# Tour of Mont-Blanc in 6 days

**Difficult** | **Walk** | **0 min** | **80.0 km**

**Départ** Pont de la Gorge
74170, Les Contamines-Montjoie

**Arrivée** Ferret
73700, Séez




## Descriptif

Itinerary :

Day 1: Val Montjoie
Our Mont-Blanc tour begins in Les Houches. From the top of the Bellevue cable car, there's a panoramic view of the Mont-Blanc Massif, the Aiguilles Rouges, the Fiz and the Aravis. We leave the Chamonix valley and enter the Val Montjoie. Between alpine meadows and forests, the path leads us to the village of Les Contamines. Night in hotel. Ascent: 700m - Descent: 1300m - Distance: 12km

Day 2: Beaufortain
We start our day from Notre Dame de la Gorge and its famous Baroque church. At the Col du Bonhomme (2329m) we leave the Val Montjoie for the Beaufortain. The view of the Beaufortain massif is sublime. We reach the Col de la Croix du Bonhomme (2479m) and head for the southernmost tip of the Mont-Blanc massif and its remote Chapieux valley. Ascent: 1,300m - Descent: 1,000m - Distance: 16km

Day 3: Val Veny
Heading north-east, we cross the Col de la Seigne (2516m) on the Franco-Italian border. The view is breathtaking: the rock faces and icy peaks of the south face of the Mont-Blanc Massif. We end this beautiful day's hiking with a visit to Courmayeur. Overnight in a hotel in Courmayeur or in the Italian Val Ferret. Ascent: 800m - Descent: 900m - Distance: 15km

Day 4: Champex Valley
Leaving Arnuva in the Italian Val Ferret, the trail takes us to the Grand Col Ferret (2537m) marking the border between Italy and Switzerland. We're greeted by restful mountain pastures, topped by the distant snow-capped peaks of Dolent and A Neuve and their glaciers. Descent to La Fouly in the Swiss Val Ferret. Transfer to Champex, where we spend the night in a hotel. Ascent: 850m - Descent: 1000m - Distance: 13km

Day 5: Col de la Forclaz
From Champex we reach the Bovine alp and the Col de Portalo (2049m). We look out over the Rhône valley and its vineyards, the high mountains of the Bernese Oberland, and the vertiginous peaks of the Combins. We now reach the Giète mountain pasture (1884m), where the Hérens, the black cows emblematic of the Mont-Blanc massif, greet us with their bells. Descent to the Col de la Forclaz, key passage between the Rhône and Trient valleys. Overnight in a hotel. Ascent: 900m - Descent: 850m - Distance: 13km

Day 6: Chamonix Valley
The final ascent of this trip takes us to the Col de Balme (2191m), on the border between Switzerland and France, where Mont-Blanc stands out in all its splendor. This fantastically scenic balcony trail takes us up to the Charamillon mountain pastures, then on to the village of Le Tour. A bus transfer takes us back to Chamonix. End of the hike. Ascent: 900m - Descent: 950m - Distance: 11km

Equipment required :

Weight is the hiker's enemy, so take particular care when choosing your equipment, as it will greatly contribute to the success of your stay.
Your equipment
- 30-liter backpack
- A compact, sturdy travel bag, maximum 15 kg
- A pair of hiking boots
- A pair of telescopic poles
- A hat or cap
- A cap
- Category 3 sunglasses
- Breathable long- and short-sleeved T-shirts
- Lightweight fleece jacket
- Warm down jacket
- Gore-tex waterproof jacket
- Rain cape
- Hiking pants
- Gore-tex waterproof pants
- Shorts
- A pair of gloves
- Socks suitable for hiking
- 2L mini water bottle
- Spork-type pocket knife and fork
- Flashlight or headlamp
- Sunscreen and lip balm
- Bag sheet
- Toilet bag, towel, earplugs and toilet paper
- Small personal first-aid kit: Compeed-type second-skin bandages, medication for common ailments: diarrhea, constipation, sore throat, headaches, aches and pains, allergies, etc.
- ID, money for personal expenses
- A pair of flip-flops or sandals for the refuges
- Change of clothes to suit you



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