



# THE TOUR DU MONT BLANC

You will need to carry with you a complete change of clothes / spare socks / footcare supplies and any luxuries you want for the trek (book / ipod etc). There are shops in Les Contamines, Cormayeur and Champex. We will aim to set off by 0800 at the latest each day. Timings given are approximate.

## Day 1

Cablecar to Bellvue then via Col de Tricot to stay at the Auberge du Truc. (5 hrs)



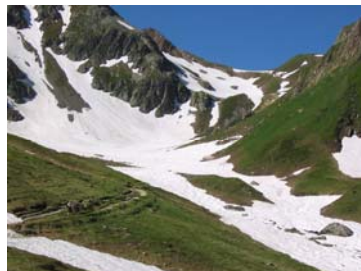
Chalet Nant Borrant. The end of day 2



Burmah bridge below Col de Tricot

## Day 2

Auberge du Truc via Les Contamines to Chalet Nant Borrant. (5 hrs)



Looking up towards the Col du Bonhomme

## Day 3

Nant Borrant via Croix du Bonhomme & Col des Fours to Les Mottets. (7 hrs)

In bad weather we avoid Col des Fours & take a route which is about 1 hr longer.



Looking into Italy from the Col de la Seigne

## Day 4

Refuge des Mottets via Col de la Seigne & Lac Combal to Col Checroui. (7 ½ hrs)

In bad weather we avoid Col Checroui & walk (or bus) down the Val Veni



Descending by cable car from Col Checroui to Cormayeur saves the legs

## Day 5

Col Checroui via Cormayeur to Le Pre (Rifugio Bertone). (5 hrs)



Mont Blanc from the Rifugio Bonatti

## Day 6

Le Pre via Mont de la Saxe & Col Sapin to Rifugio Bonatti. (5 ½ hrs)

**Day 7**

Rifugio Bonatti via Arnurva; Grand Col Ferret; Ferret to La Fouly. (6 ½ hrs)



The beautiful resort town of Champex provides a contrast to the mountain scenery of previous days



Looking back down the Val Ferret from the climb to the col

**Day 8**

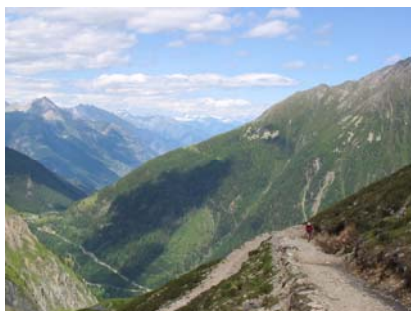
La Fouly via Praz de Fort to Champex . (5 hrs)  
In bad weather we catch the bus



Alp Bovine provides welcome refreshments during the walk to Col de Forclaz

**Day 9**

Champex via Champex d'en Bas & Alp Bovine to Col de la Forclaz . (5 ½ hrs)



Looking back to Col de Forclaz from Col de Balme

**Day 10**

Col de Forclaz via Col de la Balme to Tre le Champ. (6 ½ hrs)



Looking back to Col de Balme past L'Aiguillette de Argentiere

**Day 11**

Tre le Champ via Aiguillette d'Argentiere to La Flegere. (4 hrs)



Climbing up to Le Brevant from Plan Praz

**Day 12**

La Flegere via Le Brevant to Les Houches. (7 hrs)