.

Sleeping arrangements in the communal dorms are on bunk beds, with duvets and pillows supplied. You will need to have your own sheet sleeping bag, travel towel and hut shoes, along with a change of clothes for the evening. Your luggage will be transferred between each of your accommodations so you do not need to carry these overnight items with you while you are trekking.

While the facilities are modest, having the opportunity to staying in these traditional mountain refuges makes a part of the intangible Alpine experience. Whiling away the evenings amidst like-minded adventurers, you will get to share the buzz of tales from the trails, enjoy the atmosphere and take away plenty of memories.

It would be a good idea to carry a supply of cash, as not all huts can accept card payments.

The first and last nights of your trip will be in a 3\* hotel in Chamonix. Rooms here are arranged on a twin/double room basis; for groups with an odd number of travellers a triple room will be arranged.

## 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

Your main luggage will be transferred between each of your accommodations while you are out on your trek. We ask that you please ensure your luggage is limited to one piece per person, and the weight is kept under 15kg. You should use a soft bag such as a duffle bag. Please ensure that your luggage is ready for collection each morning. You will also need a daypack to carry your daily essentials such as waterproofs, etc with you.

# General Information

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## 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.

### Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

## 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

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience. You should be aerobically fit and comfortable with walking 6-7 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardio vascular fitness and stamina.

## Climate

Temperatures in the Alps between June and July are typically 15°C to 25°C during the day. 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](http://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](http://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.



## 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

- Hiking boots with good grip soles
- Functional base layer
- T-shirts
- Hat
- Fleece / extra layer
- Long/short hiking trousers
- Hiking socks
- Waterproof Jacket
- Waterproof Trousers
- Warm jacket
- Rucksack (approx. 30 l)

- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Sun glasses
- Head torch and batteries
- Personal wash kit
- Toilet paper
- Travel towel
- Sheet sleeping bag
- Slippers / shoes for use in huts
- Ear plugs
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics
- Walking poles
- Your self-guided route notes & maps

## **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](#)

## Land Only Information

**With high demand for the Tour du Mont Blanc each year, early booking is highly recommended!**

Please note our 'from price' listed is based on 4 persons on twin or double occupancy, however this trip is suitable for groups of 2 or more travellers, contact our sales team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

# Why Choose KE

## Why KE

Trek the Tour du Mont Blanc your way. With a carefully curated range of Tour du Mont Blanc treks on offer, both guided and self-guided, you can choose the itinerary that best suits you.

**Please Note** This document was downloaded on 01/09/2024 and the trip is subject to change