



Duration of the tour: 7 days
Category: hike / haute route / via ferrata / alpine course
Difficulty level: easy / **moderate** / difficult / very difficult / expert

Tour du Mont Blanc

Mont Blanc Circuit

The Tour du Mont Blanc, 'TMB' for short, is one of the most famous trails of the Alps. It completely encircles the ever spectacular 'Mont Blanc' and offers views which simply cannot be surpassed. The route begins in 'Chamonix' and reaches an altitude between 1.500 meters and 2.600 meters, at first on the Italian, then on the Swiss side of 'Mont Blanc'. Over lovely meadows, precipitous gullies and countless passes we return to 'Chamonix' having completely circumnavigated the highest peak of the Alps. The Tour du Mont Blanc is a circular trail of the superlative, simply a classic!

Region:
Central Alps (France, Italy, Switzerland)

Day 1, Sunday

Meeting point is at 12 o'clock at the cable car 'Les Houches' (991 m). We take the gondola to the 'Bellevue' (1.790 m) summit station. From here a wonderful trail takes us over the 'Col de Tricot' (2.120 m) to the 'Ref. de Miage' (1.560 m).

Hiking time approx. 3 hours, ascent 500 m, descent 700 m.

Day 2, Monday

After breakfast we start via the 'Chalet du Truc' (1.650 m) toward 'Les Contamines'. Above the popular ski resort we continue on a beautifully built panorama trail toward the 'Tré-la-Tête' hut (1.970 m) (lunch break). Ascent via the Combe Noir to the Chalet 'Nant Borrant' (1.500 m), our today's destination.

Hiking time approx. 7½ hours, ascent 950 m, descent 1.100 m.

Day 3, Tuesday

Ascent via the 'Chalet de la Balme' over the 'Col du Bonhomme' (2.329 m) to the 'Col des Fours' (2.665 m), the highest point of this week. Here we hike on the south side of Mont Blanc. Over rocks and steep meadow paths we reach 'Ville des Glaciers' and descend gently down to the 'Chalet les Mottets' (1.868 m).

Hiking time approx. 8 hours, ascent 1.300 m, descent 1.000 m.

Day 4, Wednesday

The 'Aiguille des Glaciers' is always in view, while we ascend in big sweeping turns to the 'Col de la Seigne' (2.516 m). From there we have the best view of the Mont Blanc. We reach the 'Rif. Elisabetta' (2.258 m) right in time for lunch. After lunch we descend via 'Lac de Combal' and take the bus, via the town of 'Courmayeur' to 'Arnuva' (1.769 m). Along a gentle road we walk up for another hour to the newly built 'Rifugio Elena' (2.062 m).

Hiking time approx. 8 hours, ascent 1.200 m, descent 900 m.

Day 5, Thursday

Today we start the morning with a rather steep ascent to the 'Grand Col Ferret' (2.537 m). On Swiss ground our trail leads down to the village of 'Ferret' (1.700 m). From here we travel comfortably by bus to the village of 'Champex' (1.477 m). On foot again we ascend the 'Val d'Arpette', where the cosy 'Relais d'Arpette' hut is situated.

Hiking time approx. 7 hours, ascent 800 m, descent 800 m.

Day 6, Friday

We have the chance to enjoy the entire 'Val d'Arpette' today, until we reach the high 'Fenêtre d'Arpette' pass (2.665 m), which is 1.000 m above the valley bottom. The view of the 'Trient' glacier and the 'Aiguille du Tour' is overwhelming. The descent leads us through rocks, then over a moraine to the 'Chalet du Glacier' (1.583 m), possibility for lunch here. Near the end it levels out towards the 'Hotel de la Forclaz', today's destination. A beautiful, but a long day.

Hiking time approx. 8 hours, ascent 1.050 m, descent 1.200 m.

Day 7, Saturday

We ascend the 'Col de Balme' (2.191 m), where we have another awesome view. On the right hand side is the 'Aiguilles Rouges', on the left 'Mont Blanc', separated by the 'Arve' valley. Now we have almost completed the circuit. Back on French trails to 'Le Tour' (1.453 m) and by bus back to 'Chamonix' and Les Houches, arriving there at approx. 3:30 p.m. From here you can either commence your homeward journey or you are welcome to stay a little longer in 'Chamonix'.

Hiking time approx. 6 hours, ascent 800 m, descent 700 m.

Required:

Good health, mountain experience is advantageous, average physical condition, a sure foot, enough physical endurance for day trips with up to 8 hours hiking time.

Equipment:

Hiking shoes with good grip, 2 pairs of socks, comfortable pants, shorts, pullover or jacket, protective clothing against wind and rain (Gore-Tex), functional underwear, a change of underwear (stored in a plastic bag), rucksack approx. 35 litre, (a maximum weight of 8 kg is recommended). Special advice: you can protect your equipment with a plastic bag inside your rucksack, or use a rucksack cover. Gloves, cap (against sun and cold), sunglasses, sunscreen, lip salve, a water bottle, snacks (power bars, nuts, etc.), indoor shoes or trainers, sleeping bag liner, toilet bag, small towel, first aid, head lamp, identity card, collapsible poles if required.

Accommodation:

Inns (shared accommodation), mountain huts (dormitory)

Services:

Mountain guide, 6x half pension, 1x cable car, 3x bus transfer

Additional costs:

We recommend approx. € 25,- per day for drinks, extra provisions, etc., 2 days in Swiss Francs.

Participants:

6 - 12 people

Travel to Les Houches:

By car via Switzerland to 'Martigny' and on the National route 506 to 'Chamonix', continue to 'Les Houches' (free long-term parking at the cable car).

Extension of stay:

We recommend the 'Hotel Les Mélèzes', F-74310 Les Houches, 333 rue de l'Essert, for those requiring accommodation before or after the tour, Telephone (France) 00 33 – 450 – 54 40 09. Office de Tourisme Chamonix: Telephone (France) 00 33 – 4 50 – 53 00 24, www.chamonix.com.

OASE AlpinCenter:

The OASE AlpinCenter is adjacent to the train station in Oberstdorf, opposite platform 1.

Information and booking:

For further details please contact us directly from:

June – September: Monday – Friday **9 – 12 hours** and **14 – 18 hours**

October – Mai: Monday – Friday **9 – 12 hours**

If the office is unattended please leave a message, we call you back .

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You will find dates and prices on our website.



Personal notes:

