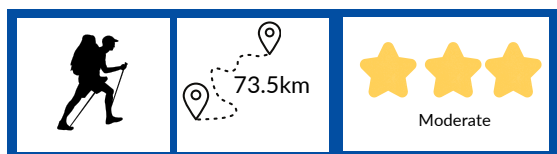


# Mont Blanc Rambler Hike



## Overview:

Trek through stunning alpine scenery surrounding the highest peak in Western Europe

- Experience the exhilaration of hiking across three countries in the European Alps
- Savor culinary specialties such as Raclette

Designed specifically for hikers who appreciate “smelling the roses” on their way to the next comfortable gîte or mountain refuge, this leisurely walk around Mont Blanc still captures the breathtaking vistas for which the Tour du Mont Blanc is renowned. The route crosses high passes, meadows teeming with alpine flowers, and meanders through picturesque mountain villages. There is ample time to pause and admire the scenery, indulge in a picnic of local delicacies, and immerse yourself in the alpine culture as you journey towards your next accommodation. This is relaxed alpine hiking at its finest.

## Itinerary: Available: June to September

### Day One: Meet at Chamonix and hike to Le Tour (5 hours, +450m)

Leaving Chamonix, we will walk above the Chamonix Valley. As we ascend the trail, there are numerous opportunities to take in the vast expanse of the Mont Blanc Massif, the Argentiere glacier and the Aiguille du Tour (3542m). It is an exhilarating hike and a fabulous start to the week. Overnight at Le Tour. Ascent: 450m, Descent: 150m

Meals: Lunch and Dinner

### Day Two: Hike to Trient (6 hours)

Departing from the village of Le Tour, you will take the scenic high mountain path of Balme heading towards Switzerland. Weather permitting, you will have the chance to capture some wonderful photos of the Mont Blanc range including the

impressive “La Verte”, the Drus and the Needles of Chamonix. You will cross the border between France and Switzerland before descending to the village of Trient for overnight accommodation. Ascent: 894m, Descent: 740m

Meals: Breakfast, Lunch and Dinner

### **Day Three: Hike to Champex (6 hours)**

Today's route takes us via the Mountain of Bovine, involving a crossing of the Forclaz Pass (1527m) where there are stunning lake views. Along the way, enjoy views of Grand Combin, the Rhone Valley and the Bernese Alps. Ascent: 700m, Descent: 900m.

Meals: Breakfast, Lunch and Dinner

### **Day Four: Continue on the TMB trail to La Fouly (5 hours)**

Although this day is undoubtedly quieter, it also offers encounters with scenes of remarkable natural beauty. Dry meadows, pools of cold, fresh water and chalets as dark as the small Heren cows that roam about, surrounded by flower-filled gardens, characterise the surroundings. Swiss village life is all around us and while the dramatic scenery of previous days is not as prominent today, it is a wonderful opportunity to experience the charm of the “Valais des homes.” Overnight gîte with shower. Ascent: 420m, Descent: 650m

Meals: Breakfast, Lunch and Dinner

### **Day Five: Ascend the Grand Col Ferret path to Elena (6 hours)**

Today's route will take you to Switzerland and then into Italy via the Grand Col Ferret (2537m) pass. It's a steady climb, and at the Col, you will be awe-inspired by the sweeping views of the Pre de Bar glacier. After spending some time soaking in the vistas, you can stroll down the steep track to your overnight accommodation at the Refuge Elena, located at the base of the glacier and a splendid spot to admire the changing light on the Alps. Ascent: 930m, Descent: 475m.

Meals: Breakfast, Lunch and Dinner

### **Day Six: To Berthone (5 – 6 hours)**

This morning's hike takes you through the Val Ferret and along a balcony path offering impressive views of the Grand Jorasses, Mont Blanc, and in the distance, the Col de La Seigne marking the border between France and Italy. Upon reaching Refugio Bonatti, there are two options for getting to Berthone. The newly rerouted TMB trail traverses the north flank of Monte de la Saxe, while the official TMB route follows the crest of Monte de la Saxe. Both are elevated trails with fabulous views of the Brenva face of Mont Blanc and the dramatic Aiguille Noire. Overnight at Rifugio (1989m). Ascent: 631m, Descent: 704m.

Meals: Breakfast, Lunch and Dinner

### **Day Seven: Descend to Courmayeur, trip concludes (3 hours)**

The TMB trail takes us down to the charming alpine village of Courmayeur, where the trip concludes around midday – time to celebrate with a gelato! Descent: 900m.

Meals: Breakfast

## **At a Glance**

- **Duration:** 7 days / 8 Nights
- **Accommodation:** Gîte-hostels or refuges, shared facilities
- **Meals Included:** 6 x Breakfasts, 6 x Lunches, 6 x Dinners
- **Type:** Guided with an experienced mountain guide
- **Luggage:** Transfer provided (max 15kg)
- **Fitness Level:** Moderate, good fitness required

## Pricing 2025:

June - September 2025	R29,750 per person sharing
	R35,690 per single

## Included:

- 6 x Breakfasts, 6 x lunches and 6 x dinners (drinks are not included). Continental breakfasts are served and usually consist of breads, jams, coffee, tea and juices. Lunch is picnic style. Dinner will consist of 2 or 3 courses which include regional specialities.
- 6 nights in gîte-hostels or refuges on a multi share basis with shared facilities (upgrade to rooms – 5 nights double, 1 night quad share available – a supplement applies. (Note: not necessarily private facilities).
- Luggage transfer by vehicle (max 15kg – soft duffel style luggage only per person)
- Experienced mountain guide
- Travel Insurance
- E-Sim

## Excluded:

- Travel to Chamonix and from Courmayeur, as well as to and from the trailhead.
- Drinks and snacks e.g. protein bars, trail mix
- Storage of luggage. There is the option to have your main luggage transferred from Chamonix to Courmayer, to collect at the end of the trip – must be pre-booked – please request.
- Visa
- Flights
- Items of a personal nature

## Grading:

**MODERATE– GRADE 3** The hiking is moderate (3) grade with daily guided hikes of around 3-6 hours (approx 10-17km). There are some more demanding stages during the hike, with steep uphill, descents, and many sections of the trail that require care (maximum ascents of approximately 1000 metres per day). The accent is on keeping a steady pace with time to stop and take photos (subject to weather conditions). You will need a good fitness level to participate fully in this adventure. At any time during summer, weather conditions may be variable, and you should be prepared for all conditions, including snow, ice, strong sun and extreme winds. The planned itinerary may be altered in the event of adverse weather conditions. As with all our moderate programs, we expect participants to be active and fit, enjoying aerobic sport around two to four times a week over some time. Preferably, this has been a long-term interest, but if not, you have set a program of fitness preparation with at least three months lead time to your trip. The fitter you are for your trip, the more of a holiday it will be. Activities that are close to the actual activity on your trip are the best training, in this instance, walking with and without a pack. This builds leg strength, aerobic capacity and confidence in your ability to travel comfortably with a pack for extended periods. At the same time, you are comfortable with the layers and footwear you like to wear. Important note:

good quality walking boots with ankle support are strongly recommended for your participation. Runners or shoes without ankle support are not ideal for the conditions encountered on this walk.

Prepare for varied weather conditions and ensure you have quality walking boots with ankle support. Enjoy the exhilarating journey across the breathtaking landscapes of the European Alps!