



COMPAGNIE DES GUIDES DE CHAMONIX MONT-BLANC

DISCOVER THE WILD SIDE OF THE MOUNTAIN



Born over 200 years ago in 1821,
the 'Compagnie des Guides de Chamonix'
is the inescapable reference for mountain lovers.

Our history is intimately linked to the Mont-Blanc Massif where we have been guiding mountaineers since the beginning of its exploration.

Today as professionals of the mountain, we propose a large choice of activities : trekking, mountaineering, climbing, white-water rafting, canyoning, via ferrata, mountain biking ... from expert to beginner but with an explorer's heart !

With over 250 mountain professionals working 365 days a year, let us help you to find your own 'route' and we will put all our knowledge at your disposal to make this possible.

With a wide range of programs, let us guide your clients with the holiday of their dreams and create unforgettable lifelong memories ...

Our trips can be divided into 6 different categories, choose your adventure :

Classic

Family

Luxury

Active

Exceptional

Trail

Winter



Classic



TOUR DU MONT BLANC

The Classic Three Country Mountain Loop

Itinerary – 11 days hiking

Day 1: Explore delightful Chamonix, nestled at the foot of Mont Blanc

Driving time: 1.5 hours.

We will pick you up in Geneva, Switzerland and head through the Swiss and French Alps to Chamonix – one of the most iconic mountain towns in the world, nestled at the foot of Mont Blanc in the heart of a dramatic U-shaped valley. You will have time to relax and explore this world-famous resort where the first Winter Olympics were held in 1924. Tonight we share a welcome dinner and get acquainted with our traveling companions and guides.

Dinner, overnight and breakfast in **Hotel Les Aiglons** or similar, Chamonix.

Day 2: Hike on the Grand Balcon with views of the Mont Blanc massif.

↗ 2729ft ↘ 2729ft ⌚ 7hrs

Today we begin our spectacular journey on a trail beneath the Aiguilles Rouges (Red Peaks), a crystalline mountain massif opposite the Mont Blanc range. We hike to La Flégère (6150') where we come to an amazing high path known as the Grand Balcon. Along this trail we enjoy magnificent views of the rocky spires and glaciers draping the Mont Blanc massif across the valley before descending back to Chamonix.

Dinner on your own. Overnight and breakfast in **Hotel Les Aiglons** or similar, Chamonix.

Day 3: Hike below the tumbling Bionnassay Glacier to Les Contamines.

↗ 1906ft ↘ 4104ft ⌚ 7hrs Driving time : 15 minutes

The day begins with a cable car ascent from Les Houches to Bellevue where we start our hike beneath the tumbling Bionnassay Glacier to the Col du Tricot (6955'). Along the way we'll watch for bounding chamois, a goat-like antelope, on the hillsides. After a steep descent to Chalets de Miage we stop for lunch amongst picturesque alpine meadows. From here we continue up to Chalet du Truc (5642') and then on to Les Contamines (3828'), a charming town proud of its gastronomical heritage. We stay in a local auberge tonight.

Dinner, overnight and breakfast at **Hotel Le Chemenaz** or similar, Les Contamines.

Day 4: Hike an old Roman road to Col du Bonhomme. Descend to Les Chapieux.

↗ 4163ft ↘ 3050ft ⌚ 8hrs

This morning we follow in the footsteps of the ancients as we hike on an old Roman road, making our way steadily uphill and passing a very early chapel with Renaissance frescoes on its interior. We'll be reminded of why this area is such a magnet for hikers and climbers as we follow varied terrain through forests, gentle glens and the treeless gorge of the Nant Borrant on our way to Col du Bonhomme (7640'), our lunch spot. In the afternoon we descend a relatively steep grassy trail leading to the remote hamlet of Les Chapieux (3785'). We overnight in an auberge in Les Chapieux or a small hotel in Bourg-Saint-Maurice.

Dinner, overnight and breakfast at **Les Chambres du Soleil**, Chapieux or **Hotel Autantic**, Bourg St Maurice or similar.

Day 5: Hike into Italy under the dramatic south face of Mont Blanc.

↗ 2380ft ↘ 2811ft ⌚ 6.5hrs Driving time : 30 minutes

Our path today leads us out of France and into Italy (from "bonjour" to "buon giorno!"). We initially transfer from Les Chapieux to the trailhead at the Vallée des Glaciers, climb east over the Col de la Seigne (8252') and finally descend into Italy to reflective Lac Combal. If the weather cooperates the views along our route will take your breath away! The dramatic southern face of the Mont Blanc range is fully exposed above us as we hike down to La Visaille from where we transfer to the lovely Italian resort town of Courmayeur (4014'). You'll have time to enjoy the town with a dinner on your own.

Dinner on your own. Overnight and breakfast in **Hotel Croux** or similar, Courmayeur.

Day 6: A balcony trail leads us to the Rifugio Bonatti with magnificent views.

↗ 3218ft ↘ 1877ft ⌚ 6hrs Driving time : 20 minutes

Today we start hiking right from our hotel and on to La Montagne de la Saxe (6970'). The ascent rewards us with magnificent views of the Grandes Jorasses, Brenva Glacier and the Italian side of Mont Blanc soaring into the air. A balcony trail leads us to the Rifugio Bonatti (6745'), named after the famous Italian alpinist and adventurer Walter Bonatti. This is one of the best-kept huts in the Alps, and the walls inside are

decorated with pictures showcasing Walter Bonatti's impressive life story. A short descent to Lavachey where our transfer will take us back to Courmayeur for the night. Overnight in Courmayeur. Dinner in a restaurant, overnight and breakfast in **Hotel Croux** or similar, Courmayeur.

Day 7: Views of the Val Veny are our backdrop en route to Grand Col Ferret.

↗ 1446ft ↘ 4167ft ⌚ 7.5hrs Driving time : 20 minutes

A short transfer to Arnava will start our days hike where we will experience hiking at its finest with alpine meadows, rushing streams and stunning views of the Val Veny as a backdrop en route to the Grand Col Ferret (8320'), the border between Italy and Switzerland. Mont Dolent towers above and its summit is the meeting point of the borders with France, Italy, and Switzerland. You'll continue to be amazed by fabulous close-up views of rocky spires and sparkling glaciers. Our grassy path ultimately leads us to our evening's auberge in the quiet but scenic village of La Fouly (5280').

Dinner, overnight and breakfast at **Hotel Edelweiss** or similar, La Fouly.

Day 8: Walk through quaint Swiss villages to Champex, set on pretty blue lake.

↗ 1414ft ↘ 1765ft ⌚ 6.5hrs

Today is a day for soaking up the pure pleasures of being in the truly great outdoors as we proceed at a leisurely pace, trekking through forests, fields of wildflowers and quaint Swiss villages. After lunch our hiking gets steeper as we climb through woodlands to the lovely alpine town of Champex (4808'), offering a perfect resting spot for the night - a small resort beside a pretty blue lake with several restaurant choices for dinner on your own.

Dinner on your own. Overnight and breakfast in **Hotel Sporting & Glacier** or similar, Champex.

Day 9: Hike along the "Bovine Route" that herders once used to guide stock.

↗ 2477ft ↘ 2346ft ⌚ 6.5hrs

We continue to enjoy this picturesque area beginning with an hour and a half of easy hiking along the "Bovine Route" that herders once used to guide their stock across the mountains. You might even catch the sound of cowbells tinkling in the breeze as we walk. Continuing across the rolling terrain, we enjoy views of the rocky Dents du Midi and ascend through the forest to lookouts high over the lovely Rhone Valley and the town of Martigny. Views of the Bernese Alps are impressive before beginning an easy descent to the Col de Forclaz (3,900').

Dinner, overnight and breakfast at **Hotel Col de la Forclaz** or similar, Col de la Forclaz.

Day 10: Hike to the French border. See breathtaking views of the Chamonix Valley.

↗ 2900ft ↘ 2350ft ⌚ 5hrs Driving time : 35 minutes

We transfer to Trient where our path follows an old smuggler's route back into France. We hike to Col de Balme (7,186'), the border between Switzerland and France, and eat our picnic lunch while gazing down at the Swiss countryside behind us and the Chamonix Valley ahead. The views of the Mont Blanc are absolutely phenomenal! From the Col des Montets, we take a transfer to our hotel in Argentière, just north of Chamonix.

Dinner, overnight and breakfast at **Hotel de la Couronne** or similar, Argentière.

Day 11: Close our loop on the Grand Balcon, hiking to Lac des Chéserys.

↗ 2470ft ↘ 1100ft ⌚ 6hrs Driving time : 15 minutes

Note: *The La Flégère cable car may cease operations if high winds are present. In such conditions, the group will hike down to Les Praz, adding an additional 2,700' of descent.*

We take a short drive to the Col des Montets where we begin our hike along the Grand Balcon to the spectacularly situated Lac des Cheserys with the many glaciers and peaks of the entire range in view. We finally close the loop of our tour at La Flégère (6150') where our unforgettable journey began 10 days ago. The cable car at La Flégère carries us down into the valley over alpine pastures to Les Praz where we meet with our driver and return to Chamonix.

Dinner on your own. Overnight and breakfast in **Hotel Les Aiglons** or similar, Chamonix.

Day 12: Ride a historic train and hike near the Mer de Glace.

↗ 1710ft ↘ 417ft ⌚ 3hrs

This morning we take the historic 100-year-old cog-wheel train up to the Mer de Glace (Sea of Ice), one of the largest glaciers in the Alps. Montenvers (6299'), the upper station, boasts an imposing panorama of the Mer de Glace, the Aiguille Drus and the Grand Jorasses. From Montenvers, we traverse on the Northern Grand Balcon to the Plan de l'Aiguille (7518'). On this high path we have lovely views over the Chamonix Valley. After lunch the afternoon is free for you to explore on your own. You may ride a cable car back down to Chamonix for sightseeing, or up to the Aiguille du Midi (optional; cost not included). From the top of the Aiguille du Midi (~12,680') there are spectacular views over the entire Mont Blanc range. On a clear day it is possible to see the Matterhorn, Mont Rosa and the Grand Combin. We gather together in the evening to enjoy a farewell dinner and raise a toast to an excellent adventure.

Dinner in a restaurant, overnight and breakfast in **Hotel Les Aiglons** or similar, Chamonix.

Day 13: Say farewell to the Alps and return to Geneva.

Driving time: 1.5 hours.

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our exciting journey around one of the most beautiful mountain ranges in the world, and enjoying a quintessential European Alps experience.

Breakfast included.

** The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

** Please note that elevation gain/loss and hiking/driving times are estimates for each day*

This program could be modified at any time by the mountain leader/guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trek Details

Ability level: 4/5 - Tour du Mont-Blanc Classic hiking trip is a strenuous trek due to the length of the trip. A minimum of 700m (2350ft) and a maximum of 1300m (4265ft) vertical gain and about 6 to 8 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. A great multiday hike for people with trekking experience. Good physical training and multiday hiking experience on mountain trails are required.

Guiding Policy:

By a state qualified trekking guide with a maximum of 12 people per guide. *Min age : 18 years*

Accommodation:

12 nights in either 3* or 4* hotels.

** Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.*

TOUR DU MONT BLANC EXPRESS

The Classic Three Country Mountain Loop condensed

Itinerary – 6 days hiking

Day 1: Explore delightful Chamonix, nestled at the foot of Mont Blanc.

Driving time: 1.5 hours.

We will pick you up in Geneva, Switzerland and head through the Swiss and French Alps to Chamonix – one of the most iconic mountain towns in the world, nestled at the foot of Mont Blanc in the heart of a dramatic U-shaped valley. You will have time to relax and explore this world-famous resort where the first Winter Olympics were held in 1924. Tonight we share a welcome dinner and get acquainted with our traveling companions and guides.

Dinner, overnight and breakfast in **Hotel Les Aiglons** or similar, Chamonix.

Day 2: Hike below the tumbling Bionnassay Glacier to Les Contamines.

↗ 1906ft ↘ 4104ft ⌚ 7hrs Driving time: 15 minutes.

The day begins with a cable car ascent from Les Houches to Bellevue (5,904') where we start our hike beneath the tumbling Bionnassay Glacier. After crossing the Himalayan bridge over the glacier-fed river, we hike into the forest and down the ancient moraine to the hamlet of Champel (3,960'). After a refreshing break we continue into the forest across the hillside to Chalets de Miage (5,082'), where we stop for lunch in a postcard-perfect setting. From here we continue up to Chalet du Truc (5,642') and then on to Les Contamines (3,828'), a charming town proud of its gastronomical heritage. We stay in a local auberge tonight.

Dinner, overnight and breakfast in **Hotel Le Christiania** or similar, les Contamines.

Day 3: Hike an old Roman road to Col du Bonhomme. Descend to Les Chapieux.

↗ 4163ft ↘ 3050ft ⌚ 8hrs Driving time : 30 minutes

This morning we follow in the footsteps of the ancients as we hike on an old Roman road, making our way steadily uphill and passing a chapel with Renaissance frescoes adorning its interior. We'll be reminded of why this area is such a magnet for hikers and climbers as we follow varied terrain through forests, gentle glens and the treeless gorge of the Nant Borrant on our way to our lunch spot, the Col du Bonhomme (7,640'). In the afternoon we descend a relatively steep grassy trail leading to the remote hamlet of Les Chapieux (3,785'). We will stay overnight in an auberge in Les Chapieux or in Bourg-Saint-Maurice.

Dinner, overnight and breakfast in **Les Chambres du Soleil**, Chapieux or **Hotel Autantic**, Bourg St Maurice or similar.

Day 4: Hike into Italy under the dramatic south face of Mont Blanc.

↗ 2380ft ↘ 2811ft ⌚ 6.5hrs Driving time : 1 hour

Our path today leads us out of France and into Italy (from "bonjour" to "buon giorno!"). We initially transfer from Les Chapieux to the trailhead at the Vallée des Glaciers, climb east over the Col de la Seigne (8,252') and finally descend into Italy to reflective Lac Combal. If the weather cooperates, the views along our route will take your breath away! The dramatic southern face of the Mont Blanc range is fully exposed above us as we hike down to La Visaille from where we transfer to the lovely Italian resort town of Courmayeur (4,014'). You'll have time to enjoy the town with a dinner on your own.

Dinner on your own, overnight and breakfast at **Lo Scoiatollo** or similar, Courmayeur.

Day 5: Views of the Val Veny are our backdrop en route to Grand Col Ferret.

↗ 2500ft ↘ 3100ft ⌚ 6hrs Driving time : 40 minutes

We transfer to Arnava where we begin our hike. Alpine meadows, rushing streams and stunning views of the Val Veny serve as a backdrop en route to the Grand Col Ferret (8,320'), the border between Italy and Switzerland. Mont Dolent towers above and its summit is the meeting point of the borders with France, Italy and Switzerland. You'll continue to be amazed by fabulous close-up views of rocky spires and sparkling glaciers. Our grassy path ultimately leads us to the quiet but scenic village of La Fouly (5,280'). A short transfer brings us to our hotel in the charming alpine village of Champex, Switzerland.

Dinner, overnight and breakfast in **Hotel Glacier** or similar, Champex.

Day 6: Hike to the French border. See breathtaking views of the Chamonix Valley.

↗ 2940ft ↘ 2400ft ⌚ 5hrs Driving time : 35 minutes

We transfer to Trient where our path follows an old smuggler's route back into France. We hike to Col de Balme (7,186'), the border between Switzerland and France, and eat our picnic lunch while gazing down at

the Swiss countryside behind us and the Chamonix Valley ahead. The views of the Mont Blanc are absolutely phenomenal! From the Col des Montets, we take a transfer to our hotel, just north of Chamonix. Dinner in a restaurant, overnight and breakfast in **Hotel Le Jeu de Paume**, Lavancher or **Hotel Couronne**, Argentière or similar.

Day 7: Close our loop on the Grand Balcon, hiking to Lac des Chéserys.

↗ 2470ft ↘ 1100ft ⌚ 6hrs Driving time : 15 minutes

Note: *The La Flégère cable car may cease operations if high winds are present. In such conditions, the group will hike down to Les Praz, adding an additional 2,700' of descent.*

We take a short drive to the Col des Montets where we begin our hike along the Grand Balcon to the spectacularly situated Lac des Cheserys with the many glaciers and peaks of the entire range in view. We finally close the loop of our Tour du Mont Blanc express tour at La Flégère (6,150'). The cable car at La Flégère carries us down into the valley over alpine pastures to Les Praz where we meet with our driver and return to Chamonix. We will all gather together this evening to raise a toast to an excellent adventure and enjoy a farewell dinner in Chamonix.

Dinner in a restaurant, overnight and breakfast at **Hotel Les Aiglons** or similar, Chamonix.

Day 8: Say farewell to the Alps and return to Geneva.

Driving time: 1.5 hours.

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our exciting journey around one of the most beautiful mountain ranges in the world, and enjoying a quintessential European Alps experience.

Breakfast included.

** The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

** Please note that elevation gain/loss and hiking/driving times are estimates for each day*

This program could be modified at any time by the mountain leader/guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trek Details

Technical level: 3/5 Tour du Mont-Blanc Express hiking trip is a moderate trek. A minimum of 700m (2350ft) and a maximum of 1300m (4265ft) vertical gain and about 5 to 7 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. For active people who do not mind training to prepare for the hike and practice sport regularly. A great multiday hike for people with trekking experience.

Guiding Policy:

By a state qualified trekking guide with a maximum of 12 people per guide. *Min age : 18 years*

Accommodation:

7 nights in either 3* or 4* hotels.

** Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.*

Tour of the Mont Blanc Region

Crossroads of the Alps, discover the Mont Blanc region within France

Itinerary – 6 days hiking

Day 1: Arrive in Geneva, head to Chamonix

Driving time: 1.5 hours

We will pick you up in Geneva, Switzerland and head through the Swiss and French Alps to Chamonix – one of the most iconic mountain towns in the world, nestled at the foot of Mont Blanc in the heart of a dramatic U-shaped valley. You will have time to relax and explore this world-famous resort where the first Winter Olympics were held in 1924. Tonight we share a welcome dinner and get acquainted with our traveling companions and guides.

Dinner, overnight and breakfast in **Hotel Pointe Isabelle** or similar, Chamonix.

Day 2: Hike Mer de Glace, Grotto de Glace experience

↗ 1430ft ↘ 1430ft ⌚ 3hrs

Today we'll hike just above Chamonix to the Mer de Glace (Sea of Ice). As a warm up for our hike in the coming days, we'll take a train up through the fir trees that flank the north side of the Mont Blanc massif, to Montenvers, overlooking this incredible glacier. From Montenvers we'll hike further up through trees and boulder fields to Le Signal Forbes – a lookout point affording unsurpassed views of the Mer de Glace Glacier and huge granite spires that rise sharply from the moraine walls. On our descent we'll have incredible views of the upper Chamonix Valley and the Aiguilles Rouges Mountains. Before boarding the train back down to Chamonix, we'll take a gondola down to Mer de Glace's Grotto de Glace (Ice Cave). Every year, a new ice cave is dug into the bowels of the Glacier, enabling us to walk inside the incredible sea of ice! After making our way back down to Chamonix, you'll have this afternoon to relax in town, take in the views and dining highlights, or pick up any last minute items you might need for our hike.

Dinner in a restaurant, overnight and breakfast in **Hotel Pointe Isabelle** or similar, Chamonix.

Day 3: Hike the Roman Road to Savoie and Beaufortain

↗ 4044ft ↘ 2224ft ⌚ 7hrs

We start this morning with a short drive to Val Montjoie where we'll begin our hike on an old Roman road to Plan des Dames. After a short break, we begin a gradual ascent of the Col du Bonhomme – an iconic mountain pass and the gateway to the Beaufortain region, famous for its unique cheeses. After breaking for lunch here, we'll drop down into the sweeping wildflower meadows in the valley below to Les Chapieux where we'll jump in our vehicle and drive a short distance to our accommodation for the evening, in the hamlet of Bourg St Maurice.

Dinner, overnight and breakfast in **Hotel Autantic** or similar, Bourg Saint Maurice.

Day 4 : Hike "Vallée des Glaciers"

↗ 4180ft ↘ 5000ft ⌚ 7hrs

After breakfast, we'll head back to Les Chapieux. Here we'll visit a local family run Beaufort cheese factory which has been making cheese for hundreds of years, having passed down their traditional methods of production generation after generation (please note, the cheese factory is not open during the month of June, so we will select an alternative activity at that time). After our visit, we'll begin our ascent of the "Vallee des Glaciers" (Valley of the Glaciers). Our first destination is the Col des Fours with an amazing view of the southern side of the Mont Blanc range. There are two possibilities, either come back to Contamines Montjoie by the refuge de la Croix du Bonhomme or, go through a vertiginous trail to the col de l'Enclave. The guide will make the route decision based on the level of the group and the condition of the terrain.

Dinner, overnight and breakfast in **Hotel Gorges de la Diosaz** or similar, Servoz.

Day 5: Aravis

↗ 2453ft ↘ 2673ft ⌚ 5hrs

Let's go and explore the Aravis. High above Sallanches, we rapidly reach the heights of the Arve valley, with a superb view of the Fiz and the Mont-Blanc massifs. We climb up to the Refuge de Doran (4905ft) and descend back to Sallanches via the Refuge des Mayères (5184ft).

Dinner in a restaurant, overnight and breakfast in **Hotel Point Isabelle** or similar, Chamonix.

Day 6 : Relaxing day to explore the Chamonix Valley

Discover the many sites of the Chamonix valley. Take the train between Servoz and Vallorcine for free and explore the small villages, museums and lakes surrounded by the majestic Mont Blanc range and the Aiguilles Rouge. If you're keen to stay active today, there are plenty of adventurous options available, including hiking, paragliding, cycling and golf to name just a few.

Dinner and lunch on your own. Overnight and breakfast in **Hotel Point Isabelle** or similar, Chamonix.

Day 7: Planpraz – Lac Blanc - Argentière**↗ 2950ft ↘ 5000ft ⌚ 6hrs**

This morning we take the cable car to Planpraz to begin our hike towards Lac Cornu within the Aiguilles Rouges nature reserve. We will surely see ibex and marmots before crossing the mountainside to reach the most famous lake in the Chamonix valley: Lac Blanc. We will be able to drink a coffee at the refuge before making our last descent to Argentière where we will spend the night.

Dinner in a restaurant, overnight and breakfast at **Hotel Le Dahu** or similar, Argentière.

Day 8: Posettes – Col de Balme**↗ 3000ft ↘ 3200ft ⌚ 5hrs**

We will take to the heights to discover the most beautiful panorama of the Mont-Blanc massif, on the border between France and Switzerland, the mountain pastures of Balme welcome us with the sound of cowbells and whistling marmots. A perfect last day to discover and make the most of our wild mountains.

Dinner in a restaurant, overnight and breakfast at **Hotel Le Dahu** or similar, Argentière.

Day 9: Head to Geneva**Driving time: 1.5 hours**

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our exciting journey around one of the most beautiful mountain ranges in the world, and enjoying a quintessential European Alps experience.

Breakfast included.

** The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

** Please note that elevation gain/loss and hiking/driving times are estimates for each day*

This program could be modified at any time by the mountain leader/guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trek Details

Technical level: 3/5 Tour of the Pays du Mont Blanc hiking trip is a moderate trek. A minimum of 700m (2350ft) and a maximum of 1300m (4265ft) vertical gain and about 5 to 7 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. For active people who do not mind training to prepare for the hike and practice sport regularly. A great multiday hike for people with trekking experience.

Guiding Policy:

By a state qualified trekking guide with a maximum of 12 people per guide. *Min age : 18 years*

Accommodation:

8 nights in either 3* or 4* hotels.

** Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.*

Chamonix to Zermatt

The classic trip across the Alps to Switzerland

Itinerary – 9 days hiking

Day 1 - Chamonix

Driving time: 1.5 hours

We will pick you up in Geneva, Switzerland and head through the Swiss and French Alps to Chamonix – one of the most iconic mountain towns in the world, nestled at the foot of Mont Blanc in the heart of a dramatic U-shaped valley. You will have time to relax and explore this world-famous resort where the first Winter Olympics were held in 1924. Tonight we share a welcome dinner and get acquainted with our traveling companions and guides.

Dinner and night at **Hotel Point Isabelle** or similar, Chamonix.

Day 2 – Le Tour to Trient

↗ 2953ft ↘ 3281ft ⌚ 5 hrs

We take the local train from Chamonix to Le Tour where we take the Gondola and chair-lift up to Col du Balme. Once at Col de Balme, we say goodbye to the Mont Blanc and the nearby Aiguilles, and discover the Swiss Alps and pastures. We follow the trail down to Alpapes des Grands and lower down to the Trient glacier creek. Transfer to Col de la Forclaz for the night.

Dinner, night & breakfast at **Hotel Col de La Forclaz** or similar, Col de la Forclaz.

Day 3 – Trient to Champex Lake

↗ 3281ft ↘ 3281ft ⌚ 6 hrs

As we hike up to the alpine pastures of La Giète, the Swiss Herens cow breed welcomes our arrival with a typical cowbell melody. While we leave behind us the busy cheese maker, the trail leads to Croix de Bovine. There, the panorama rewards our efforts with an incredible view over the upper Rhone valley. The Bernese Oberland and the Penian Mountains border the Swiss Wallis region. It is time to hike down to the charming alpine village of Champex, where we will take a transfer to Verbier for the night.

Dinner in a restaurant, night & breakfast at **Hotel Mirabeau** or similar, Verbier.

Day 4 – Verbier to Cabine de Louvie

↗ 1312ft ↘ 1312ft ⌚ 7 hrs

After a short train ride to Le Châble, we take the gondola to the top of Verbier resort. We start our hike on the "Chamois Trail", a panoramic traverse facing the Combins mountain range. The views on Val de Bagnes and the gigantic Corbassière Glacier are just spectacular. After Col Termin, we hike down to the Louvie hut sitting by the emerald lake of Louvie. ***Overnight bags for 2 nights**

Dinner, night & breakfast at **Cabine de Louvie**, Louvie.

Day 5 – Cabane de Louvie to Cabane de Prafleuri

↗ 3700ft ↘ 2263ft ⌚ 7 hrs

Our trail follows old alpine pastures, where chamois and ibexes enjoy grazing the lush mountain grass, hardly accessible to cattle. Then, the trail winds up and across rather steep and rocky slopes, to reach a first mountain pass of Louvie. From there, the terrain is rugged and rocky, glacier moraines and creeks leave little room to

alpine vegetation. We hike across the "Grand Desert" to reach the Prafleuri Pass. On a clear day we can see Pigned'Arolla and Dent Blanche, part of our next day's hike. Today ends with a descent to the Prafleuri hut where we will enjoy a well-deserved sleep in a comfortable dormitory. This part of the trip is not very technical, yet it is long and demanding. ***Overnight bags for 2nd night**

Dinner, night & breakfast at **Cabane Prafleuri**, Val d'Héremence.

Day 6 – Prafleuri to Arolla

↗ 2660ft ↘ 4711ft ⌚ 8 hrs

The day starts with a warm-up hike to the Roux Pass. After enjoying a magnificent view over Lac des Dix, we hike across the Barma alpine pastures and along the lake to reach its far end. From there we hike over "Pas du Chat" to set our feet on the other bank of the glacier creek, and start our long climb to Riedmatten Pass, following the moraine of the Cheilon glacier. As we hike up we can admire Mont-Blanc de Cheilon, and from the top of the Pass - weather permitting of course - we should get a glimpse of the summit of the Matterhorn. On the way down the chaotic Tsijorne Nouve glacier and Mont Colon slowly come into view. This extraordinary day ends in the village of Arolla.

Dinner, night & breakfast at **Hotel Kurhaus** or similar, Arolla.

Day 7 – Arolla to Grimentz

↗ 3400ft ↘ 2864ft ⌚ 6 hrs

A 40min transfer takes us to the village of Le Sage. Today we will hike to the Col du Torrent where we have magnificent views of the surrounding valleys as we make our way through the meadows towards the small hamlet of "Mayens de Cotter". The path is quite steep down to the Dam and the end of the Moiry Lake. Here we take a transfer to Grimentz where we will spend the night.

Dinner, night & breakfast at **Hotel Alpina** or similar, Grimentz.

Day 8 – Grimentz – Free day

Today you have a relaxing day off to visit the area

Dinner and lunch on your own. Overnight & breakfast at **Hotel Alpina** or similar, Grimentz.

Day 9 – Grimentz to Gruben

↗ 2460ft ↘ 3602ft ⌚ 7 hrs

After a restful day, we will transfer from Grimentz to St Luc and take the cable car to Tignousa. Here we will hike up towards the Meid pass with a spectacular view of the surrounding lakes. We will make our descent towards the summer mountain hamlet of Gruben in the Turtman valley (Turtmantal), passing by Lake Meid on the way. Here we will spend the night.

Dinner, night & breakfast at **Hotel Schwarzhorn** or similar, Gruben.

Day 10 – Gruben to Grachen

↗ 3609ft ↘ 328ft ⌚ 7 hrs

Although this part of the trip is quite hard to pronounce, the Augsbordpass is easy to hike to. During the long descent to St Niklaus looking down to Matternvispa valley, we stop at the alpine village of Jungu, and take a moment to admire the surrounding summits: the Weissmies, the Mischabel range with its many 4000m peaks (Dom, Täschhorn, etc...). From Jungu, we hike down an ancient Way of the Cross to the small town of St Niklaus. Here we take a small transfer to Grachen where we will spend the night.

Dinner, night & breakfast at **Hotel Hanningalp** or similar, Grachen.

Day 11 – Grachen to Zermatt

↗ 3937ft ↘ 3609ft ⌚ 6 hrs

We will take the local train from Grachen to Randa (about 1h). Here we start our climb towards the Europahütte and the longest pedestrian suspension bridge. This incredible feat of engineering is a massif 1621ft long and stretches up to a height of 279ft high above the Grabengufer ravine in Mattern valley. The bridge is intended to be a "monument for the mountain panorama", whereby utmost emphasis was placed on interfering as little as possible with nature – a design that has worked and provides a spectacular birds eye view of the surrounding mountains. We continue along the Europaweg balcony trail finally making our way down into Zermatt for our last night of the trip. ***Vertiginous passage during the hike**

Dinner, night & breakfast at **Hotel Perron or Butterfly** or similar, Zermatt.

Day 12 – Zermatt to Chamonix or Geneva Airport

After breakfast we will take a transfer to either Chamonix (to pick up any luggage you may have left behind) and then onto Geneva airport or go directly to Geneva airport.

Breakfast included.

** The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

** Please note that elevation gain/loss and hiking/driving times are estimates for each day*

This program could be modified at any time by the mountain leader/guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trek Details

Technical level: 5/5 - The Chamonix to Zermatt is a strenuous and demanding trek. More than 1000m (3350ft) vertical gain and about 7 to 9 hours of hiking daily. Some days may be long and demanding, involving altitude and high mountain passes (min.2800m). Hiking on mountain trails and terrain showing exposed and difficult sections. For expert hikers only. For very active, well-trained people with a solid experience in alpine trekking.

Guiding: 12 people maximum per trekking guide.

Accommodation:

10 nights in either mountain huts, 3* or 4* hotels.

** Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.*

Eiger to Mattherhorn

Explore the Swiss Alps in all their splendour

Itinerary – 7 days hiking

Day 1: Settle in and explore Grindelwald beneath the Eiger North Face.

Driving time: 3 hours.

We will pick you up in Geneva, Switzerland and head through the Swiss Alps to Grindelwald (3,392') one of the most scenic Swiss villages beneath the legendary Eiger North Face. You will have time to relax and explore before the welcome dinner where you will get acquainted with your traveling companions and guides.

Dinner, overnight and breakfast in **Hotel Kreuz & Post** or similar, Grindelwald.

Day 2: Trek to Kleine Scheidegg, with views of the Eiger, Mönch, and Jungfrau.

↗ 2595ft ↘ 3346ft ⌚ 6hrs

Our spectacular journey begins with a close up view of the imposing North Face of the Eiger. After a short transfer from our hotel we ride a classic gondola to Hohenstein (5,016'). From here the trail heads south along the eastern flank of Tschuggen Mountain (8,270') alternating between forest and meadows, directly towards the notorious Eiger Nordwand (this "North Face" was considered not climbable before the 1930s). We continue hiking to reach the large saddle of Kleine Scheidegg (6,762'). This pass between the Lauterbrunnen and Grindelwald Valleys provides a tremendous close range vantage point of the captivatingly savage rock and ice walls of the Eiger, Mönch and Jungfrau, rising 9,000 feet above the valley floor. A lively and bustling place, we'll meet alpine herdsman with their cattle, alpinists beginning their attempt to climb the Eiger, and hikers from all over the world. We continue up to Eigergletscher (7,611') for a close look at the superb hanging glacier that descends the western flank of the Eiger. After lunch amid the breathtaking mountain scenery, we head down to Wengernalp with wonderful vistas that include the peaks Gspaltenhorn (11,275') and Schiltorn (9,745'). Hiking northward we come to car-free Wengen (4,265') where we sleep for the night. It is a lovely hamlet nestled beneath the massive North Face of the Jungfrau.

Dinner, overnight and breakfast in **Hotel Bellevue** or similar, Wengen.

Day 3: Hike to Mürren with views across the beautiful Lauterbrunnen Valley.

↗ 1380ft ↘ 2514ft ⌚ 5hrs

Our picturesque route from Wengen leads down to Lauterbrunnen where we take a cable car up to Grütschalp on the opposite side of the Lauterbrunnental. From Grütschalp (4,875') we hike a high balcony trail via Allmendhubel to Mürren (5,400'). The trail offers awesome views of the Jungfrau, Eiger and Mönch across the Lauterbrunnen Valley, considered by even the most seasoned alpinists to be one of the most beautiful in Europe! An immense U-shaped glacial valley - the world's deepest - with steep cliffs on either side rising over 3,000' and doused by over 70 waterfalls, it is utterly spectacular. This evening we stay in Mürren, another car-free village nestled high on a terrace beneath Schilthorn (9,740').

Dinner, overnight and breakfast in **Hotel Alpenruh** or similar, Murren

Day 4: Cross the Sefinenfurke (8,568'), a high and wild pass.

↗ 4400ft ↘ 3600ft ⌚ 9-10hrs

From Mürren we follow the famous Alpine Pass Route via tranquil Spielbodenalp and onto the Rotstockhütte where we can enjoy refreshments amid the incredible scenery. As we walk we are treated to one view after another of soaring mountains, pleasant green meadows, and meandering streams. From the Rotstockhütte the path rises more steeply through a narrow valley between high peaks to reach the crest of the Sefinenfurke. The descent towards Bundalp is steep and rocky but spectacular with dramatic rock formations and wide-ranging views of sparkling glaciers and plunging ravines. We finish the day with an uphill climb towards Bundalp (6,036'), a working farm that offers simple accommodations in the verdant Kiental Valley.

Dinner, overnight and breakfast in **Hotel Berghaus Bundalp** or similar, Griesalp.

Day 5: From Bundalp, hike over rocky Hohtürli Pass to Kandersteg.

↗ 3080ft ↘ 3890ft ⌚ 7-8hrs

From Bundalp we continue hiking the Alpine Pass Route over the rocky Hohtürli Pass (9,115') to Kandersteg. The climb to the crest of this pass is one of the toughest of the trip. The scenery is stark but magnificent - high and wild, exhilarating but daunting. As we ascend there are great views back down the Kiental Valley and the lowlands beyond, as well as across to the Sefinenfurke and the craggy Gspaltenhorn. The pass itself is a broad, stony saddle with awesome panoramic views in all directions. Dropping down the other side of

the pass, the trail is barren, steep and rocky before reaching grassy meadows again. Continuing down, magical Oeschinensee Lake comes into view. Its shimmering blue-green waters are like a sparkling turquoise jewel amid rocky cliffs. From here we take the gondola to Kandersteg (3,857'), one of the quietest and most idyllic hamlets in Switzerland situated beneath the towering Blumisalp massif. Dinner, overnight and breakfast in **Hotel Bernerhof** or similar, Kandersteg.

Day 6: Walk past the serene Daubensee to the historic Gemmi Pass.

↗ 1300ft ↘ 2900ft ⌚ 5-6hrs

From Kandersteg we travel by tram up to Sunnbüel (6,345') and begin hiking past the serene Daubensee toward the historic Gemmi Pass (7,616') which is thought to have been used as far back as the Bronze Age. From here we take time to enjoy our first views of some of the major peaks in the Valais (Pennine) Alps, such as the Dom, Matterhorn, Weisshorn and Dent Blanche. The descent takes us on an impressive trail carved in the cliffs overlooking the town of Leukerbad at the head of the lovely Dala Valley. From Leukerbad we transfer directly to Grächen for the night (1¼ hours). Grächen (5,314') is a village perched on a sun-drenched terrace overlooking the Matterhorn Valley. From now on our route remains with the Mattertal, following the valley to the south towards the snow and ice of the Valais (Pennine) Alps - the highest mountains in Switzerland - including the Matterhorn.

Dinner, overnight and breakfast in **Hotel Hannigalp** or similar, Grächen.

Day 7: Arrive in Zermatt, home of the iconic Matterhorn.

↗ 950ft ↘ 3775ft ⌚ 7hrs Driving time: 45mins

From Grächen, we pass the charming village of Gasenried, and continue along a refreshing "bisse" or irrigation canal that brings glacier water to fields. From the small town of Herbriggen we transfer to Täschalp. We join the last portion of the Europaweg's path to Zermatt. Surrounded by nearly forty of Europe's most impressive 4,000-meter peaks (greater than 14,000'), Zermatt sits against a backdrop of the iconic Matterhorn (14,692'), which rises almost 9,000' directly outside of town... You'll have time to enjoy the town with a dinner on your own.

Dinner on your own, overnight and breakfast in **Hotel City** or similar, Zermatt.

Day 8: Take the Höhbalmen trail for the most famous vista in the Alps.

↗ 3465ft ↘ 3465ft ⌚ 6hrs Driving time: 45mins

Another phenomenal hike awaits us today! We hike from Zermatt on a steep path that takes us up along the Triftbach gorge to the Trift alpine hut (7,712'). We continue hiking on switchbacks up for another hour to reach the very scenic Höhbalmen trail. The difficult climbing is behind us as the trail now undulates between the altitude of 8,250' and 8,580'. At this point, we are facing the most impressive and famous panorama in the Alps: the north face of Matterhorn, Mischabel range, Breithorn, Lyskam, Castor and Pollux, and Monte Rosa! We bask in the views of this stunning scenery before beginning our final descent along an occasionally steep trail to Zermatt. The remainder of the afternoon is free to explore before we gather again for a farewell dinner and toast to an excellent hiking adventure.

Dinner, overnight and breakfast in **Hotel Hotel City** or similar, Zermatt.

Day 9: Our Swiss Alps hiking tour draws to a close.

Driving time: 3 hours.

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our exciting journey through the Swiss Alps, a quintessential Swiss Alps experience full of memorable experiences. Breakfast included.

** The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

** Please note that elevation gain/loss and hiking/driving times are estimates for each day*

This program could be modified at any time by the mountain leader/guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trek Details

Technical level: 5/5 – Eiger to Matterhorn hiking trip is a strenuous and demanding trek. More than 1000m (3350ft) vertical gain and about 7 to 9 hours of hiking daily. Some days may be long and demanding, involving altitude and high mountain passes (min.2800m). Hiking on mountain trails and terrain showing exposed and difficult sections. For expert hikers only. For very active, well-trained people with a solid experience in alpine trekking.

Guiding Policy:

By a state qualified trekking guide with a maximum of 12 people per guide. *Min age : 18 years*

Accommodation:

8 nights in either a inn, 3* or 4* hotels.

* Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.

Mountains & Promises in Val d'Aosta

The smallest region in Italy with the highest peaks in the Alps

Itinerary – 6 days hiking

Day 1 - Chamonix

Driving time: 1.5 hours

We will pick you up in Geneva, Switzerland and head through the Swiss and French Alps to Chamonix – one of the most iconic mountain towns in the world, nestled at the foot of Mont Blanc in the heart of a dramatic U-shaped valley. You will have time to relax and explore this world-famous resort where the first Winter Olympics were held in 1924. Tonight we share a welcome dinner and get acquainted with our traveling companions and guides.

Dinner, overnight and breakfast in **Hotel Point Isabelle** or similar, Chamonix.

Day 2: Val Clavalité

↗ 3001ft ↘ 3001ft ⌚ 7hrs

We meet in Chamonix early in the morning, and leave at 7.30am for a 1.5 hour-drive to Val Clavalité. Nestled between the Mont Avic wildlife sanctuary and Val de Cogne, this alpine valley has so much to offer ! We leave from the hamlet of Robbio (1510m). The beginning of our hike follows a wild trail to reach the alpine, and later on an easy section leads to the pastures (2250m). From there, we can admire the beautiful peaks of Valpeline and Les Combins group ! After one more climb, we finally reach a rewarding viewpoint and highest point of the day (2422m). Our descent will follow a different route, through alpine grazing fields of "Grand Bella Lana" (2324m), leading towards the valley bottom and its many traditional-looking stone houses. Then we transfer by minivan to the Chalamy valley, and spend the night in a hotel in the Mont Avic Regional Park.

Dinner, overnight and breakfast in **Hotel Park du Mont-Avic** or similar, Aosta Valley.

Day 3: Mont Barbeston

↗ 4133ft ↘ 4133ft ⌚ 8hrs

Today's hike circles around Mont Avic Park. As we leave the hamlet, the trail starts climbing and enters the forest, while our presence is nicely welcomed by a delightful pine scent ! Once we've hiked passed the hamlet of Arp, the trail continues onto a shoulder, getting progressively narrow until it forms an easy ridge all the way to the summit of Mount Barbeston (2482m). The view rewards our efforts magnificently ! The descent leads to the "English alpine pastures", and then to the hamlet of La Veula, where we spend another night at our hotel.

Dinner, overnight and breakfast in **Hotel Park du Mont-Avic** or similar, Aosta Valley.

Day 4: Refuge Barbustel

↗ 3280ft ↘ 3280ft ⌚ 7hrs

With our rucksacks packed for 2 days, we leave the hotel and head out towards the Pessy pine forest, until we reach the creek, that springs out of the lake de Leser. The landscape becomes more alpine and we can soon see Barbustel hut (2200m), nestled between mountain lakes and surrounded by glacier-eroded labs, commonly called whales backs ! After we've dropped our packs off at the hut, we can hike a little more above the hut or go for a dip in the lake to enjoy this beautiful alpine environment. We spend the night at the hut. ***Overnight bags for the night – no access to luggage**

Dinner, overnight and breakfast in **Refuge de Barbustel** or similar, Aosta Valley.

Day 5: La Pointe de Médzove

↗ 2673ft ↘ 5068ft ⌚ 7hrs

After a rewarding sleep at the hut, we chose to leave early so to enjoy a long day around mountain lakes. The terrain gets rockier as we approach the summit of Medzove peak (2845m), the highest point of our day. Mount Ivorta (2933m) is not far ... We enjoy a wonderful view over the remote and preserved Clavalité valley. Then we start our descent and hike under Mont Avic, following the old minors trail until the valley bottom. A 1h30 ride with our minivan takes us to the village of La Salle in Val d'Aosta. We spend the night at the hotel.

Dinner, overnight and breakfast in **Hotel les Marmottes** or similar, La Salle.

Day 6: Pointe de la Croix – Lac d'Arpy

↗ 1640ft ↘ 1640ft ⌚ 6hrs

We transfer to San Carlo mountain pass (1971m). We hike through the beautiful larch pine forest and easily reach Col de La Croix. A few minutes later we reach the old military barracks on the ridge leading to the summit of Tête de la Croix. From this strategic military lookout point, the view over the sunny sides of the Mont-Blanc range is magic ! We can also see Col du Petit St Bernard, a historical passageway between the Italian Aosta valley and the Savoyan region of Tarentaise. On the way back we will enjoy a nice foot dip in the superb Arpy Lake. It takes only 10 min to transfer to the village of La Thuile, where we stay for the night.

Dinner, overnight and breakfast in **Hotel le Rolland** or similar, La Thuile.

Day 7: Les Eaux du Rutor

↗ 3280ft ↘ 3280ft ⌚ 7 hrs

Our hiking day starts from the hamlet of La Joux. Along the creek, the trail follows a series of spectacular waterfalls. We continue on with a final uphill section. The imposing Rutor Glacier and Peak appear just in front of us ! On the way back down, we make a halt at the Deffeyes hut, then we follow down the trail to an alpine lake and later the switch backs all the way back to La Joux. We transfer back to Chamonix where we arrive one hour later.

Dinner, overnight and breakfast in **Hotel Point Isabelle** or similar, Chamonix.

Day 8: Head to Geneva**Driving time: 1.5 hours**

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our exciting journey around one of the most beautiful mountain ranges in Italy.

Breakfast included.

** The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

** Please note that elevation gain/loss and hiking/driving times are estimates for each day*

This program could be modified at any time by the mountain leader/guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trek Details

Technical level: 4/5 - Mountains & Promises in Val d'Aosta hiking trip is a strenuous trek. A minimum of 800m (2700ft) and a maximum of 1450m (4757ft) vertical gain and about 6 to 8 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. A great multiday hike for people with trekking experience. Good physical training and multiday hiking experience on mountain trails are required.

Guiding Policy:

By a state qualified trekking guide with a maximum of 12 people per guide. *Min age : 18 years*

Accommodation:

7 nights in either a mountain hut, 2*or 3* hotels.

** Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.*

Gran Paradiso National Park

Discover one of the oldest National Parks in Italy

Itinerary – 6 days hiking

Day 1 - Chamonix

Driving time: 1.5 hours

We will pick you up in Geneva, Switzerland and head through the Swiss and French Alps to Chamonix – one of the most iconic mountain towns in the world, nestled at the foot of Mont Blanc in the heart of a dramatic U-shaped valley. You will have time to relax and explore this world-famous resort where the first Winter Olympics were held in 1924. Tonight we share a welcome dinner and get acquainted with our traveling companions and guides.

Dinner, overnight and breakfast in **Hotel Point Isabelle** or similar, Chamonix.

Day 2: Truc de Tsanteleina – Rifugio Benevolo

↗ 2493ft ↘ 1181ft ⌚ 6hrs

Transfer to the Val di Rhêmes and the hamlet of Thumel (1880m), where our hike will start. The path reaches the wild glacier cirque of Tsantéleyna and leads us to the bottom of the Granta Parei (3386m) vertical faces. Night at Rifugio Bénévolo (2287m). ***OVERNIGHT BAGS FOR THE NIGHT – NO ACCESS TO LUGGAGE**

Dinner, overnight and breakfast in **Rifugio Benevolo** or similar, Rhemes Notre Dame.

Day 3: Col Rosset (3023m)

↗ 2427ft ↘ 3444ft ⌚ 7hrs

We progress along the valley of Gran Vaudala, the colorful alpine pastures mixed with the black and gray scree cling to the steep slopes. The passage of the Col Rosset is magnificent and offers us new and breathtaking views. Here we are in Val Savarenche, our descent takes us to Pont.

Dinner, overnight and breakfast in **Rifugio Tetras Lyre** or similar, Valsavarenche.

Day 4: Gran Paradiso balcony

↗ 2657ft ↘ 3018ft ⌚ 7hrs

We walk towards the refuge Vittorio Emanuele to join the trail to Chabod refuge. This crossing offers a beautiful view on the entire chain of Gran Paradiso. We can admire all the main summits that make the reputation of Gran Paradiso. We descend to the hamlet of Les Eaux Rousses, and spend the night at the hostellerie du Grand Paradis.

Dinner, overnight and breakfast in **Hostellerie du Grand Paradis** or similar, Pont.

Day 5: Col Lauson – Rifugio Sella

↗ 4921ft ↘ 5577ft ⌚ 8hrs

The path is very nice and we easily gain altitude. Col Lauson (3296m) is the highest non-glacial pass in the park accessible to hikers. After a steep descent among limestone and schistose rocks, ibex's favorite place, we quickly reach grassy meadows where, hopefully, we will see chamois. Night at Rifugio Vittorio Sella (2584m). No access to your luggage. ***Overnight bags for the night – no access to luggage.**

Dinner, overnight and breakfast in **Rifugio Vittorio Sella** or similar, Cogne.

Day 6: Val di Cogne

↗ 328ft ↘ 3280ft ⌚ 7hrs

A wonderful balcony path leads us to the heart of the Herbetet cirque, near the eastern face of Gran Paradiso, where a dozen glaciers flow into the valley of Valnontey. Our hike finishes at the charming village of Cogne. After a visit of the village, a quick transfer leads us to the hamlet of Lillaz where we will spend the night.

Dinner, overnight and breakfast in **Hotel Ondezana** or similar, Lillaz.

Day 7: Lago di Loie

↗ 2460ft ↘ 2460ft ⌚ 6.5hrs

Leaving the hotel, at Lillaz (1617m), we gradually climb up, partly under the larch trees, towards the Vallon de Bardoney, a wild alpine pasture that seems to have frozen in time. It is a real picture of postcard! The trail continues on a balcony towards Lac de Loie (2354m). Our trail makes a loop and we are back in Lillaz. We will be back in Chamonix at the end of the afternoon.

Dinner, overnight and breakfast in **Hotel Point Isabelle** or similar, Chamonix.

Day 8: Head to Geneva

Driving time: 1.5 hours

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our exciting journey around one of the most beautiful national parks in the world.

Breakfast included.

** The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

* Please note that elevation gain/loss and hiking/driving times are estimates for each day

This program could be modified at any time by the mountain leader/guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trek Details

Technical level: 4/5 - The Gran Paradiso national park hike is a strenuous trek. A minimum of 800m (2700ft) and a maximum of 900m (2952ft) vertical gain and about 6 to 8 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. A great multiday hike for people with trekking experience. Good physical training and multiday hiking experience on mountain trails are required.

Guiding Policy:

By a state qualified trekking guide with a maximum of 12 people per guide. *Min age : 18 years*

Accommodation:

7 nights in either a mountain hut or basic hotels.

* Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.



Family



Family Tour du Mont Blanc

The classic trip especially adapted for families

Itinerary – 6 days hiking

Day 1 - Chamonix

Driving time: 1.5 hours

We will pick you up in Geneva, Switzerland and head through the Swiss and French Alps to Chamonix – one of the most iconic mountain towns in the world, nestled at the foot of Mont Blanc in the heart of a dramatic U-shaped valley. You will have time to relax and explore this world-famous resort where the first Winter Olympics were held in 1924. Tonight we share a welcome dinner and get acquainted with our traveling companions and guides.

Dinner, overnight and breakfast in **Hotel La Folie Douce** or similar, Chamonix.

Day 2: Chamonix - Col de Balme

↗ 2700ft ↘ 2600ft ⌚ 7hrs

We begin our journey in the village of Le Tour. Col de Balme (7,188 feet), the Franco-Swiss border, is our first objective. Once we reach the Col, we leave behind Mont-Blanc and the other mountains of the Chamonix valley. We continue towards Trient. From there, one final effort takes us to Col de la Forclaz (5,013 feet), where we will spend the night.

Dinner, overnight and breakfast in **Hotel Col de la Forclaz** or similar, Col de la Forclaz.

Day 3: Croix de Bovine - Champex

↗ 2100ft ↘ 2300ft ⌚ 7hrs

We walk towards the Giète alpine pasture (6,181 feet). The Hérens cows welcome us with their cowbells as the cheesemaker methodically tends to the first milking. Our path now ascends to Col de Portalo (6,725 feet). Overlooking the Rhône valley, the view is magnificent. It's time to descend to the charming village of Champex-Lac (4,921 feet), where we can take a refreshing swim. We will then transfer to La Fouly, where we will spend the night.

Dinner, overnight and breakfast in **Auberge Maya -Joie** or similar, La Fouly.

Day 4: Grand Col Ferret

↗ 3200ft ↘ 2600ft ⌚ 7hrs

We head towards Grand Col Ferret (5,036 feet), the Italian-Swiss border, with the southern face of the Mont Blanc massif in view. We also discover Mont Dolent, an iconic summit at the junction of three borders. The descent to the Italian Val Ferret unfolds with views of the Pré de Bar and Miage glaciers. In the early afternoon, our assistance minibus transfers us to Courmayeur, where we will spend the rest of the day in the Italian mountaineering capital, enjoying ice cream and experiencing the local cuisine and history.

Dinner, overnight and breakfast in **Hotel Edelweiss** or similar, Courmayeur.

Day 5: Col de la Seigne - Ville des Glaciers

↗ 2600ft ↘ 2400ft ⌚ 7hrs

We begin our hike toward Lake Combal, where glacial waters merge with the snowmelt from winter, creating a striking contrast! We continue toward the Elisabetta refuge and then to Col de la Seigne, a famous Italian-French border. During the descent, we arrive in the alpine pastures of Beaufortain with their herds of goats, and notably their Tarines: beautiful tan-colored cows with velvety eyes. We conclude our hike with a visit to a farm where we can taste Beaufort cheese and engage with local farmers.

Dinner, overnight and breakfast in **Hotel Chambres du Soleil** or similar, Chapieux.

Day 6: Ville des Glaciers - Hauts du Val Montjoie

↗ 3000ft ↘ 2600ft ⌚ 8hrs

We leave Ville des Glaciers to ascend toward the Bonhomme refuge and then the Col du Bonhomme, where we will enjoy a stunning natural terrace and views for a break before descending to La Balme. We are in the Contamines Montjoie nature reserve and we enjoy the calls of marmots to detect the presence of the Golden Eagle or the famous Bearded Vulture. We continue toward the Refuge des Prés, where we will spend the night.

Dinner, overnight and breakfast in **Refuge des Prés** or similar, Contamines.

Day 7 Hauts du Val Montjoie - Aiguillette des Houches

↗ 3000ft ↘ 2600ft ⌚ 7hrs

After a short morning descent, we reunite with our taxi at Notre Dame de la Gorge for a transfer to the heights of Les Houches. We head toward Aiguillette des Houches. Several options are available for this stage, and the group's fitness will allow the guide to offer the best possible experience. The second part of the afternoon will be dedicated to a visit to Merlet Park, during which the children can review what they have learned during the week and see the last animals they may not have had the chance to encounter in the wild. We will then return to the center of Chamonix, where our journey began five days ago.

Dinner, overnight and breakfast in **Hotel La Folie Douce** or similar, Chamonix.

Day 8: Head to Geneva

Driving time: 1.5 hours

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our exciting journey around one of the most beautiful mountain ranges in the world, and enjoying a quintessential European Alps experience with all the family.

Breakfast included.

** The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

** Please note that elevation gain/loss and hiking/driving times are estimates for each day*

This program could be modified at any time by the mountain leader/guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trek Details

Technical level: 3/5 - The family TMB hiking trip is a trek of moderate difficulty. A minimum of 700m (2350ft) and a maximum of 1300m (4265ft) vertical gain and about 5 to 7 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. For active people who do not mind training to prepare for the hike and practice sport regularly. A great multiday hike for people with trekking experience.

Guiding Policy:

By a state qualified trekking guide with a maximum of 12 people per guide. *Min age : 10 years*

Accommodation:

7 nights in either a mountain hut or 2* or 3* hotels.

** Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.*

Family Tour of the Gran Paradiso

The classic Italian trip especially adapted for families

Itinerary – 6 days hiking

Day 1 - Chamonix Driving time: 1.5 hours

We will pick you up in Geneva, Switzerland and head through the Swiss and French Alps to Chamonix – one of the most iconic mountain towns in the world, nestled at the foot of Mont Blanc in the heart of a dramatic U-shaped valley. You will have time to relax and explore this world-famous resort where the first Winter Olympics were held in 1924. Tonight we share a welcome dinner and get acquainted with our traveling companions and guides.

Dinner, overnight and breakfast in **Hotel La Folie Douce** or similar, Chamonix.

Day 2: Refuge de l'Épée ↗ 1968ft ⌚ 4hrs

Our first day's hike starts from the hamlet of Uselières in Valgrisenche. Slowly, we gain altitude and soon after leaving the beautiful arolla pine forest we reach the alpine pastures not far to the Epée mountain hut. Our presence is well noticed and a herd of cows kindly joins us along the way. If we wish so, we can continue on to Fenêtre alpine bowl where we may see the king of the area, the ibex. We spend the night at the hut. ***Overnight bags for the night – no access to luggage.**

Dinner, overnight and breakfast in **Refuge de l'Épée** or similar, Valgrisenche.

Day 3: Alta Via 2 ↗ 2296ft ↘ 3937ft ⌚ 6.5hrs

Our trail gradually climbs along the glacier haute route until refuge Mario Bezzi, a magnificent example of mountain architecture. Then we continue until Saint Martin Lake, just above Mount Vaudet. We stop at the hut on the way down and later on descend to the hamlet of Surrier. After a 45-min transfer, we arrive in Val de Rhêmes where we will spend the night.

Dinner, overnight and breakfast in **Hôtel Arthémésia** or similar, Rhemes-Notre-Dame.

Day 4: Tour du Truc de Tsanteleina ↗ 5905ft ↘ 2493ft ⌚ 8hrs

Our hike starts at Thumel, the hamlet that marks the end of the road, deep into the Gran Paradiso National Park. First a wide trail leads to a beautiful alpine valley. We hike to Benevolo hut and continue up into a "cul de sac" alpine valley. Hiking around Mount Truc de Tsanteleina provides merely spectacular view : it seems we can touch the ice of the glaciers, or just about ... The vertical wall of the Granta Parei (11 110ft) proudly stands in front of us. ***Overnight bags for the night – no access to luggage.**

Dinner, overnight and breakfast in **Rifugio Bénévolo** or similar, Rhemes-Notre-Dame.

Day 5: Col de la Nivoletta (3152m) ↗ 2788ft ↘ 3608ft ⌚ 7hrs

We are on our way to Nivoletta pass. The hike enters a large, ancient glacier cirque, where the fertile alpine lawn and its multiple bright-coloured flowers contrast with the dark slate scree of the steep hillsides. Glaciers are nearby and enlighten the panorama still. The hike over the pass is superb, offering more unforgettable mountain views to our eyes. Then we hike down to the hut and later on to our minivan. We transfer to Valsavarenche and to the village of Pont.

Dinner, overnight and breakfast in **Rifugio Tétras-Lyre** or similar, Valsavarenche.

Day 6: Grand Collet ↗ 2837ft ↘ 2837ft ⌚ 6hrs

From Pont, the trail towards Gran Collet pass is steep and steady. Towards the East we can admire the Gran Paradiso massif. Looking to the West, landscapes are less rugged yet higher and dryer. A short downhill section takes us below the pass. We cut across alpine meadows and glacier polished rock slabs, looking for grazing chamois. The Park's wilderness is striking by its beauty, showing untouched alpine nature at its best. We hike down to the wide Nivolet plateau to reach Pont to find our hotel again.

***Overnight bags for the night – no access to luggage.**

Dinner, overnight and breakfast in **Rifugio Chivasso** or similar, Valsavarenche.

Day 7: Alpine lakes ↗ 984ft ↘ 3937ft ⌚ 6hrs

For our last day, we hike to the great Rosset Lakes, then Tre Becci lakes and finally reach Lac Noir (Black Lake) on the altiplano. Then a secret trail leads to the hidden alpine bowl of Plan Borgnoz, where we simply enjoy the tranquillity of the mountains. We finally hike down to Pont and meet our minivan. We transfer back to Chamonix later in the afternoon.

Dinner, overnight and breakfast in **Hotel La Folie Douce** or similar, Chamonix.

Day 8: Head to Geneva

Driving time: 1.5 hours

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our exciting journey through one of the most beautiful national parks in the world sharing lifelong family memories.

Breakfast included.

** The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

** Please note that elevation gain/loss and hiking/driving times are estimates for each day*

This program could be modified at any time by the mountain leader/guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trek Details

Technical level: 3/5 - Family hiking in Gran Paradiso is a moderate trek. A minimum of 700m (2350ft) and a maximum of 1300m (4265ft) vertical gain and about 5 to 7 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. For active people who do not mind training to prepare for the hike and practice sport regularly. A great multiday hike for people with trekking experience.

Guiding Policy:

By a state qualified trekking guide with a maximum of 12 people per guide. *Min age : 10 years*

Accommodation:

7 nights in either mountain huts or 2* or 3* hotels.

** Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.*



Luxury



Best of Chamonix

All the best hikes around the Mont Blanc based in Chamonix

Itinerary – 5 days hiking

Day 1 - Chamonix

Driving time: 1.5 hours

We will pick you up in Geneva, Switzerland and head through the Swiss and French Alps to Chamonix – one of the most iconic mountain towns in the world, nestled at the foot of Mont Blanc in the heart of a dramatic U-shaped valley. You will have time to relax and explore this world-famous resort where the first Winter Olympics were held in 1924. Tonight we share a welcome dinner and get acquainted with our traveling companions and guides.

Dinner, overnight and breakfast in **Hotel Mont Blanc** or similar, Chamonix.

Day 2: Mer de Glace – Aiguille du Midi

↗ 1063ft ↘ 1063ft ⌚ 3hrs

Starting from Chamonix we will use the famous little rack railway of Montenvers above the Mer de glace (Sea of Ice). We reach the historical mountain site of Montenvers, from where we penetrate into the glacier and visit the ice-cave. We continue our visit with the crystal gallery, and the recently opened and very modern glacier exhibition. We start our hike on the beautiful northern “balcony” traverse until the plan de l’Aiguille. The cable car ride us up to the 3 842m of the Aiguille du Midi. The terraces of the site and its “Step into the void” offer you a 360° panorama over the Alps range. After our visit we will use the cable car to ride down to Chamonix.

Dinner on your own, overnight and breakfast in **Hotel Mont Blanc** or similar, Chamonix.

Day 3: The Saxe mountain

↗ 2300ft ↘ 2300ft ⌚ 6hrs

After a short minivan ride to the town of Courmayeur, Italy, we hike from the upper Villair hamlet in the direction of the Bertone hut. Mont de la Saxe is an incredible belvedere to admire the steepest peaks of the Mont Blanc massif while we enjoy an extra-long lunch-break. The hut makes it hard to resist the call of a real Italian “cappuccino”. At the end of the day we transfer back to Chamonix.

Dinner on your own, overnight and breakfast in **Hotel Mont Blanc** or similar, Chamonix.

Day 4: The Loriaz alpine pastures

↗ 2100ft ↘ 2100ft ⌚ 6hrs

From the village of Vallorcine, we gently head towards the Loriaz cattle grazing area. Just a couple hundred feet before we reach our goal, a fantastic panoramic view over the Mont-Blanc range, nearby peaks and the Aiguilles Rouges range leaves us speechless. The descent follows a different route, towards and along the Bérard creek.

Dinner on your own, overnight and breakfast in **Hotel Mont Blanc** or similar, Chamonix.

Day 5: Aiguillette des Houches

↗ 3280ft ↘ 3280ft ⌚ 7hrs

Back on the French side of the Mont-Blanc range, we start our hike from the hamlet of La Flatière and start our ascent to Aiguillette des Houches (7 500ft). From the top we can enjoy a 360° panoramic view. The scenery over the top of Europe is just breathtaking! Mont Blanc seems to be at an arm’s reach...

Dinner on your own, overnight and breakfast in **Hotel Mont Blanc** or similar, Chamonix.

Day 6: Cheserys Lakes – Lac Blanc

↗ 2900ft ↘ 3600ft ⌚ 7hrs

The hike starts from Col des Montets, deep into the wildlife sanctuary of the Aiguilles Rouges. We hike up to the Cheserys Lakes, a photographer’s favorite shooting area! If we feel like it, we can reach the magical site of Lac Blanc, “the” place to be for a picnic. And to crown it all, we may come across a group of ibexes on the way down...

Dinner, overnight and breakfast in **Hotel Mont Blanc** or similar, Chamonix.

Day 7: Head to Geneva

Driving time: 1.5 hours

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our exciting week in this world famous mountain town at the foot of the Mont Blanc Mountain range.

Breakfast included.

* *The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

* *Please note that elevation gain/loss and hiking/driving times are estimates for each day*

This program could be modified at any time by the mountain leader/guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trek Details

Technical level: 3/5 - The Best-of Chamonix hiking trip is a moderate trek. A minimum of 700m (2350ft) and a maximum of 1300m (4265ft) vertical gain and about 5 to 7 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. For active people who do not mind training to prepare for the hike and practice sport regularly. A great multiday hike for people with trekking experience.

Guiding Policy:

By a state qualified trekking guide with a maximum of 12 people per guide. *Min age : 16years*

Accommodation:

6 nights in a 5* hotel in Chamonix.

* Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.

Lakes in Savoie

The 3 big lakes of Savoie

Itinerary – 9 days hiking

Day 1 - Evian Driving time: 2.5 hours

We will pick you up in Geneva, Switzerland and bring you to Evian where you can spend the rest of the afternoon exploring this lakeside town. Tonight we share a welcome dinner and get acquainted with our traveling companions and guides.

Dinner, overnight and breakfast in the **Hotel Royal** or similar, Evian

Day 2: Pic du Boré et Pic des Mémises ↗ 3100ft ↘ 3100ft ⌚ 6hrs

Our day begins with the climb upto the Pertuis pass. The forests at the start of our climb quickly open up giving us a spectacular aerial view. We then cross to the Pic des Mémises (5492ft), then the Pic du Boré (6476ft). We are now surrounded by a typical Chablais landscape, with a breathtaking view of the Jura massif and Lake Léman.

Dinner, overnight and breakfast in the **Hotel Royal** or similar, Evian

Day 3: Dent Doche – Pointe de Pelluaz et Mont Baron ↗ 4100ft ↘ 4900ft ⌚ 7 hrs

This morning we start with a transfer to Bernex. Our hike takes us up towards Dent Doche. The view is superb over Lake Léman and the surrounding Chablais peaks. Before us we find the ridge line, it is this that we will follow for the rest of the day, passing by the lake de la Cavé then the Pointe de Pelluaz and Mont Baron. Finally, we will reach Chevenoz, having enjoyed some of the most breathtaking views of the largest Franco/Swiss Glacial Lake throughout the day.

Dinner, overnight and breakfast in the **Hotel Royal** or similar, Evian

Day 4: Nature reserve of Roc De Cher ↗ 750ft ↘ 750ft ⌚ 4hrs

After a morning transfer, we arrive near Talloires. Today we will visit the Roc de Cher nature reserve. This site is steeped in history going back to the Middle Ages where it's peatlands were already in use at this time. Today, this small area is a protected site due to the highly varied biodiversity that has developed there. Here we will discuss the surrounding nature, always keeping the sublime view of Lake Annecy within sight.

Dinner, overnight and breakfast in the **Abbaye de Talloires** or similar, Talloires

Day 5: Dents de Lanfon ↗ 3200ft ↘ 3200ft ⌚ 6hrs

This is a magnificent hike on one of the most beautiful balconies of Lake Annecy. The impressive rock faces of the small isolated massif of the Dents de Lanfon rises directly above Lake Annecy, which it dominates by almost 4593ft. This belvedere offers an exceptional view of Lake Annecy as well as the nearby surrounding peaks.

Dinner, overnight and breakfast in the **Abbaye de Talloires** or similar, Talloires

Day 6 : Mont Trelot ↗ 3300ft ↘ 4000 ft ⌚ 6 hrs

Today we will discover the centre of the Bauges massif. Between Lake Annecy and Lake Bourget, this massif knows how to make itself known only to the initiated. Not very touristy, here you will find the mountain of yesteryear. Mont Trélot is a central summit in this massif, allowing us to see most of the near and far peaks, including Mont-Blanc. A timeless hike that you will undoubtedly enjoy.

Dinner, overnight and breakfast in the Hotel **L'Incomparable** or similar, Aix Les Bains

Day 7 : Mont Margeriaz ↗ 600ft ↘ 1000ft ⌚ 6hrs

Today we are heading back to the Bauges to conclude the crossing of the massif with a hike on the mountain of Margeriaz. This mountain is steeped in history and offers a breathtaking view of the surrounding mountains. The hike will start from the Margeriza forest above Aillons le Jeune and will introduce us to the two faces of the Bauges. One face turned towards tourism and skiing, and the other face free and wild far from the crowds. We will eat on the ridges before heading back to La Combe where we will finish our outing.

Dinner, overnight and breakfast in the Hotel **L'Incomparable** or similar, Aix Les Bains.

Day 8 : Traversée du Mont Du Chat ↗ 1000ft ↘ 2000ft ⌚ 6hrs

We will take full advantage of Bourget Lake by crossing the foothills of the Jurassian Arc. The Épine Mountain with the Dent du Chat at its summit are of the same geological origin as the Jura range that we saw on the first two days of our hike. This final route is mainly forested but we catch glimpses of the surrounding peaks through the many gaps within the trees, punctuating the hike with moments of pause and contemplation.

We make the most of the Bourget Lake towards the end of the day, before heading back to our Hotel. Farewell dinner, overnight and breakfast in the Hotel **L'Incomparable** or similar, Aix Les Bains

Day 9 : Head to Geneva

Driving time: 2.5 hours

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our exciting journey around some of the most beautiful lakes in France. Breakfast included.

** The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

** Please note that elevation gain/loss and hiking/driving times are estimates for each day*

This program could be modified at any time by the mountain leader/guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trek Details

Technical level: 4/5 - The Lakes in Savoie trip is a strenuous trek. A minimum of 800m (2700ft) and a maximum of 1450m (4757ft) vertical gain and about 6 to 8 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. A great multiday hike for people with trekking experience. Good physical training and multiday hiking experience on mountain trails are required.

Guiding Policy:

By a state qualified trekking guide with a maximum of 12 people per guide. *Min age : 18 years*

Accommodation:

8 nights in 5* Palace hotels.

** Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.*

Chamonix to Annecy

An adventure through the Alps, from Mont Blanc to the Aravis

Itinerary – 5 days hiking

Day 1 - Chamonix

Driving time: 1.5 hours

We will pick you up in Geneva, Switzerland and head through the Swiss and French Alps to Chamonix – one of the most iconic mountain towns in the world, nestled at the foot of Mont Blanc in the heart of a dramatic U-shaped valley. You will have time to relax and explore this world-famous resort where the first Winter Olympics were held in 1924. Tonight we share a welcome dinner and get acquainted with our traveling companions and guides.

Dinner, overnight and breakfast in **Grand Hotel des Alpes** or similar, Chamonix.

Day 2: Hike in Chamonix with views of the Mont Blanc

↗ 1000ft ↘ 4000ft ⌚ 5hrs

Take in the crisp Alpine air. After an easy ascent in the cable car, cross towards the pristine waters of Lac Blanc—one of the valley's most famous sites with stunning, panoramic views of the Mont Blanc Massif, Aiguille Verte (or, "The Green Needle") and glaciers Argentière and Le Tour. Descend through the Aiguilles Rouge National Nature Reserve towards the Col des Montets mountain pass, passing by Cheserys Lake. Dare to plunge in for a quick swim? Arrive to Col des Montets and transfer back to Chamonix.

Dinner in a restaurant, night and breakfast in the **Grand Hotel des Alpes** or similar, Chamonix

Day 3: Explore the Giffre valley

↗ 3000ft ↘ 3200ft ⌚ 7 hrs

Discover the thrill of Sixt-Fer-à-Cheval and Passy Nature Reserves. Climb past the hamlet of the Ayères des Rocs to reach the Pass of Anterne for awe-inspiring vistas. Descend to glimpse Lac d'Anterne where the steep east face of the impressive Fiz reflects in its waters. Take a beat at Refuge Alfred Wills, named after the well-known British mountaineer, before heading towards the swell of waterfalls. Arrive to Salvagny and transfer to picturesque Samoëns.

Dinner in a restaurant, night and breakfast in the **Chalet Hotel & Roc** or similar, Samoëns

Day 4: Tour le Bargy : Lakes and Wildlife

↗ 3000ft ↘ 3300ft ⌚ 7hrs

Continue towards Lapiaz du Bargy, where bearded and griffon vultures join elegant ibexes on the mountain's steep slopes. Discover the Cenise plateau and head to the Lac de Lessy at the base of Pic de Jallouvre. After lunch, a short climb leads to the pass under the Aiguille Verte. Descend to the resort town of Grand Bornand on the western slope of the Aravis. A small transfer to our hotel in La Clusaz for the night.

Dinner, night and breakfast in the **St Alban Hotel & Spa** or similar, La Clusaz

Day 5: Take in history & scenery at the Glières plateau

2700ft ↘ 3000ft ⌚ 6hrs

After three sporty days of climbing, a more leisurely day awaits. Visit the limestone Glières Plateau in the Bornes Massif, an important site rich in biodiversity and a stronghold for the resistance during World War II. Between mountain forests and protected alpine pastures, discover the native landscapes of the French Alps. Transfer to quaint Annecy, the largest alpine town in Haute-Savoie.

Dinner on your own, night & Breakfast in the **Imperial Palace** or similar, Annecy

Day 6 : Parmelan

↗1640ft ↘ 1640ft ⌚ 5 hrs

We start this last day's hike with a transfer between Annecy and the Chalet de Anglettaz. The trail is regular and steep until we reach the Petit Montoir (5197ft) and then the Grand Montoir (5680ft). From here, the path becomes wider and oscillates through the lapiaz of the karst limestone of Parmelan. From here, we have a beautiful view of the Mont Blanc massif, the Aravis mountains and all the beautiful kilometres that we have traveled throughout the week. On the other side, Lake Annecy. A little more effort and we reach the 5988ft of the Refuge du Parmelan. We will eat near the refuge before heading back down, taking the loop to the Grotte de l'Enfer via the Plateau.

Dinner, night and breakfast in the **Imperial Palace** or similar, Annecy

Day 7 : Head to Geneva

Driving time: 1.5 hours

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our epic adventure into the Alps, from Chamonix to Annecy.

Breakfast included.

* The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.

* Please note that elevation gain/loss and hiking/driving times are estimates for each day

This program could be modified at any time by the mountain leader/guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trek Details

Technical level: 4/5 - The Chamonix to Annecy trip is a strenuous trek. A minimum of 800m (2700ft) and a maximum of 1450m (4757ft) vertical gain and about 6 to 8 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. A great multiday hike for people with trekking experience. Good physical training and multiday hiking experience on mountain trails are required.

Guiding Policy:

By a state qualified trekking guide with a maximum of 12 people per guide. *Min age : 18 years*

Accommodation:

6 nights in 4* or 5* hotels.

* Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.

Tour du Mont Blanc Deluxe

The classic adventure through the three countries with a little extra !

Itinerary – 5 days hiking

Day 1 - Chamonix

Driving time: 1.5 hours

We will pick you up in Geneva, Switzerland and head through the Swiss and French Alps to Chamonix – one of the most iconic mountain towns in the world, nestled at the foot of Mont Blanc in the heart of a dramatic U-shaped valley. You will have time to relax and explore this world-famous resort where the first Winter Olympics were held in 1924. Tonight we share a welcome dinner and get acquainted with our traveling companions and guides.

Dinner, overnight and breakfast in **Grand Hotel des Alpes** or similar, Chamonix.

Day 2: Chamonix – Martigny, Valais suisse

↗ 2800ft ↘ 2200ft ⌚ 6hrs

We start our journey around Mont Blanc in the picturesque village of Le Tour (4,757ft) at the bottom of the Chamonix Valley. Col de Balme (7,188ft) on the Franco-Swiss border is our first objective. Upon reaching the col, we leave behind Mont Blanc and the Chamonix Valley to descend through the Grands Alpine pastures to the village of Trient (4,327ft). A short transfer takes us to the heights of Martigny. We head to the Plan-Cerisier vineyards for a guided tour and tasting.

Dinner in a restaurant, night and breakfast in the **Grand Martigny Boutique Hotel** or similar, Martigny

Day 3: Martigny – Champex, Rhône Valley

↗ 3000ft ↘ 2500ft ⌚ 7 hrs

From the hamlet of La Caffè (4,272ft), we walk towards the Giète alpine pasture (6,180ft). The local "Hérens" cows greet us with their cowbells as the cheesemaker diligently works with the milk from the first milking. Our trail now ascends to Col de Portalo (6,722ft). Overlooking the great Rhône Valley, the viewpoint is superb. It's time to descend to the charming village of Champex-Lac (4,920ft), affectionately known by its residents as "Little Canada."

Dinner in a restaurant, night and breakfast in the **Hotel Alpina** or similar, Champex

Day 4: Champex – Courmayeur, Val Ferret

↗ 2400ft ↘ 2400ft ⌚ 7hrs

From La Fouly (5,577ft), we head toward the Grand Col Ferret (8,316ft) on the Italian-Swiss border. We follow along Mont Dolent (12,536ft), an iconic summit at the crossroads of France, Switzerland, and Italy, before discovering the southern slope of the Mont Blanc Massif. The descent to the Italian Val Ferret unfolds with views of the Pré de Bar and Miage glaciers.

Dinner, night and breakfast in the **Hotel Lo Sciattolo** or similar, Courmayeur

Day 5: Pointe Helbronner, Skyway Monte Bianco

⌚ 4hrs

We reach the Skyway cable car for an exceptional day in the high mountains. At the summit of Pointe Helbronner (11,358ft), we enjoy the atmosphere of the Mont Blanc Massif landscapes and breathtaking views of nearby peaks: Dent du Géant (13,160ft), Mont Blanc (15,780ft), Mont Maudit (14,635ft), and Mont Blanc du Tacul (13,714ft). On the return, a visit to the Mont Fréty botanical garden (7,126ft) allows us to admire the characteristic mountain flora of the region.

Dinner, night & Breakfast in the **Hotel Lo Sciattolo** or similar, Courmayeur

Day 6 : Courmayeur - Bourg-Saint-Maurice, Val Veny & Beaufortain

↗2700ft ↘ 2400ft ⌚ 7hrs

From La Visaille (5,446ft), we ascend the Val Veny, passing by the stunning Lake Combal and its meandering white-water streams colored by glacial flour. The steady trail leads us to the Elisabetta refuge and then to Col de la Seigne (8,215ft), marking the border between Italy and France. We then descend into the Beaufortain alpine pastures and their herds of "tarine" cows, known for their fawn colors and velvet eyes. Overnight in a hotel in Bourg-Saint-Maurice.

Dinner, night and breakfast in the **Hotel Autantic** or similar, Bourg Saint Maurice.

Day 7 : Bourg-Saint-Maurice - Refuge des Prés, Val Montjoie

↗3000ft ↘ 4000ft ⌚ 8hrs

We start our day with a beautiful climb through the alpine pastures to Col de la Croix du Bonhomme (8,136ft) via La Raja. We then reach Col du Bonhomme (7,641ft), where we take a break on a superb natural terrace with scenic views. We begin our descent through the Contamines Montjoie nature reserve to reach the picturesque Refuge des Prés (5,906ft). Overnight at the refuge.

Dinner, night and breakfast in the **Refuge des Prés** or similar, Val Montjoie.

Day 8 : Refuge des Prés – Chamonix, Bionnassay Valley

↗3500ft ↘ 1800ft ⌚ 7hrs

We reach Notre Dame de la Gorge (4,921ft) and its famous Roman road. A short transfer takes us to the

village of Champel (3,953ft), where we begin our final hike through the Bionnassay Valley. The landscapes are magnificent, and we pass several waterfalls before crossing the Glacier torrent on a suspended bridge (5,675ft). We then hike along the flank to Bellevue (5,906ft), which offers a final panoramic view of Chamonix and its peaks. The cable car that takes us back to the valley marks the end of our journey in the heart of Mont Blanc country. Overnight in Chamonix.

Dinner, night and breakfast in the **Grand Hotel des Alpes** or similar, Chamonix.

Day 9 : The Legendary Lac Blanc, Aiguilles Rouges Massif ↗3100ft ↘ 2700ft ⌚ 5hrs

Today, we take the Planpraz cable cars (6,398ft) to reach the Aiguilles Rouges Massif, facing the Mont Blanc Massif. We hike towards Col Cornu (7,933ft), which overlooks the similarly named Lake. We continue on to Col de la Glière (8,073ft) and then to the legendary Lac Blanc (7,717ft), nestled in the Belvédère combe. We then descend to La Flégère (6,070ft) to take the cable car back to Chamonix.

Dinner, night and breakfast in the **Grand Hotel des Alpes** or similar, Chamonix.

Day 10 : Head to Geneva **Driving time: 1.5 hours**

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our epic adventure through the Alps.

Breakfast included.

** The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

** Please note that elevation gain/loss and hiking/driving times are estimates for each day*

This program could be modified at any time by the mountain leader/guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trek Details

Technical level: 3/5 -The Tour du Mont-Blanc Deluxe is a hike of moderate difficulty. A minimum of 700m (2350ft) and a maximum of 1300m (4265ft) vertical gain and about 5 to 7 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. For active people who do not mind training to prepare for the hike and practice sport regularly. **Trekking experience is recommended.**

Guiding Policy:

By a state qualified trekking guide with a maximum of 12 people per guide. *Min age : 18 years*

Accommodation:

8 nights in 4* or 5* hotels & 1 night in a luxury Mountain Hut.

** Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.*



Active



The Tour des Fiz

A mixture of hiking, biking and climbing with a little bit of water !

Itinerary – 7 days of activities

Day 1 – Chamonix

Driving time: 1.5 hours

We will pick you up in Geneva, Switzerland and head through the Swiss and French Alps to Chamonix – one of the most iconic mountain towns in the world, nestled at the foot of Mont Blanc in the heart of a dramatic U-shaped valley. You will have time to relax and explore this world-famous resort where the first Winter Olympics were held in 1924. Tonight we share a welcome dinner and get acquainted with our traveling companions and guides.

Dinner, overnight and breakfast in **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 2: Electric mountain bike from Chamonix to Servoz

↗ 656ft ↘ 1312ft

The electric mountain bike has been a great success for a few years and the reasons for this enthusiasm are numerous: go further, higher & faster without excessive physical effort, assured user-friendliness and more importantly, pedal without getting tired!

Dinner, overnight and breakfast in **Hotel Campanules** or similar, Les Houches.

Day 3: Hiking: Plaine Joux - Alfred Wills refuge

↗ 3937ft ↘ 2460ft ⌚ 7hrs

We transfer to Plaine Joux (1360m) in the town of Passy for the start of our hike. We reach the famous Lac Vert and its emerald-coloured water. As we climb to the Chalets d'Ayères (1640m), we leave the forest and reach the pastures where the view of the Mont-Blanc Massif is in front of us. We continue our ascent via a beautiful winding path below the pointes d'Ayères. We will climb the Col d'Anterne to overlook the lake of the same name. Behind the lake hides the Alfred Wills refuge. ***Overnight bags for the night – no access to luggage.**

Dinner, overnight and breakfast in **Refuge Alfred Wills** or similar, Sixt-Fer-à-Cheval.

Day 4: Refuge Alfred Wills – Salvagny

↗ 984ft ↘ 3937ft ⌚ 6-7hrs

To warm up, we start with a climb to the small Col d'Anterne (2038 m). A beautiful descent takes us to the Fonts refuge, with its gigantic rocky cirque. We will cross towards the village of Salvagny to reach the heights of Sixt fer à Cheval where we will spend the night.

Dinner, overnight and breakfast in **Auberge de Salvagny** or similar, Sixt-Fer-à-Cheval.

Day 5: Salvagny - Refuge de Sales – Col de la Portette - Refuge de Platé ↗ 3444ft ↘ 984ft ⌚ 7hrs

After a morning transfer to Lignon, we will cross the valley of the waterfalls to reach the refuge of Sales. After lunch, we leave the pastures of Sales and its four-legged occupants and start our day by crossing the valley of Sales. As the path becomes steep, we move from an alpine landscape to more mineral environments, where the ibex live. From the Col de la Portette, the view is sublime on the Aravis and the Platé desert, a site classified for its geological riches. ***OVERNIGHT BAGS FOR THE NIGHT – NO ACCESS TO LUGGAGE**

Dinner, overnight and breakfast in **Refuge de Platé** or similar, Sixt-Fer-à-Cheval.

Day 6: Refuge de Platé – Plaine Joux

↗ 984ft ↘ 4265ft ⌚ 6-7hrs

Today we discover the classified site of the Platé Desert. We go up to the plateau made of lapiaz in order to discover the largest mineral desert in Europe. In the afternoon we will descend a superb winding path to reach Plaine-Joux and Servoz. We transfer back to Chamonix.

Dinner, overnight and breakfast in **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 7: Rafting and climbing

This morning we are carried away by the glacial waters of the Arve, this is the most original way to descend the Chamonix valley. 45 min on the water, 7 km downhill. It is imperative to know how to swim. After a picnic at the foot of Mont Blanc, we will climb the famous Gaillands climbing wall. Grouping over 150 pitches, this local rock offers a variety of climbing: slabs, cracks, overhangs with more than half of the routes of a level less than or equal to 5+. The equipment in place allows you to learn or improve the techniques of climbing: belaying, relay, abseiling, top rope. A real treat !

Dinner on your own, overnight and breakfast in **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 8: Via Ferrata les Evettes and Canyon

This morning we are going to La Flégère to the Via des Evettes. This will be an opportunity to set foot in the world of verticality and to safely enjoy the pleasures of "organized" climbing on the via ferrata. Everyone will find what they are looking for, from the youngest to the most experienced!

We end our stay by cooling off in the waters of the Canyon at Barberine, an ideal place for a gentle initiation. After an approach walk of about 20 minutes, slowly advance for 1h30, on foot at the bottom of gorges, abseil waterfalls, slide along torrents, or swim in the middle of pools of clear water. Each passage is not compulsory and can be bypassed on foot.

Dinner, overnight and breakfast in **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 9: Head to Geneva

Driving time: 1.5 hours

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our exciting, action packed week around this spectacular lesser-known mountain range.

Breakfast included.

** The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

** Please note that elevation gain/loss and driving times are estimates for each day*

This program could be modified at any time by the mountain leader/guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trek Details

Technical level: 3/5 - The Tour des Fiz is a moderate trek. A minimum of 700m (2350ft) and a maximum of 1300m (4265ft) vertical gain and about 5 to 7 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. For active people who do not mind training to prepare for the hike and practice sport regularly. A great multiday hike for people with trekking experience.

Rafting & Canyoning: Participants should be able to swim 25m and be able to submerge their head in the water.

Guiding Policy:

Hiking: By a state qualified trekking guide with a maximum of 12 people per guide. *Min age : 18 years*

Biking: By a state qualified mountain biking guide with a maximum of 8 people per guide. *Min age : 18 years*

Canyon: By a state qualified canyon guide with a maximum of 8 people per guide. *Min age : 18 years*

Rafting: By a state qualified rafting guide with a maximum of 7 people per guide. *Min age : 18 years*

Climbing & Via Ferrata: By a state qualified mountain guide with a maximum of 6 people per guide. *Min age : 18 years*

Accommodation:

8 nights in either mountain huts, inns, 3* or 4* hotels.

** Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.*

The Tour du Mont Blanc

The classic trip with a twist!

Itinerary – 9 days of activities

Day 1: Arrive in Geneva, head to Chamonix **Driving time: 1.5 hours**

We will pick you up in Geneva, Switzerland and head through the Swiss and French Alps to Chamonix – one of the most iconic mountain towns in the world, nestled at the foot of Mont Blanc in the heart of a dramatic U-shaped valley. You will have time to relax and explore this world-famous resort where the first Winter Olympics were held in 1924. Tonight we share a welcome dinner and get acquainted with our traveling companions and guides.

Dinner, overnight and breakfast in **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 2: Rafting and Via Ferrata les Evettes

This morning we are carried away by the glacial waters of the Arve, this is the most original way to descend the Chamonix valley. 45 min on the water, 7 km downhill. It is imperative to know how to swim. After a picnic at the foot of Mont Blanc, we transfer to La Flégère to the Via des Evettes. This will be an opportunity to set foot in the world of verticality and to safely enjoy the pleasures of "organized" climbing on the via ferrata. Everyone will find what they are looking for, from beginners to the most experienced!

Dinner on your own, overnight and breakfast in **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 3: Begin Mont Blanc Circuit hike – hike to Les Houches **↘ 4920ft ⌚ 6hrs**

This morning we'll leave Chamonix by Gondola up to Brevent (8410ft), one of the highest peaks in the crystalline Aiguilles Rouges range, which stands opposite the Mont Blanc massif. From here we'll hike across the Carlaveyron Plateau overlooking the spectacular Dioz Canyon. The views of the north face of Mont Blanc, the Fiz range and the Chamonix valley are second to none! We'll drop down to the village of Les Houches, our home for the evening, before meeting our local hosts and settle in for a hearty French mountain meal. Dinner, overnight and breakfast at **Hotel Les Campanules** or similar, Les Houches.

Day 4: Hike below the tumbling Bionnassay Glacier to Les Contamines.

↗ 1906ft ↘ 4104ft ⌚ 7hrs Driving time : 15 minutes

The day begins with a cable car ascent from Les Houches to Bellevue where we start our hike beneath the tumbling Bionnassay Glacier to the Col du Tricot (6955'). Along the way we'll watch for bounding chamois, a goat-like antelope, on the hillsides. After a steep descent to Chalets de Miage we stop for lunch amongst picturesque alpine meadows. From here we continue up to Chalet du Truc (5642') and then on to Les Contamines (3828'), a charming town proud of its gastronomical heritage. We stay in a local auberge tonight. All meals included.

Dinner, overnight and breakfast at **Hotel Le Chemenaz** or similar, Les Contamines.

Day 5: Hike the Roman Road to Savoie and Beaufortain **↗ 4044ft ↘ 2224ft ⌚ 7hrs**

We'll return to the Mont Blanc Circuit this morning after a short drive to Val Montjoie where we'll begin our hike on an old Roman road to Plan des Dames. After a short break, we begin a gradual ascent of the Col du Bonhomme – an iconic mountain pass and the gateway to the Beaufortain region, famous for its unique cheeses. After breaking for lunch here, we'll drop down into the sweeping wildflower meadows in the valley below to Les Chapieux where we'll jump in our vehicle and drive a short distance to our accommodation for the evening, in the hamlet of Bourg St Maurice.

Dinner, overnight and breakfast in **Hotel Autantic** or similar, Bourg Saint Maurice.

Day 6 : Hike "Vallée des Glaciers" into Italy **↗ 2410ft ↘ 2742ft ⌚ 6-7hrs**

After breakfast, we'll head back to Les Chapieux. Here we'll visit a local family run Beaufort cheese factory which has been making cheese for hundreds of years, having passed down their traditional methods of production generation after generation (please note, the cheese factory is not open during the month of June, so we will select an alternative activity at that time). After our visit, we'll begin our ascent of the "Vallee des Glaciers" (Valley of the Glaciers). Our first destination is the Col de la Siegne – the pass that straddles the border between France and Italy and an amazing place to view the southern side of the Mont Blanc range. As you stand with one foot in France and the other in Italy, you'll be confronted with astounding views of huge glaciers, massive rock spires and the broad 'U' shaped valley down into the Italian countryside. We'll make our way down the valley, passing through green pastures and alpine streams. Our home for this evening is the village of Courmayeur, a picture perfect Italian village at the head of the Aosta valley. Welcome to Italy!

Dinner on your own, overnight and breakfast at **Lo Scoiatollo** or similar, Courmayeur.

Day 7 : Hike Mont de la Saxe ↗ 3195ft ↘ 1922ft ⌚ 6hrs

We'll leave Courmayeur this morning and hike up through dense larch forest and onto alpine meadows leading up to Rifugio Bertone, where we'll make a brief stop for an espresso and soak in the jaw dropping views of Mont Blanc. From here we'll continue on to the Mont della Saxe balcony trail overlooking the Italian Val Ferret, looking straight across to some of the highest peaks of the Mont Blanc massif and the tumbling glaciers that descend the southern side of the range into the valley below. They look so close, you'll feel like you can throw a stone and hit the highest peaks – it's a sight you have to see to believe. After lunch, we'll drop down into the Val Ferret and green pastures of the Lavachey where we'll enjoy a classic home cooked Italian/French meal prepared by our local hosts.

Dinner, overnight and breakfast in **Hotel Lavachey** or similar, Val ferret.

Day 8: Hike into Switzerland ↗ 2453ft ↘ 2673ft ⌚ 5hrs

Close to our accommodation, the trail to Switzerland begins, over one of the Mont Blanc regions' most renowned passes – the Grand Col Ferret. The massive granite spires of the south side of the Mont Blanc range are our backdrop on the ascent to the Col Ferret, followed by the astoundingly beautiful views of the Swiss Val Ferret, the Glacier de l'A Neuve and the village of La Fouly that lies beneath it. We'll hike down to La Fouly through classic Swiss pastures, before a short drive to Champex Lac, a picture perfect lakeside village and our home for the evening.

Dinner, overnight and breakfast at **Hotel Alpina** or similar, Champex.

Day 9: Hike Upper Rhone valley, Switzerland ↗ 2525ft ↘ 2319ft ⌚ 5hrs

Today is a proper "Swiss cow day" as we hike through some of the greenest and most picturesque valleys on the planet, all accompanied by the soundtrack of cow bells ringing out across the meadows. As we hike to Bovine peak, we'll have great views of Wildstrubel, the hulking glaciated 9 mile wide peak that divides the Valais and Bern regions of Switzerland, and out to the north western mountain passes of the Oberland area. We'll then head down into the town of Martigny, the capital of the Valais canton, Switzerland's finest wine growing area. We'll have time to explore the old Roman streets of town, before driving a short distance to Argentière, nestled in a stunning mountain valley just across the French border.

Dinner, overnight and breakfast at **Hotel la Couronne** or similar, Argentière.

Day 10: Electric mountain bike and Canyon

This morning we rediscover mountain biking, without too much physical effort! We take to the mountains on electric mountain bikes. Enjoy an exhilarating ride back to Chamonix. Gaining height easily to make the most of the unique landscapes of the Mont Blanc region and the breathtaking views over the surrounding peaks.

We end our stay by cooling off in the waters of the Canyon at Barberine, an ideal place for a gentle initiation. After an approach walk of about 20 minutes, slowly advance for 1h30, on foot at the bottom of gorges, abseil waterfalls, slide along torrents, or swim in the middle of pools of clear water. Each passage is not compulsory and can be bypassed on foot.

Dinner, overnight and breakfast in **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 11: Head to Geneva **Driving time: 1.5 hours**

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our action packed journey around one of the most famous mountain ranges in the world.

Breakfast included.

** The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

** Please note that elevation gain/loss and hiking/driving times are estimates for each day*

This program could be modified at any time by the mountain leader/guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trek Details

Technical level: 3/5 - The Tour du Mont Blanc is a moderate trek. A minimum of 700m (2350ft) and a maximum of 1300m (4265ft) vertical gain and about 5 to 7 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. For active people who do not mind training to prepare for the hike and practice sport regularly. A great multiday hike for people with trekking experience.

Rafting & Canyoning: Participants should be able to swim 25m and be able to submerge their head in the water.

Guiding Policy:

Hiking: By a state qualified trekking guide with a maximum of 12 people per guide. *Min age : 18 years*

Biking: By a state qualified mountain biking guide with a maximum of 8 people per guide. *Min age : 18 years*

Canyon: By a state qualified canyon guide with a maximum of 8 people per guide. *Min age : 18 years*

Rafting: By a state qualified rafting guide with a maximum of 7 people per guide. *Min age : 18 years*

Via Ferrata: By a state qualified mountain guide with a maximum of 6 people per guide. *Min age : 18 years*

Accommodation:

10 nights in either gite, 3* or 4* hotels.

* Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.

Electric Mountain Bike Tour du Mont Blanc

The classic trip with a boost !

Itinerary – 4 days of activities

Day 1: Arrive in Geneva, head to Chamonix **Driving time: 1.5 hours**

We will pick you up in Geneva, Switzerland and head through the Swiss and French Alps to Chamonix – one of the most iconic mountain towns in the world, nestled at the foot of Mont Blanc in the heart of a dramatic U-shaped valley. You will have time to relax and explore this world-famous resort where the first Winter Olympics were held in 1924. Tonight we share a welcome dinner and get acquainted with our traveling companions and guides.

Dinner, overnight and breakfast in **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 2: Chamonix Alt 1035m - Col de Balme Alt 2191m - Martigny Alt 471m - Champex Alt 1466m **↗ 8530ft ↘ 9842ft (depending on the itineraries) Biking distance : 22 - 28 miles**

We start our tour in France and this first day gives you the chance to make the most of the Chamonix valley seen from above, with its legendary glaciers and peaks as a backdrop. Having arrived at the Col de Balme we drop into the Swiss side of the pass for an attractive, fast and winding descent that leads us to Martigny. A cycle up to Champex, through pretty, typical Swiss chalets, awaits us in the afternoon. We finish our day in Switzerland in the pretty lakeside village of Champex.

Private transfer by minibus from Vernayas to Gorges de Durnant (or higher depending on the group)

Dinner, overnight and breakfast in **Hotel Alpina** or similar, Champex.

Day 3: Champex Alt. 1466m - ISSERT Alt. 1100m - Col Ferret Alt. 2537m - Courmayeur 1242m **↗ 6561ft ↘ 7545ft (depending on the itineraries) biking distance : 28 - 34 miles**

We leave the village of Champex via the 'sentier des Champignons' ('mushroom path') to reach ISSERT. The day's challenge will be the ascent of the Grand Col Ferret, which, at an altitude of 2537m or 8323ft, is the highest point on the famous Tour of Mont Blanc. The alpine pass allows you to cross, through a high-altitude environment, from the Swiss Val Ferret to the Italian Val Ferret. As a reward for your efforts, there is a long descent beneath the watchful gaze of the Grandes Jorasses and the south face of Mont Blanc, along which are sometimes some quite technical single-track sections. Arriving in Courmayeur, you will use the Dolonne cablecar to join plan Chécrouit where you will spend the night in a lovely typical Italian mountain inn.

Private transfer by minibus from ISSERT to Ferret.

Dinner, overnight and breakfast at **Maison Vieille** or similar, Courmayeur.

Day 4: Courmayeur Alt 1242m - Col de la Seigne Alt. 2516m - Plan-Mya Alt. 1860m **↗ 4921ft ↘ 4265ft (depending on the itineraries) biking distance : 28 miles**

We return to France today via the famous Col de la Seigne (2516m or 8254ft). A total immersion in a rocky landscape and grandiose panoramas are guaranteed ! A day devoted to one of the best single-tracks in the area, all the way to the Mottets hut... Explore the Vallée des Glaciers, the Beaufortain trails as well as the area around the Lac de Roseland, along a choice of varied technical and non-technical routes. We spend the night in an authentic mountain pasture hut, complete with local traditions and local products, for simplicity and a return to basics...

Private transfer by minibus from Courmayeur to Visaille

Dinner, overnight and breakfast at **Refuge Plan-Mya** or similar, Beaufort.

Day 5: Plan-Mya Alt. 1860m - Col de Gittaz Alt. 2377m - Contamines Alt. 1164m - Col de Voza Alt. 1657m - Back in Chamonix 1035m **↗ 9186ft ↘ 11,482ft (depending on the itineraries) biking distance : 31 miles**

The final stage takes us back to Chamonix, through the Beaufortain and the Val Montjoie, via a surprising area known as the 'Grande Pierriere'. A day devoted to high-mountain pastures, technical single-tracks and fast trails, as well as crossing mountain passes with uninterrupted views across the Aravis range and Mont Blanc chain... An intense day, with, it has to be said, quite a bit of distance to cover and a not insignificant height gain to conquer ! Return to Chamonix late afternoon and a farewell dinner to celebrate.

Private transfer by minibus from Contamines to Champel

Dinner, overnight and breakfast in **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 6: Head to Geneva **Driving time: 1.5 hours**

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our powered journey around one of the most beautiful mountain ranges in the world.

Breakfast included.

** The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

** Please note that elevation gain/loss, biking distances and driving times are estimates for each day*

This program could be modified at any time by the biking guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trek Details

Technical level: 4/5 - The Electric Mountain Bike Mont Blanc trip is designed for participants with good levels of fitness who regularly go mountain biking (using standard and/or ebikes) with good riding skills on narrow, singletrack-style trails, able to be autonomous on technical sections.

Accommodation:

5 nights in either mountain huts, 3* or 4* hotels.

* Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.



EXCEPTIONAL



Wildlife & Panorama Photography in Chamonix

Up close and personal with nature !

Itinerary – 7 days of activities

Day 1: Arrive in Geneva, head to Chamonix

Driving time: 1.5 hours

We will pick you up in Geneva, Switzerland and head through the Swiss and French Alps to Chamonix – one of the most iconic mountain towns in the world, nestled at the foot of Mont Blanc in the heart of a dramatic U-shaped valley. You will have time to relax and explore this world-famous resort where the first Winter Olympics were held in 1924. Tonight we share a welcome dinner and get acquainted with our traveling companions and guides.

Dinner, overnight and breakfast in **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 2: Ibex in front of the Mont Blanc

We will take the Flégère lift to get us nearer to the Cheserys lakes. This world-famous site has the particularity of housing ibexes accustomed to the presence of humans. In the background, the Mont-Blanc massif, something not to be missed and fill out our memory cards.

Dinner, overnight and breakfast in **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 3: Altitude Birds and Flowers

We leave today in the early hours of the morning in order to reach the mountain ridge before daybreak. Once the sun comes up the birds sing and allow us to take some pictures. Meadowsweet, Water Pipit or Eurasian skylark, the melodies lead us into a soothing world. We will also see a few marmots before focusing on altitude plants such as the gentian or Rhododendron. All this with the Mont-Blanc as a backdrop !

Dinner, overnight and breakfast at **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 4: At the gates of the High Mountains

Today we leave for the Grand Balcon Nord in search of the mountain fauna. Ptarmigan or Hares can be observed there. Above all, this is the opportunity to start taking pictures of the landscape, at the foot of the sharp peaks of the Aiguilles de Chamonix, or above the largest glacier in Europe; the Mer de Glace.

Dinner, overnight and breakfast at **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 5: Verticality

We are changing massif today to go to the Aravis or the Bargy. Based on the observations made in the previous days, we will go to the best place to observe the Bearded vultures and vultures. We will try to photograph them throughout a day spent along the rock faces of these steep mountains.

Dinner, overnight and breakfast in **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 6: Acclimatization

We have a lie in today before taking the Aiguille du Midi lift mid-morning to get to the Cosmiques refuge. If we are lucky we will have a magnificent sunset. We make the most of this evening to try our hand at night photography, away from any artificial light only the moon will highlight the majestic mountains all around us.

Dinner, overnight and breakfast at **Refuge des Cosmiques**, Chamonix.

Day 7: Panoramas of the Mont Blanc Massif

Departure at dawn for a crossing of the Vallée Blanche. We will take our time to photograph the surrounding mountains close up Mont-Blanc, Mont-Maudit, Grandes Jorasses, Dent du Géant: so many mythical peaks that we will have the whole day to discover.

Dinner, overnight and breakfast at **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 8: Return to the Calm

Today we will visit the mountain pastures above the typical village of Vallorcine to photograph the flora of the site. We may come across some forest animals during the ascent: European deer or Eurasian Pygmy Owls inhabit this place. Arriving just above the treeline, hundreds of wildflowers of all colours enable us to contemplate all the amazing sights we have discovered throughout our trip.

Dinner, overnight and breakfast in **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 9: Head to Geneva

Driving time: 1.5 hours

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our extraordinary experience with nature in one of the most beautiful places in the world.

Breakfast included.

* *The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

* *Please note that driving times are estimates for each day.*

This program could be modified at any time by the biking guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

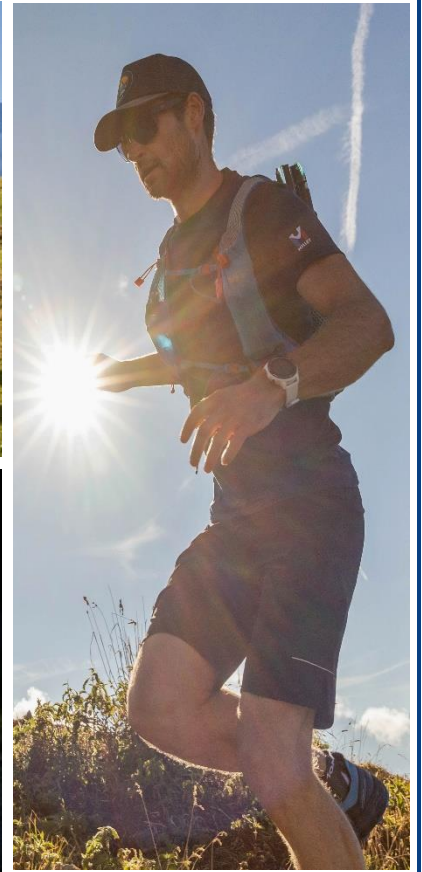
Trek Details

Technical level: 3/5 - Wildlife & Panorama Photography in Chamonix is designed for participants with good levels of fitness who practice a sporting activity regularly. A minimum of 700m (2350ft) and a maximum of 1300m (4265ft) vertical gain and about 5 to 7 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. For active people who do not mind training to prepare for the hike and practice sport regularly, trekking experience required. For the days in high altitude, no previous mountaineering experience is required but the Aiguille du Midi ridge is an aerial passage requiring a certain ease.

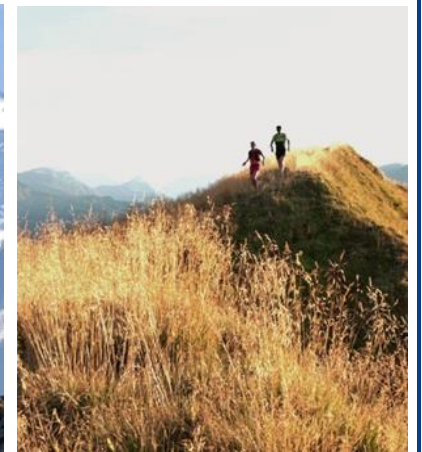
Accommodation:

8 nights in either a mountain huts or 4* hotel.

* Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.



TRAIL



THE AIGUILLES ROUGES NATURAL RESERVE

3600m positive elevation and 50km, a test in nature to acclimatise and calibrate yourself to the type of effort needed in trail running

Itinerary – 1 day running

Day 1: Explore delightful Chamonix, nestled at the foot of Mont Blanc

Driving time: 1.5 hours.

Arrive at Geneva airport, Switzerland by 11am to rendezvous with the trip leader at 12:00 p.m. and transfer to our first night's hotel in Chamonix. There is time this afternoon to settle in, relax and explore delightful Chamonix, a world-famous resort town nestled at the foot of Mont Blanc and the site of the first Winter Olympics, held in 1924. Tonight we share a welcome dinner and get acquainted with our traveling companions and guides. Dinner included.

Dinner, overnight and breakfast in **Hotel Les Aiglons** or similar, Chamonix.

Day 2: Direction Aiguilles Rouges !

↗ **11811ft / 3600m** ↘ **11811ft / 3600m** distance : **31 miles / 50km**

Departure at 5am from the church of Chamonix for Flégère and Lac Blanc where we enjoy a magnificent sunrise over the Mont-Blanc Massif. Crossing to the Tête au vent and descent to the Col des Montets and the Buet. Ascent of the Vallon de Bérard to reach the refuge of Pierre à Bérard where it is possible to stock up on supplies. We continue upwards climbing to the Col de Salenton, which gives access to the wild valley of Villy. We progress onto the exceptional natural setting to the refuge of Moëde where we restock our energy - lunch! We continue with the ascent of Brévent, which takes place in an environment that becomes more and more mineral. From the summit (possible to curtail the day here by taking the cable car back down), we begin our long descent to Chamonix via the Bellachat refuge where we can re-stock our supplies one last time. Return to the church of Chamonix in the middle of the afternoon. All meals included.

Dinner, overnight and breakfast in **Hotel Les Aiglons** or similar, Chamonix.

Day 3: Say farewell to the Alps and return to Geneva.

Driving time: 1.5 hours.

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our short break in one of the most picturesque nature reserves.

Breakfast included.

** The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

** Please note that hiking distances, elevation gain/loss and driving times are estimates for each day*

This program could be modified at any time by the mountain leader/guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trek Details

Ability level:

5/5. The Aiguilles Rouge Trail tour is of a sustained difficulty. A minimum of 3600m (11811ft) vertical gain and 50km or 10h - 12h of running during the day. Running on generally well-maintained mountain trails, sometimes including out-of-trail sections. **An intensive regular weekly running and trail experience are essential.**

Guiding Policy:

By a state qualified trekking guide with a maximum of 8 people per guide. *Min age : 18 years*

Accommodation:

2 nights in either 3* or 4* hotels.

** Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.*

ENDURANCE TRAINING

A program to boost your training and to get closer to real racing conditions

Itinerary – 3 days running

Day 1: Explore delightful Chamonix, nestled at the foot of Mont Blanc.

Driving time: 1.5 hours.

Arrive at Geneva airport, Switzerland by 11am to rendezvous with the trip leader at 12:00 p.m. and transfer to our first night's hotel in Chamonix. There is time this afternoon to settle in, relax and explore delightful Chamonix, a world-famous resort town nestled at the foot of Mont Blanc and the site of the first Winter Olympics, held in 1924. Tonight we share a welcome dinner and get acquainted with our traveling companions and guides. Dinner included.

Dinner, overnight and breakfast in **Hotel Les Aiglons** or similar, Chamonix.

Day 2: Running technique

↗ 6561ft – 8202ft / 2000m – 2500m distance : 15.5 - 19 miles / 25 – 30km

Trail running in the mountains requires excellent running technique to know how to adapt to the great diversity of terrain and not waste energy unnecessarily. This first day will take a particularly varied circuit to familiarize yourself with all types of terrain and allow you to optimize your gestures and technique. It will also be an opportunity to find the right pace because each change of pace uses energy and inevitably penalizes your endurance. Breakfast and lunch included.

Dinner on your own, overnight and breakfast in **Hotel Les Aiglons** or similar, Chamonix.

Day 3: Food

↗ 6561ft – 8202ft / 2000m – 2500m distance : 15.5 - 19 miles / 25 – 30km

Food is the essential subject when tackling ultra-endurance. If the main basic principles must be absolutely respected, the perfect alchemy is more on a case-by-case basis. Based on their racing and coaching experience, your guide will help you calibrate your diet perfectly. You will also have the opportunity to test different food products to find the formula that is right for you. Breakfast and lunch included.

Dinner on your own, overnight and breakfast in **Hotel Les Aiglons** or similar, Chamonix.

Day 4: The mind

↗ 6561ft – 8202ft / 2000m – 2500m distance : 15.5 - 19 miles / 25 – 30km

With the accumulated fatigue of the first two days, this last day will allow you to reproduce the sensations of the end of a race or of a day where nothing seems to go as planned. By confronting the unpleasant feelings of fatigue and weary muscles learning what your capabilities are. You will also be introduced to the technique of positive visualization, allowing you to push your barriers to improve your stamina. All meals included.

Dinner, overnight and breakfast in **Hotel Les Aiglons** or similar, Chamonix.

Day 5: Say farewell to the Alps and return to Geneva.

Driving time: 1.5 hours.

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our training in one of the most beautiful mountain ranges in the world.

Breakfast included.

** The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

** Please note that hiking distances, elevation gain/loss and driving times are estimates for each day*

This program could be modified at any time by the mountain leader/guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trek Details

Technical level:

5/5. The Endurance training is of a sustained difficulty. A minimum of 2000m (6561ft) to 2500m (8202ft) vertical gain during the day or 5 to 7h of daily running. Running on generally well-maintained mountain trails, sometimes including out-of-trail sections. **An intensive regular weekly running and trail experience are essential.**

Guiding Policy:

By a state qualified trekking guide with a maximum of 8 people per guide. *Min age : 18 years*

Accommodation:

4 nights in either 3* or 4* hotels.

** Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.*

TOUR DU MONT BLANC

150 km and 10,000 vertical metres for the mythical itinerary on semi autonomy in 4 days

Itinerary – 4 days running

Day 1: Arrive in Geneva, head to Chamonix

Driving time: 1.5 hours.

We'll pick you up in Geneva and head through the Swiss and French Alps to Chamonix – one of the most iconic mountain towns in the world. Nestled in the heart of a dramatic U-shaped valley, the views of the northern side of Mont Blanc are dramatic from anywhere in town, and especially from our accommodation in the heart of Chamonix. We'll have time to rest up and explore town this afternoon, before meeting later for a welcome dinner. Dinner included.

Dinner, overnight and breakfast in **Hotel Pointe Isabelle** or similar, Chamonix.

Day 2: Chamonix - Refuge de la Croix du Bonhomme

↗ 9678ft / 2950m ↘ 4921ft / 1500m distance : 24 miles / 39km

We start this morning from the church in Chamonix, the first part of our journey is a warm up until we arrive in Les Houches : a few ascents and descents, but the terrain is fairly easy. The first major ascent takes us to Bellevue, where we change valley into the Val-Montjoie. The Col du Tricot is quickly climbed before dive into the lush valley of Miage, where we stop for lunch. In the afternoon we cross the village of Contamines Montjoie before climbing upto the Col du Bonhomme and its 1300m elevation gain. A little more effort and we reach the Croix du Bonhomme hut where we will spend the night. All meals included.

Dinner, overnight and breakfast in **Refuge Croix du Bonhomme** or similar, Bourg Saint Maurice.

Day 3: Tête des Fours - Refuge Bertone

↗ 8202ft / 2500m ↘ 9842ft / 3000m distance : 22.5 miles / 33km

For once, we will start our day with a short climb and then a very long descent, (almost 900m elevation loss). From the Tête des Fours to the Ville des Glaciers. The next climb is gradual and takes us to the Col de la Seigne. We will then go to see the limestone pyramids and the vestiges of the Great War, which are still visible there. The descent takes us down to Lac Combal where we stop for lunch.

This afternoon we climb to the alpine pastures of Arp Vieille and then onto the Maison Vieille hut where we have a magnificent view of Courmayeur. An easy descent brings us to mid-afternoon and our last difficult passage of the day, the climb to the Bertone hut where we will spend the night. All meals included.

Dinner, overnight and breakfast in **Refuge Bertone** or similar, Courmayeur.

Day 4 : Mont de la Saxe - Champex

↗ 7545ft / 2300m ↘ 8858ft / 2700m distance : 27 miles / 43km

After a night facing the Mont Blanc, we set off this morning to discover the entire south face of the massif. To do this we cross from the Bertone to the Bonatti hut via the Mont de la Saxe, a magnificent balcony with sublime views of the Grandes Jorasses and Mont Dolant. At Bonatti, we descend towards Arnouva, at the foot of the most difficult passage today: the Grand Col Ferret. The climb is steep and direct, taking us quickly to the Italian-Swiss border. We descend into the Valais valley to reach la Peule where we have lunch. This afternoon, we run along the Dranse de Ferret finally reaching Praz de Fort and Issert. After a climb through the forest, we arrive in the charming village of Champex where we will spend the night. All meals included.

Dinner, overnight and breakfast in **Hotel Sunways** or similar, Champex.

Day 5: Bovine - Chamonix

↗ 8202ft / 2500m ↘ 9542ft / 3000m distance : 26 miles / 42km

It's time to close the loop ! 3 climbs await us today. First, Bovine with its steep uncompromising path and its direct descent into the Col de la Forclaz and Trient. The Steppes follow, a magnificent climb through a Larch forest then a rolling, aerial crossing towards Catogne and its pretty mountain pasture chalets. The descent into Vallorcine is technical but rapid, once there we stop for lunch.

The afternoon is devoted to the climb to Tête au vent, then the crossing to Flégère. Our final descent of the trip is quick and easy taking back to the valley and along the Arve. The last sprint closes our loop, you are just a few minutes away from completing your Tour du Mont Blanc in 4 days ! Congratulations, a great feat to celebrate ! All meals included.

Dinner, overnight and breakfast in **Hotel Point Isabelle** or similar, Chamonix.

Day 6: Say farewell to the Alps and return to Geneva.

Driving time: 1.5 hours.

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our exciting fast track journey around one of the most beautiful mountain ranges in the world.

Breakfast included.

** The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

** Please note that hiking distances, elevation gain/loss and hiking/driving times are estimates for each day*

This program could be modified at any time by the mountain leader/guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trek Details

Technical level:

5/5. 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:

By a state qualified trekking guide with a maximum of 8 people per guide. *Min age : 18 years*

Accommodation:

5 nights in either 3* or 4* hotels and mountain huts.

** Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.*

TOUR DU MONT BLANC - FAST WALKING

Fast walking the entire Tour du Mont Blanc in 6 days

Itinerary – 6 days fast walking

Day 1: Arrive in Geneva, head to Chamonix

Driving time: 1.5 hours.

We'll pick you up in Geneva and head through the Swiss and French Alps to Chamonix – one of the most iconic mountain towns in the world. Nestled in the heart of a dramatic U-shaped valley, the views of the northern side of Mont Blanc are dramatic from anywhere in town, and especially from our accommodation in the heart of Chamonix. We'll have time to rest up and explore town this afternoon, before meeting later for a welcome dinner. Dinner included.

Dinner, overnight and breakfast in **Hotel Point Isabelle** or similar, Chamonix.

Day 2: Chamonix - Les Contamines

↗ 4265ft / 1300m ↘ 3608ft / 1100m distance : 15.5 miles / 25km

From the church of Chamonix (1042 m), the emblematic place of the TMB departure, we go along the waters of the Arve to the village of Les Houches. We cross the Col de Voza (1653m) into Val Montjoie. Passing through multiple hamlets, we reach the village of Contamines (1150m), the end of our first day. All meals included.

Dinner, overnight and breakfast in **Hotel Gai Soleil** or similar, Les Contamines.

Day 3: Les Contamines - The Mottets

↗ 5249ft / 1600m ↘ 3280ft / 1000m distance : 13 miles / 21km

After a warm-up at the bottom of the valley, at Notre Dame de la Gorge we tackle a long climb on a Roman road that leads us to the Col du Bonhomme (2329m). We cross to the Col de la Croix de Bonhomme and ascend to the Col des Fours (2665m), into the wildest part of the TMB. The descent into the Vallée des Glaciers where we spend the night. All meals included.

Dinner, overnight and breakfast in **Refuge des Mottets** or similar, Bourg St Maurice.

Day 4: The Mottets - Courmayeur

↗ 2308ft / 1100m ↘ 5577ft / 1700m distance : 14 miles / 23km

Ascent of the border pass of Seigne (2516m). We discover the spectacular Italian slope of the Mont-Blanc massif. We descend into Val Veni. From Lac-Combal (2000m) our trail goes up to the alpine pastures of Arp Veille, a remarkable panoramic path. A long descent leads us to Courmayeur. All meals included.

Dinner, overnight and breakfast in **Hotel Berthod** or similar, Courmayeur.

Day 5: Courmayeur - Fouly

↗ 6889ft / 2100m ↘ 5577ft / 1700m distance : 20 miles / 32km

It's our longest day of the week. From Courmayeur we climb into a beautiful larch forest to reach the refuge of Bertone (1989m). This magnificent panoramic trail to the Bonatti refuge (2022m) is a feast for the senses. The Grand Col Ferret (2537m) is the culmination of our journey. We are now in Switzerland. A downhill run leads us to the village of Fouly (1600m), located in the Swiss Val Ferret. All meals included.

Dinner, overnight and breakfast in **Hotel Edelweiss** or similar, La Fouly.

Day 6: La Fouly - Col de la Forclaz

↗ 4921ft / 1500m ↘ 5905ft / 1800m distance : 20 miles / 32km

We cross the Swiss Val Ferret dotted with small architecturally preserved hamlets to the village of Issert (1050m). A climb leads us to Champex le Lac (1450m). Continuing our climb we find the panoramic mountain pastures of SQA Bovine (2000m). A long descent brings us to the Col de la Forclaz (1526m) and then to the village of Trient (1280m). All meals included.

Dinner, overnight and breakfast in **Hotel Col de la Forclaz** or similar, Col de la Forclaz.

Day 7 Col de la Forclaz - Chamonix

↗ 3280ft / 1000m ↘ 4265ft / 1300m distance : 12.5 miles / 20km

We leave Switzerland by the mountain pastures of Catogne to join those of des Posettes (2000m). We are back in the Chamonix Valley. On the balcony facing the Mont Blanc Massif, we wrap up our week by finishing in front of the Chamonix church. All meals included.

Dinner, overnight and breakfast in **Hotel Point Isabelle** or similar, Chamonix.

Day 8: Day 5: Say farewell to the Alps and return to Geneva.

Driving time: 1.5 hours.

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our exciting journey around one of the most beautiful mountain ranges in the world, and enjoying a quintessential European Alps experience in true Active style.

Breakfast included.

** The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

** Please note that hiking distances, elevation gain/loss and hiking/driving times are estimates for each day*

This program could be modified at any time by the mountain leader/guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trek Details

Technical level:

5/5. The Tour du Mont Blanc fast walking trip is of a sustained difficulty. It is the duration of this trip that increases the difficulty. A minimum of 1000m (3280ft) and a maximum of 2100m (6889ft) vertical gain, and between 5h - 7h of walking per day. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. **For active people who have trained and are in a good physical condition.**

Guiding Policy:

By a state qualified trekking guide with a maximum of 8 people per guide. *Min age : 18 years*

Accommodation:

7 nights in either a mountain hut, 2* or 3* hotels.

** Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.*



WINTER



Winter Discovery

An unforgettable winter Experience !

Itinerary – 6 days of activities

Day 1: Arrive in Geneva, head to Chamonix Driving time: 1.5 hours

We will pick you up in Geneva, Switzerland and head through the Swiss and French Alps to Chamonix – one of the most iconic mountain towns in the world, nestled at the foot of Mont Blanc in the heart of a dramatic U-shaped valley. You will have time to relax and explore this world-famous resort where the first Winter Olympics were held in 1924. Tonight we share a welcome dinner and get acquainted with our traveling companions and guides.

Dinner, overnight and breakfast in **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 2: Les Hauts de Vallorcine - Refuge de Loriaz - Snowshoeing ↗ 2624ft

Our day starts with a hike into the Vallon de Bérard, a haven site for chamois and other mountain animals. After a hike up to la Tête des Combasses, we will continue our hike through the hamlet of les Granges before reaching the authentic Loriaz hut. The panoramic terrace offers an amazing view of the nearby peaks and the Mont Blanc range. In spite of its simplicity, the beauty and quietness of the place will heighten this unforgettable experience.

Dinner, overnight and breakfast in **Refuge de Loriaz** or similar, Vallorcine.

Day 3: Refuge de Loriaz - Loriaz hills - Village of Le Buet - Snowshoeing ↗ 1312ft ↘ 3608ft

Starting from the refuge, we hike up to the sunny ridgelines above. The view slowly opens up to an incredible panoramic view over the nearby Swiss peaks. After the contemplation of the summits opposite us, it is time for us to head back to the hamlet of le Buet. On the way down, we follow a nice trail through a beautiful spruce forest. Transfer back to Chamonix for the night.

Dinner, overnight and breakfast at **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 4: A day to find the best powder - Skiing

Today we leave our snowshoes behind and put on our skis, or snowboard if you prefer, to discover the best spots for off-piste skiing in the valley. Your guide will use their knowledge to find the best area depending on the weather and snow conditions on the day. If you would prefer to ski on the slopes, no problem, your guide will find the perfect itinerary for you.

Dinner, overnight and breakfast at **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 5: Verticality – Ice climbing – Option 1

Ice climbing is often seen as a very physical activity, in short, inaccessible. Try the experience supervised by your mountain guide, you will find that this is far from the case. You will quickly discover that finesse and intuition are the key words of this activity! The Chamonix Valley has two crag sites perfectly suited to a safe discovery either for beginners, or to improve your techniques if you have already tried this before.

**Please note this activity may not always be available depending on the conditions of the icefall.*

Dinner, overnight and breakfast in **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 5: Follow in the footsteps of the guides – Glacier basics – Option 2

Today is a discovery (or a revision) of the basic mountaineering techniques and skills: use of crampons and ice axe, elementary knots, walking roped together. The ice basics on the Mer de Glace is also a great opportunity to learn more about the life of the glaciers (crevasses, moraines) and about global warming in the Alps. From Montenvers (6 282ft), reached by the Montenvers train, you will arrive to the Mer de Glace via a path consisting of ladders and fixed ropes. We set off with crampons on our feet until we reach the perfect spot for the day. We return to Montenvers the same way, before we take the train back to Chamonix, we make a stop at the famous ice cave hollowed out every season within the Mer de Glace Glacier. No previous mountaineering experience is required.

**Please note there is a short passage of rope ladders to get to the glacier, which could cause slight vertigo.*

Dinner, overnight and breakfast in **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 6: Over to Italy – High Mountain Snowshoeing

Today we head over to Italy to take the Skyway lift up to the Pointe Helbronner (11 358ft) and our snowshoe hike in the Vallée Blanche - Glacier du Géant. Offering us the unique occasion to discover the high mountain world in wintertime. Rope up with your guide and enjoy the Mont Blanc Massif atmosphere and landscapes, with its glaciers and peaks. Cross a breath-taking panorama before reaching the Col d'Entrèves (11 571ft), located in the Northern part of the Vallée Blanche. We make our way back through the same itinerary. This

does not require any previous experience in mountaineering.

Dinner, overnight and breakfast at **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 7: Discover the hidden paradise away from the crowds – Ski Touring ↗ 1312 ft - 2296ft

If you are a beginner or experienced ski tourer, your guide will show you exceptional ski touring routes within the Chamonix valley. With or without a ski lift, a moderate physical effort will allow you to access areas offering an extraordinary atmosphere. In addition to the pleasures of skiing, experience a real immersion in the heart of the winter mountain and ski perfect snow in hidden away areas.

Dinner, overnight and breakfast at **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 8: Head to Geneva **Driving time: 1.5 hours**

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our winter wonderland experience in the world famous winter areas of the valleys surrounding the Mont Blanc. Breakfast included.

** The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

** Please note elevation gain/loss and driving times are estimates for each day and can vary depending on the itineraries chosen by the guide.*

This program could be modified at any time by the mountain leader or guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trip Details

Technical level:

Snowshoeing at the Refuge de Loriaz : 2/5 Multi-day snowshoe hike for people with trekking experience. 3 to 5-hour hike with average vertical gain between 300 m and 600 m. Snowshoe hikes on steeper terrain. Prior experience recommended.

Off-Piste Skiing : For good skiers on piste. From ESF Class 2 (red piste level) to ESF Class 4 (all terrain, all kind of snow).

Ice climbing – Option 1 : Ice climbing is intended for people who practice regularly a sporting activity. No previous mountaineering experience is required.

Glacier basics - Option 2 : For people who practice regular physical activity. No previous mountaineering experience is required.

High Mountain Snowshoeing : Snowshoeing is perfect for walkers. This hike takes place on glaciers at 11 482ft. A good physical condition is required to enjoy this day to its fullest.

Ski Touring : For athletes practicing regular physical activity. For skiers who regularly ski off-piste. Mastery of skiing in all types of snow.

Accommodation:

8 nights in either a mountain hut or 4* hotel.

** Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.*

Winter Alps Discovery

Ski through 3 countries!

Itinerary – 6 days of activities

Day 1: Settle in and explore Verbier. Driving time: 2 hours

We will pick you up in Geneva, Switzerland and head through the Swiss Alps to Verbier (4921ft) one of the premier backcountry ski resorts in the world beneath the legendary Matterhorn Cervin, Dent Blanche, Dent d'Hérens, Grand Combin and not forgetting the Mont Blanc Massif. You will have time to relax and explore before the welcome dinner where you will get acquainted with your traveling companions and guides. Dinner, overnight and breakfast in **Hotel de Verbier** or similar, Verbier.

Day 2: Ski the 4 Valleys - Switzerland

We start our ski adventure in Verbier 4 Vallées resort. With over a 100 miles of runs, ranging from the easiest to the most demanding there is plenty to discover here today. Verbier is also famous in the freeride world, marked but ungroomed routes, such as the Mont-Gelé, the Col des Mines, the Vallon d'Arbi and the Mur de Chassoure, not to mention 2 snowparks.

Dinner, overnight and breakfast in **Hotel de Verbier** or similar, Verbier.

Day 3: Off-Piste around Verbier - Switzerland Driving time: 1h45

Our second day in Verbier is a discovery of the off-piste areas around the 4 Vallées. Verbier is also famous in the freeride world, with 7 secure, marked but ungroomed routes if you want to test your skills otherwise follow your guide through the gentler off-piste areas to discover the best snow around. At the end of the day we transfer to Courmayeur for the night.

Dinner, overnight and breakfast at **Hotel Cresta & Duc** or similar, Courmayeur.

Day 4: Discover Courmayeur - Italy

Today we discover skiing Italien style. Courmayeur is the ideal place for skiing and snowboarding with outstanding Alpine surroundings, superb ski slopes, for both experts and beginners, all with exceptional views of the Mont Blanc range. Not to mention the 360° Skyway lift.

Dinner, overnight and breakfast at **Hotel Cresta & Duc** or similar, Courmayeur.

Day 5: Discover Thuile – Italy Driving time: 1h

Today we visit Thuile, a 30-minute drive from Courmayeur. On piste and wonderful off-piste & freeride terrain, reliable snowfall, plus fun challenges for the more advanced & adventurous, makes La Thuile a great ski destination. Less crowded than the other resorts makes Thuile an ideal place to discover untouched snow. Make your traks before heading to Chamonix for the night.

Dinner, overnight and breakfast in **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 6: Chamonix Mont Blanc - France

Today we explore the world-renowned Ski resort of Chamonix, with 5 different ski areas, over 93 miles of slopes and endless backcountry skiing giving everyone from beginners to more experienced skiers the opportunity to have fun and discover this magnificent valley.

Dinner, overnight and breakfast in **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 7: The Vallée Blanche - France

For the more experienced skiers today we take the Aiguille du Midi lift to ski down the most famous glacial run, the Vallée Blanche. This off-piste and unmarked course, takes place on glacial high-mountain terrain. Just over 14 miles and 6561ft of descent in an exceptional glacial universe, an experience not to be missed.

**Please note the descent of the Aiguille du Midi ridge is fitted out in winter with fixed ropes and can make some people dizzy if they are prone to vertigo.*

For those less experienced, discover another ski area in the valley. Après-ski in Chamonix and a farewell dinner to round off our exciting weeks skiing.

Dinner, overnight and breakfast at **Hotel Refuge des Aiglons** or similar, Chamonix.

Day 8: Head to Geneva Driving time: 1.5 hours

After breakfast, we transfer back to Geneva and connect with homeward-bound flights, ending our skiing experience through the world famous ski areas of Switzerland, Italy and France.

Breakfast included.

* *The reservation of the accommodation mentioned above is dependent upon availability and maybe substituted by alternative accommodation of the same standing.*

* *Please note that the driving times are estimates for each day and can vary depending on the itineraries chosen by the guide.*

This program could be modified at any time by the mountain leader or guide depending on the weather/terrain conditions and/or according to the group's physical and/or technical abilities.

Trip Details

Technical level:

On or Off-Piste Skiing: To enjoy the skiing to the full, this week is aimed at good skiers on piste. From ESF Class 2 (red slope level or American blue level) to ESF Class 4 (all terrain, all kinds of snow, American double diamond level).

Vallée Blanche: The descent of the Vallée Blanche is for skiers who can control their speed, side-slip, ski at a safe speed and follow existing tracks. The necessary skills are comparable to the ones needed to ski a black slope comfortably (single black diamond run). In case of fresh snow, the descent of the Vallée Blanche is similar to off-piste skiing in powder snow. It therefore requires adequate experience. Depending on the conditions, a higher level of competence skiing in all types of snow will be required, (capable of skiing American double diamond level confidently).

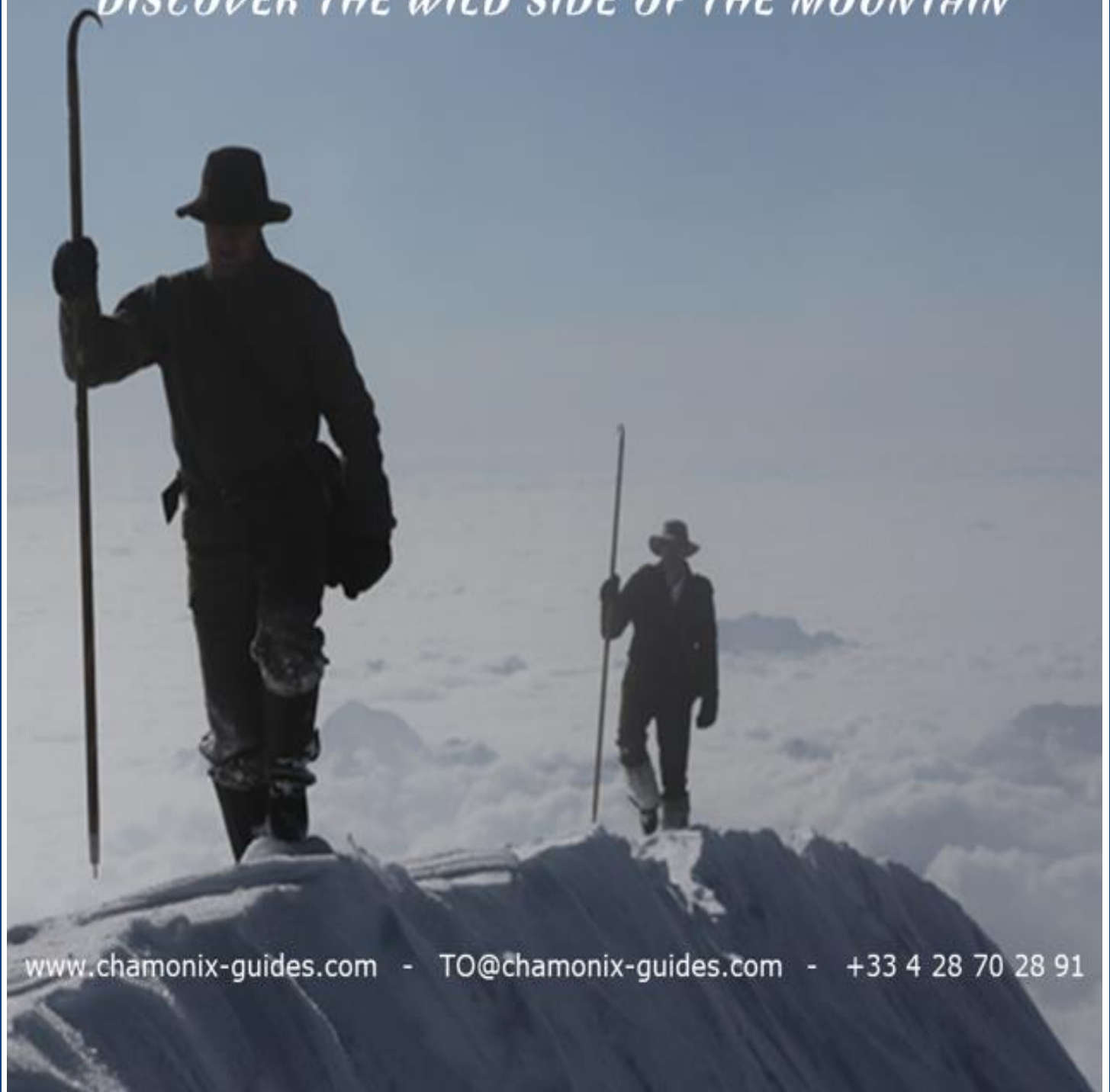
Accommodation:

7 nights in either 3* or 4* hotels.

* Please note that the accommodation each night can be adapted for accommodations of a different standing and different room/dormitory options in accordance with your specific requirements wherever possible.



DISCOVER THE WILD SIDE OF THE MOUNTAIN



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