Best of the Tour du Mont Blanc

Trip Code: BTM

Version:

WALK & TREK	GUIDED GROUP	CHALLENGING
		7



HIGHLIGHTS

- Experience an incredible Alpine walking holiday in just one week of adventure
- Enjoy the varied mountain cultures of France, Italy and Switzerland
- Recharge at night in fantastic family-run hotels
- Excellent IML guide, and all meals and baggage transfers are included

AT A GLANCE

- 6 days trekking
- Max altitude - 2670 metres
- Join at Chamonix

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

An iconic walking holiday at the heart of the European Alps, the Tour du Mont Blanc circumnavigates the massif of Mont Blanc, crosses the borders of France, Italy and Switzerland and includes some of the most spectacular mountain scenery and trekking imaginable. This adventure features a carefully crafted selection of all the best stages of the Tour du Mont Blanc and links them by short vehicle transfers, perfect for those who want to experience the tour within just one week. With its rich mountaineering history and unsurpassed cultural diversity, this corner of the Alps has an irresistible attraction for the world's adventurers, climbers and hikers alike.

Mont Blanc itself, at 4807 metres is the high point of the range and the biggest peak in Western Europe. During our 6 days of trekking, we will get to see all of the highlights of this famous long-distance walk, including all of the best mountain views. Our route will tackle several major pass crossings, such as the Col de Bonhomme and the Col de la Seigne. For those with limited time, this one-week highlights version of the Tour du Mont Blanc offers superb trekking as well as a wealth of unforgettable Alpine experiences.

Is this holiday for you?

This is a well established Alpine walking holiday on good trails throughout. During the holiday, we walk the best sections of the classic Tour du Mont Blanc trek, linking these with short transfers. The average distance covered during each day's walk is around 15 kilometres and there is a fair amount of ascent and descent. However, the pace of the walking is quite leisurely and regular hillwalkers will find this Mont Blanc trek to be well within their capabilities. Additionally, vehicle transport for your main bag, means that you need carry no more than a small daypack.

Itinerary

Version:

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Climb Gran Paradiso

Our 4 day adventure holiday begins in the Aosta Valley. From here it is a short transfer to the beginning of our trek up to the Rifugio Chabod, where there is the opportunity to do some crampon skills training after lunch. A true alpine start is a rude but amazing awakening the following morning as we make our way to the top of Italy. From the Rifugio Chabod, we make the classic, easy ascent across the snow face and via an exciting rocky ridge to the summit of Gran Paradiso (4061m). Here the views extend over the Alps to the prominent peaks of Mont Blanc and the Matterhorn.

Holiday Information

What's Included

- A professional English-speaking guide
- All transfers and cable cars involved in the itinerary
- All accommodation as described
- All meals
- Services of a support vehicle for baggage transfers

What's not Included

- Travel Insurance
- Visa fees (if applicable)
- Airport transfers
- Miscellaneous personal expenses (such as drinks and snacks)

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on Travelling by Train.

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will rendezvous at the hotel in the Chamonix Valley on the evening of day 1 of the trip itinerary.

Arriving by air:

Fly to Geneva Airport and make use of an airport transfer service. We recommend Mountaindropoffs (mountaindropoffs.com/en).

Arriving by rail:

Train tickets can be booked from London through to Chamonix (with two changes) with trainline.com.

Arriving by road:

If you are driving to Chamonix we will provide route details and directions to the group hotel in the Chamonix Valley.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included in the holiday price from dinner on day 1 to breakfast on day 8. For lunch we provide a large sandwich and 2 trail bars. If you wish to take additional trail bars and snacks (not chocolate as it can melt) we recommend you bring these with you (or purchase them in local supermarkets) to keep in your trek bag as these can be expensive from hotels and refuges en-route.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

As might be expected, the food available in restaurants and hotels in France and Switzerland is excellent. Continental breakfasts and evening meals are taken in the accommodation. For lunch we provide a large sandwich and additional snacks can be purchased from the huts or supermarkets when in the valley.

Accommodation

During this trip, the group start and finish the trek at a hotel in the Chamonix Valley. The first and last hotel might not be the same hotel, if so, we will arrange for any left luggage to be transferred between the two for you.

On trek, the group will spend 5 nights in comfortable hotels, chosen for their location, charm and character. Twin, triple or quad rooms will be booked for this holiday.

Single rooms are not available.

On one night, the accommodation may be in a non-segregated, dormitory. This type of shared accommodation is all part of the Alpine mountain experience.

Group Leader & Support Staff

The group will be led by an experienced and qualified mountain leader.

Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Baggage Allowance

For this holiday you should take one piece of luggage (maximum weight on arrival at group hotel is dependent on your international flight restrictions) and a daypack (of around 30 - 40 litres).

Our baggage transfer company who transport your main bag from guesthouse to guesthouse throughout the trek have requested that everyone uses a duffle type bag. They will not take hard suitcases. Please note that there is a strict weight limit of 15kgs maximum for bags to be transferred and no fresh produce should be left in these bags.

You can leave a bag at group hotel if required. If the first and end hotels are not the same, the luggage will be transferred between the hotels for you.

Your main bag will be transferred between overnight stops and you should have this ready for collection by 8.00 each morning. The bag will normally be delivered to your hotel by 17.30.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

The unit of currency in Switzerland is the Swiss Franc.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a walking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We would suggest that you adopt a weekly exercise regime leading up to your trip. Running and swimming are good for developing better stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

The temperatures that we can expect to encounter during the day will be generally warm, ranging from 15°C/ 59°F to 25°C/ 77°F. It can be cool in the evenings at our highest overnight stopping places, falling close to freezing point at night. The weather is usually stable during July and August, but mountainous areas do generate their own weather systems and occasional rain and even stormy weather cannot be ruled out. You should be prepared for all eventualities!

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Walking Guide to the Tour du Mont Blanc. Andrew Harper (Cicerone Press).
- Tour of Mont Blanc. Trekking Guide. Kev Reynolds.

Maps

IGN (Institut Geographique National) 1:50,000 scale.

The IGN also produce a 1:25,000 series covering the route but these are not very practical as you would require several sheets. The 1:50,000 Carte de Randonees series of walking maps provides a detailed topographic map with a useful contour interval of 20 metres. This is a good scale for following the route on the ground and means you only need one map: Pays Du Mont-Blanc - Aravis - Chamonix - Courmayeur A1

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You should bring the following items:

- Hiking boots
- Socks
- Trekking trousers
- Waterproof overtrousers
- Underwear
- Baselayer shirts (1 short sleeve, 1 long sleeve)
- Fleece jacket or warm jumper
- Waterproof jacket
- Thermal gloves
- Warm and waterproof gloves or mittens
- Sunhat
- Warm hat
- Sunglasses
- Daypack 30 - 40 litres should be sufficient
- Headtorch and spare batteries

- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial hand wash
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment.

The following items are optional:

- Travel shoes / Trainers
- Gaiters
- Spare laces
- Shorts
- Shirts (e.g. T-shirts)
- Thermal baselayer - leggings
- Swimwear (sauna/hot tub may be available)
- Trekking poles (highly recommended)
- Insect repellent
- Camera
- Travel clothes
- Pen-knife (note: always pack sharp objects in hold baggage)

- Repair kit - (eg. needle, thread, duct tape)
- Reusable cloth bag for shopping (to avoid plastic bags)

Note

Please keep the weight of your main baggage to less than 15kgs for the baggage transfers.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Why Choose KE

Why KE

We were the first to create a trip which includes the highlights of the Tour du Mont Blanc region in a week long adventure, so we really know how to create the best Alpine experience for you. Relax in lovely accommodation and walk worry-free with all baggage transfers and meals included.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change