

Summer 2025



# Summer Catalogue

Mountains lovers, discover our different trips in the heart of the Mont Blanc massif

Trips of 2, 3, 4, 5, 6 or 7 days

We can organise tailor-made trip on request.

All the price indicated are on a base of 12 people for the enire stay. To know the details, we have detailed all in the section "Included" and "not included".

We recommand to book in advance for the organisation of the trip such as the refuge overnight.



## *Why having a guid with you for your trip ?*

***You have competences in sense of direction and organisation of hiking and did not understand the usefullness of the guid ?***

***A hiking guid is not usefull only to show you the path. Here are a list of competences a guid can provide you.***

- **Recognised competences :** The hiking guid are all gratuated of a state-registered diploma. This demanding diploma guarantee you a hiking trip without any reckless risks.
- **The security :** handling the security of the group is an important part of the guid's mission. His knowledge about the environment, the weather and more will help you to do your hiking trip in security.
- **The mountain environment :** enjoying the experience of our guid is to do the trip with a relaxed mind. The guid know the area and can easily lead you to beautiful place that not any people will know. The guid will provide you a real experience.
- **Culture and local heritage :** to discover an area is better if someone speaks with passion about the History of the country or all theme that you might be interested in (fauna, flora, astronomy, ...).
- **Save your time :** Preparing an itinerary for a suitable hiking trip demands a lot of energy. Moreover, our guides know the most beautiful part of our mountains and will show you some of our most beautiful paths. It is a truly expertise that is acquired by years of practice.
- **Group and effort handling :** Our guides are all experienced professionals with groups. They know how to manage and adapt the effort of each person. This part is challenging and very important so that everyone can appreciate the moment. They also can teach you some technical advice to perform in your hiking practice.





Trekking / Hiking



## *The glacier of Tré la Tête - 2 days*

from 139 € / pers.  
(based on 12 people)

***The Tré la Tête glacier, one of the biggest glacier of Mont Blanc Massif is victim of the global warming. The gorge that appear is very impressive. It is between The Dômes de Miage and the Mont Tondou.***

### Program :

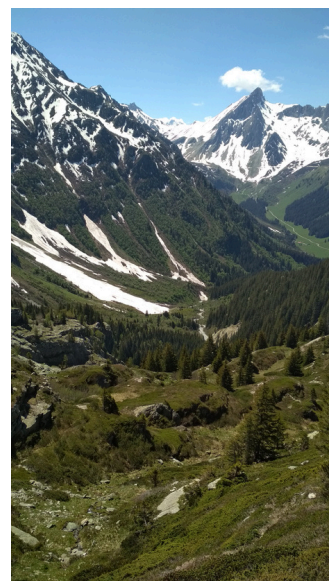
- Jour 1 : from Contamines to the Tré la Tête refuge - D+ 810m

The hiking starts at the small village, Cugnion (1 160m). After a short visit of the church of Notre Dame de la Gorge, we follow the path until the Pont romain. We go through the hamlet of Laya, peaceful and relaxing. The track to the refuge is sustained but shady. Guarded for ages by Marianne, the Tré-la Tête refuge (1 970 m) invites you to get a well-deserved rest ! At night, the view on the lights of Saint Gervais and the peaceful area indicates a restful sleep.



- Jour 2 : From the refuge to the glacier Then Les Contamines - D+ 230m / D- 1040m

Early in the morning, it is necessary to go above the refuge to discover the Tré-la Tête glacier. This one suffer of the global warming : it withdraw from the gorge and resist between the Dôme de Miage and the Mont Tendu ... This morning visit allow us to observe the marmot before the arriving of the noisy hiker. The return will be different from the previous day : we follow a marked trail before going down to Les Contamines.



Combe Noire

### Pre-requisite :

Fitness Level : around 5 hours of hiking per day - suitable for regular hikers

Included : the nights in refuge, the meals (except the first lunch)

Not included : the lunch day 1, any extra in the refuges



Trekking / Hiking



## Le Mont Buet - 2 days

from 139 € / pers.  
(based on 12 people)

**Mount Buet, reaching an altitude of 3,096 meters, is one of the most iconic peaks in the Mont Blanc massif. It offers hikers and mountaineers a formidable challenge as well as breathtaking views of the surrounding mountains.**

### Program :

- **Day 1 :** From Vallorcine to the refuge of Pierre à Berard - D+ 660m

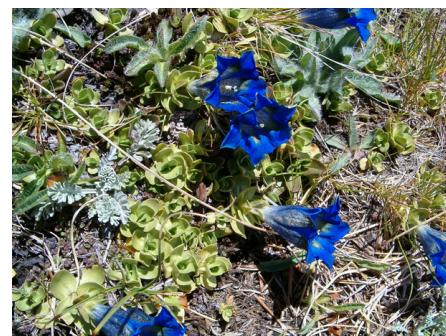
The hike begins in the "Val des Ours" (1,300 m), on the edge of the Chamonix Valley. Made up of several hamlets, Vallorcine is located near the French-Swiss border. The trail takes us along a beautiful mountain stream through a scenic valley, leading to the La Pierre à Bérard refuge (1,960 m). Along the way, we pass a stunning waterfall and an abundance of alpine flowers! The refuge is a key stop for day hikers or those planning to summit Mont Buet (3,099 m) the following day. That's our plan this time.



Vallon de Villy et Buet

- **Day 2 :** From the refuge to the Buet and return - D+ 1140m / D- 1800m

An early morning departure from the refuge marks the start of the ascent. The trail leaves the forested area behind and enters the subalpine zone. The landscape changes dramatically—vegetation disappears, giving way to a lunar-like terrain. We reach the summit! The view is breathtaking, offering a sweeping panorama of both Swiss and French peaks. Now it's time to begin the long descent, with a refreshing stop at the refuge along the way.



Gentiane acaule

### Pre-requisite :

Fitness Level : for trained hikers - around 5h the first day and circa 7h the second day

Included : the nights in refuge, the meals (except the first lunch)

Not included : the lunch day 1, any extra in the refuges

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Trekking / Hiking



## Le Val des Ours - 2 days

from 139 € / pers.  
(based on 12 people)

***The Val des Ours, nestled in the heart of the Alps, is a wild and unspoiled place. Located between two mountain passes and on the French-Swiss border, it is a peaceful valley and the starting point for extraordinary hikes.***

### Program :

- **Day 1 :** From Vallorcine to the Refuge of Loriaz - D+ 680m

The hike begins in the "Val des Ours" (1,300 m), at the edge of the Chamonix Valley. Composed of several hamlets, Vallorcine is located near the French-Swiss border. The trail leads us up to 1,980 meters, to the Loriaz refuge—former communal sheepfolds that have been converted into a mountain hut.

The view from there is stunning, facing the Tour and Argentière glaciers. The ascent is steady and shaded.



Traversée vers Loriaz

- **Day 2 :** From the refuge to Vallorcine via the lac d'Emosson - D+ 100m / D- 630m

This day is truly exceptional, both for its panoramic views and the variety of landscapes along the way!

A balcony trail overlooking the Val des Ours leads us to Lake Emosson (1,930 m). This dam, located on Swiss territory, is one of the most impressive hydroelectric achievements shared between the two countries.

We then descend through Barberine, Le Mollard, Le Siseray, and back to Vallorcine.



Lac Emosson



Glaciers du Tour et d'Argentière

### Pre-requisite :

Fitness Level : for regular hikers, 5 to 6 h of de hiking per day

Included : the nights in refuge, the meals (except the first lunch)

Not included : the lunch day 1, any extra in the refuges

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Trekking / Hiking



## Sous Les 4 Têtes - 2 days

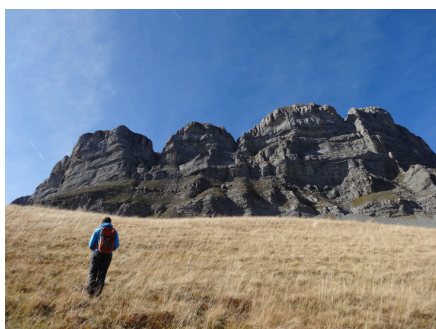
from 139 € / pers.  
(based on 12 people)

***Les 4 Têtes, an iconic summit of the Arve Valley, serves as a gateway to the Aravis range. From lush alpine meadows to lunar-like terrain, it offers unparalleled views.***

### Program :

- **Day 1 :** From Burzier to the refuge of Doran - D+ 525m

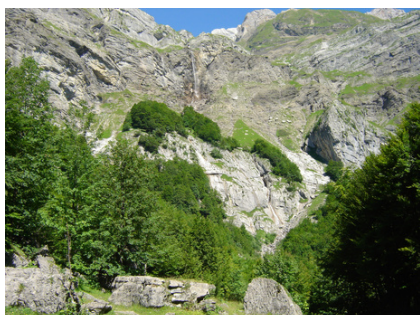
From the Burzier parking area (970 m) in Sallanches, the trail climbs gradually toward the Doran chalets (1,495 m). The valley stretches all the way to the Col des Arêtes Noires, offering stunning views of the majestic Pointe Percée, the highest peak in the Aravis range. We spend the night at the Doran refuge.



Les 4 Têtes

- **Day 2 :** From Doran to Burzier - D+ 300m / D- 880m

From the refuge, a short climb takes us to the Col des Saix (1,850 m), where the view is absolutely stunning! From the foothills of Les 4 Têtes—an iconic summit of Sallanches—the Mont Blanc massif, with its glaciers and countless sharp peaks, towers over the Arve Valley. This wide glacial valley is a striking reminder of the ongoing effects of climate change. We then descend toward the Mayères refuge, enjoying the panoramic views along the way, before returning to the parking area.



Cascade des Fours



Etagne

### Pre-requisite :

Fitness Level : for regular hikers, 5 to 6 h of de hiking per day

Included : the nights in refuge, the meals (except the first lunch)

Not included : the lunch day 1, any extra in the refuges





Trekking / Hiking



## Les Crêtes du Torraz - 2 days

from 139 € / pers.  
(based on 12 people)

***The Torraz Ridges, a scenic outpost of the Aravis range, offer a spectacular panorama of the surrounding peaks, making this hike a true journey through the wild and majestic landscapes of the region.***

### Program :

- **Day 1 :** From la Tonnaz to the refuge of L'Aar - D+ 560m

The hike begins in the charming hamlet of La Tonnaz (1,170 m) in Praz-sur-Arly. Overlooking the village, the ascent offers beautiful views of the Tarentaise and Maurienne peaks. The trail leads us up to the Charmots ridge (1,747 m), then on to the Plan de l'Aar refuge, where we're warmly welcomed.



Chalet d'alpage

- **Day 2 :** From the refuge to la Tonnaz - D+ 200m / D- 760m

Early in the morning, we leave the refuge to reach the summit of Torraz (1,930 m), the culmination of these two days. From the ridge, the view is a 360° panorama! From the Aravis range to Mont Blanc and as far as the eye can see, only peaks of unparalleled beauty appear! We will take in the breathtaking views from the ridge before returning on a loop via Bonne Fontaine.



Lys martagon

### Pre-requisite :

Fitness Level : for regular hikers, 5 to 6 h of de hiking per day

Included : the nights in refuge, the meals (except the first lunch)

Not included : the lunch day 1, any extra in the refuges



Trekking / Hiking



## *The tour of Pointe d'Anterne - 2 days*

from 139 € / pers.  
(based on 12 people)

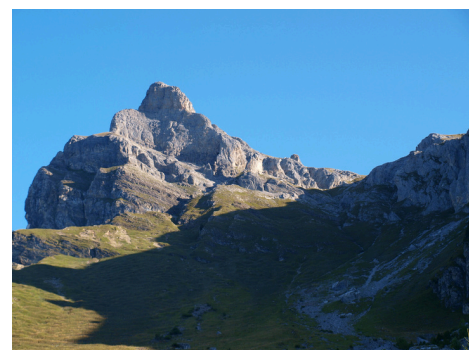
***The Tour of Pointe d'Anterne, in the Fiz range, offers a spectacular hike with views of Mont Blanc. Between limestone pavements, lush valleys, and pristine lakes, the variety of landscapes is truly remarkable.***

### Program :

- **Day 1 :** From Praz Coutant to the refuge of Sales - D+ 1 080m / D- 440m

The Assy Plateau, renowned for its former sanatoriums and its "timeless" church, is the starting point of this beautiful trail. A first ascent takes us to the Platé refuge (2,030 m). This plateau of the same name is a desert of lapiaz, a geological wonder of chaotic limestone formations interrupted by wide fissures.

After a short stop at the refuge, we continue the hike toward the Col de Portette (2,350 m). This pass separates the Platé and Sales valleys, a kingdom of ibex! The highlight of the day will be a small detour to reach the Dérochoir (2,220 m). At the edge of the ridges, this pass offers a stunning view of Mont Blanc and the Arve Valley! We then descend toward the Sales refuge (1,880 m).



Aiguille de Varan

- **Day 2 :** From the refuge of Sales to Plaine Joux - D+ 830m / D- 1350m

This day begins with a descent marked by waterfalls. We then bypass the Pointe de Sales and Pointe d'Anterne before ascending toward the Alfred Wills refuge (1,810 m), as well as the Anterne lake and pass (2,260 m). The view is breathtaking, with Mont Blanc and the back side of the Aiguilles Rouges in full sight!

The highlight of this day lies in the unique flora and fauna, as well as the diversity of landscapes: lapiaz, lush valleys, and lakes.

Encounters with marmots and ibex will add to the magic of the place. For the return to Plaine Joux (1,360 m), we will pass by the Pormenaz lake, wild, secret, and stunningly beautiful!



Les Egratz

### Pre-requisite :

Fitness Level : for experimented hikers, 6 to 7 h of hiking per day

Included : the nights in refuge, the meals (except the first lunch)

Not included : the lunch day 1, any extra in the refuges





Trekking / Hiking



## Val Montjoie - 3 days

from 185 € / pers.  
(based on 12 people)

***The Val Montjoie, a picturesque valley, charms with its preserved valley landscapes. Its lovely villages make it an ideal place for nature lovers and hikers.***

### Program :

- **Day 1 :** From Contamines Montjoie to the refuge des près - D+ 480m / D- 415m - 4/5h of hiking

We begin this first day in the village of Les Contamines (1,150 m). The cable car ride takes us directly to the alpine meadows of Roselette (1,870 m). The hike leads us toward the Joly ridges (2,134 m) via the charming Roselette lake. The Beaufortain landscape reveals a magnificent panorama! We then cross the ridges to reach the Col de la Fenêtre (2,245 m), where we enter the Contamines Nature Reserve. As far as the eye can see, the view is breathtaking, with the Mont Blanc massif, its glaciers, and jagged peaks dominating the scene. In the afternoon, we descend to the refuge des Prés (1,935 m).



Val Montjoie

- **Day 2:** From the refuge des Prés to the refuge of Trè la Tête - D+ 700m / D- 650m - 6h30 of hiking

On this early morning, passing beneath the Aiguilles de la Pennaz, we will take a detour to discover the Jovet Lakes (2,180 m), overlooked by Mont Tondou. We will then reach the Balme valley, which is frequently visited by those on the Tour du Mont Blanc. Leaving the valley behind, we will head toward the Tré-la-Tête refuge (1,970 m) via the Combe Noire and its steady, shaded path. This route offers a stunning array of grand landscapes! The refuge serves as a stop on the alpine route of the Dômes de Miage traverse.



Col de Véry - Les aiguilles Croches



Trekking / Hiking



## *Val Montjoie - 3 days*

- **Day 3 :** from Trè la Tête to Contamines - D+ 180m / D- 1 000m - 4/5h of hiking

Before our return, we will leave our bags at the refuge, as it is a must to visit the deep gorge of the Tré-la-Tête glacier (2,150 m) just above the refuge. This gorge is a clear reminder of the significant retreat of our alpine glaciers.

Next, along a beautiful balcony trail, we will discover the small Armancette lake, overlooked by the Dômes de Miage.

Finally, we will descend to the village of Les Contamines, marking the end of this lovely trek.



Vaches en Alpage

Pre-requisite :

Fitness Level : for experimented hikers, 6 to 7 h of hiking per day

Included : the nights in refuge, the meals (except the first lunch)

Not included : the lunch day 1, any extra in the refuges





Trekking / Hiking



## Tour des Fiz - 3 days

from 185 € / pers.  
(based on 12 people)

**The Tour des Fiz is a must-do hike in this limestone massif. From plateaus of lapiaz to lush valleys and waterfalls, it offers a spectacular and varied panorama of the surrounding peaks.**

### Program :

- **Day 1 :** From Praz Coutant to the refuge de Sales  
- D+ 880m / D- 480m

DEPARTURE : Praz Coutant ( PASSY) 1 270m. Chalets de Platé 2 025m. Col de Portette 2 354m. Chalet de Sales 1 877m.

The discovery of the "lapiaz" deserts at Platé, fascinating geological features, marks the uniqueness of this first day. The Col de Portette separates the two magnificent valleys of Platé and Sales, offering a delightful viewpoint!



Lac de Pormenaz

- **Day 2 :** From refuge de Sales to the refuge d'Anterne - D+ 750m / D- 600m

DEPARTURE : Chalet de Sales 1 877m. Cascade la Sauffaz 1 420m. refuge Alfred Wills 1 810m. Col d'Anterne 2 260m. Refuge du Col d'Anterne 2 002m.

The stunning Sales valley is known for its waterfalls, as well as its unique flora and fauna. Dominated by the Pointe de Sales, the hike continues up to the Col d'Anterne, where the view of the Mont Blanc range is absolutely exceptional!

- **Day 3 :** From the refuge Anterne to Praz Coutant - D+ 320m / D- 950m

DEPART : Refuge d'Anterne 2 002m. Pointe Noire de Pormenaz 2 323m. Lac de Pormenaz 1 945m. Les Ayères 1 640m. Praz Coutant 1 270m.

The southern slopes of the Fiz range lead us to discover the mountain of Pormenaz. The Pointe de Pormenaz is the "forward outpost" of the Fiz. From there, a stunning panorama unfolds, overlooking its lake, peat bogs, and the dramatic Diosaz gorges!



Le refuge Alfred Wills

### Pre-requisite :

Fitness Level : for experimented hikers, 6 to 7 h of hiking per day

Included : the nights in refuge, the meals (except the first lunch)

Not included : the lunch day 1, any extra in the refuges



Trekking / Hiking



## Tour des Fiz - 4 days

from 229 € / pers.  
(based on 12 people)

**The Fiz Massif is a natural mountain barrier that offers this hike a wide variety of landscapes: lapiaz, waterfalls, lakes, peat bogs, and a spectacular view of the Mont Blanc Massif.**

### Program:

- **Day 1:** From Plaine Joux to Platé - D+ 200m / D- 850m

DEPARTURE : Plaine Joux (1 360m). Refuge de Platé (2 023m)

Plaine Joux, a small family-friendly resort, is the starting point of the hike. It offers the most beautiful panorama of the Mont Blanc range. The goal for the day is to reach the Platé refuge. The discovery of the "lapiaz" deserts at Platé — fascinating geological formations—makes this day truly unique.



Pointe du Dérochoir

- **Day 2:** From Platé to Sales - D+ 300m / D- 500m

DEPARTURE : Refuge de Platé (2 023m) . Refuge de Saales (1 877m)

The Col de la Portette is the key passage to reach the Sales valley. A short detour via the Dérochoir offers a breathtaking view over the Arve Valley. In a rugged landscape of alpine meadows, boulders, and fissures, arriving at the refuge feels like entering another world. There's still time to explore the surroundings before dinner.

- **Day 3:** From Sales to Moëde - D+ 830m / D- 650m

DEPARTURE : Refuge de Sales (1 877m). Casade de la Sauffaz (1 420m). Refuge Alfred Wills 1810m. Col d'Anterne (2 257m). Refuge du col d'Anterne-Moëde (2 002m).

The stunning Sales valley is marked by its waterfalls, and its unique flora and fauna. Dominated by the Pointe de Sales, the hike continues to the Anterne lake—a peaceful spot of water, grass, and marmots... Then comes the climb to the col, where a dizzying view of the Mont Blanc range awaits! We finish the day with a descent to the Moëde refuge (2,002 m).



Jeunes bouquetins





Trekking / Hiking



## *Tour des Fiz - 4 days*

- **Day 4 :** From Moëde to Plaine Joux - D+ 400m / D- 960m

DEPARTURE : Refuge du col d'Anterne-Moëde (2 002m). Lac de Pormenaz 1945m. Pointe de Pormenaz (2 323m). Plaine Joux (1 360m).

We couldn't finish this Tour without passing by the Pointe de Pormenaz. Like a citadel or a "forward outpost," it towers above its lakes, peat bogs, and the Gorges de la Diosaz. This exceptional site offers a perfect final viewpoint to take in one last breathtaking look at the surrounding mountain ranges!



Gentiane printanière

Pre-requisite :

Fitness Level : for experimented hikers, 6 to 7 h of hiking per day

Included : the nights in refuge, the meals (except the first lunch)

Not included : the lunch day 1, any extra in the refuges



Trekking / Hiking



## *The Half Tour of Mont Blanc Chamonix - Val Ferret / 4 days*

from 250 € / pers.  
(based on 12 people)

***Come and discover Mont Blanc in a unique way —  
mostly off the main trails, far from the crowds and  
close to the mountains.***

Considered the ultimate hiking experience in the region, the Tour du Mont Blanc truly lives up to its reputation—where “discovery” is more than just a word. It’s a unique opportunity to cross through France, Italy, and Switzerland, immersed in ever-changing landscapes, all at a moderate altitude that never exceeds 2,500 meters.

- **Day 1 :** Vallée de Chamonix - Massif des Aiguilles Rouges

We begin this first day in Chamonix, taking the Flégère cable car. With Mont Blanc in front of us, the scenery is absolutely breathtaking! Our goal today is to discover the legendary Lac Blanc, nestled in the heart of the Aiguilles Rouges. In the late afternoon, we’ll reach our accommodation in the village of Le Tour.



Lac Blanc

- **Day 2 :** From France to Switzerland

This morning, we embark on a steady climb toward the Col de Balme, the French-Swiss border. The panorama is stunning from every angle—360° of pure contemplation.

Next, we cross along a balcony trail, facing one of the largest hydroelectric projects in Switzerland. We then descend from the alpine meadows toward Trient.



Col du Grand Ferret





Trekking / Hiking



## *The Half Tour of Mont Blanc Chamonix - Val Ferret / 4 days*

- **Day 3 :** From Trient to Champex lac (Switzerland)

From the village, we make our way to the Col de la Forclaz, the only communication route between the upper Arve valley and the Swiss Valais. We then ascend to the Bovine alpine pasture, where the view is extraordinary. The Rhône Valley unfolds between the iconic peaks of the Oberland and Valais! We descend toward Champex, a charming little resort where we enjoy a peaceful rest by its tranquil lake. It's the perfect opportunity to relax, as we'll spend our last evening here.



Refuge Bonatti

- **Day 4 :** From Switzerland to Italia

We leave Champex by bus to reach the charming village of La Fouly. The steady ascent takes us through the vast, typical alpine meadows of the Valais. The arrival at our final pass, the Grand Col Ferret, is simply breathtaking! The entire Val Ferret, extending into the Italian Val Veny, offers one of the most stunning views of this trek. Nature has created something truly magnificent: glaciers, needles, and waterfalls adorn Mont Dolent, the Grandes Jorasses, Mont Blanc, and the Aiguilles de Peuterey!

Reluctantly, we will leave this beautiful Aosta Valley to return to Chamonix by bus, crossing through the Mont Blanc tunnel.



Val Ferret - Val Veny

Pre-requisite :

Fitness Level : for experimented hikers, 6 to 7 h of hiking per day

Accommodation: In refuges and quality mountain lodges. Showers are available in most of the establishments.

Food: Dinner and breakfasts are provided at the refuges. A picnic will be prepared during the hike. It's recommended to bring some dried fruits or energy bars for the walking days.

Included: Guiding by a professional mountain guide, overnight stays in refuges with half-board, meals (except for the first breakfast), logistics for the hike, and transportation as outlined in the itinerary.

Not included: Equipment and gear, showers, drinks, and picnic lunches.



Trekking / Hiking



## *The Half Tour of Mont Blanc* *Du Ferret aux Contamines / 4 days*

from 250 € / pers.  
(based on 12 people)

***Come and discover Mont Blanc in a unique way—mostly off the main trails, far from the crowds and close to the mountains.***

Considered the ultimate hiking experience in the region, the Tour du Mont Blanc truly lives up to its reputation—where “discovery” is more than just a word. It’s a unique opportunity to cross through France, Italy, and Switzerland, immersed in ever-changing landscapes, all at a moderate altitude that never exceeds 2,500 meters.

- **Day 1 :** From Val Ferret to Val Venny (Italie)

We begin this first day in the Val Ferret (1,560 m). A pleasant ascent through a larch forest is followed by a beautiful balcony traverse. From this moment on, the magic begins, with the Grandes Jorasses and the Dent du Géant as a stunning backdrop! Needles, ridges, and glaciers compete in beauty. We will reach the Montagne de la Saxe (2,000 m), offering one of the most breathtaking views of the southern side of Mont Blanc!

Descent to Courmayeur (1,226 m).

Elevation : D+ 450m / D- 750m



Chapieux

- **Day 2 :** From Val Veny (Italie) to the vallée des Chapieux (France)

Departure from Courmayeur by bus to La Visaille. We follow the Val Veny up past Lake Combal to the Col de la Seigne (2,516 m).

This pass marks the border between France and Italy and is a highlight of the trek: an exceptional panorama and a breathtaking view of the southern face of the Mont Blanc range — sparkling glaciers, sharp ridgelines, and steep rock walls, the inaccessible standing right before us!

A gentle descent then takes us to the Ville des Glaciers (1,700 m), where a taxi will drive us to Séz.

Elevation : D+ 850m / D- 960m



Mont Blanc italien





Trekking / Hiking



## *The Half Tour of Mont Blanc Du Ferret aux Contamines / 4 days*

- **Day 3 :** From Chapieux (Savoie) to Les Prés (Haute Savoie)

This day begins with a beautiful ascent through the typical alpine pastures of the Beaufortain region. The climb is steady all the way to the Col de la Croix du Bonhomme (2,478 m).

The landscape here is very different from the previous two days — softer, but no less captivating! We enter the realm of ibex and marmots.

The traverse to the Col du Bonhomme offers sweeping views of green valleys and invites us to pause for a well-deserved picnic!

We then descend to the Refuge des Prés (1,937 m).

Elevation : D+ 920m / D- 550m



Glacier Pré de Bar

- **Day 4 :** Val Montjoie

From the refuge, we'll ascend via the Combe Noire towards the third largest glacier in the Mont Blanc Massif: the Tré-la-Tête Glacier (1,970 m).

A deep gorge bears witness to the glacier's retreat — a striking reminder of the effects of climate change. Yet the place remains awe-inspiring, a true paradise for ibex and marmots.

We'll descend past Lake Armancette to the village of Les Contamines, marking the end of our journey.

Elevation : D+ 610m / D- 920m



Combal

Pre-requisite :

Fitness Level : for experimented hikers, 6 to 7 h of hiking per day

Accommodation: In refuges and quality mountain lodges. Showers are available in most of the establishments.

Food: Dinner and breakfasts are provided at the refuges. A picnic will be prepared during the hike. It's recommended to bring some dried fruits or energy bars for the walking days.

Included: Guiding by a professional mountain guide, overnight stays in refuges with half-board, meals (except for the first breakfast), logistics for the hike, and transportation as outlined in the itinerary.

Not included: Equipment and gear, showers, drinks, and picnic lunches.



## *Sales conditions and Informations*

### ***To ensure your trip runs smoothly, here are our recommendations and terms of sale***

Registration: To register, please send us the completed registration form along with your deposit no later than 15 days before the departure date. The remaining balance must be paid 7 days prior to departure.

The price listed is based on a group of 12 participants. This rate may vary depending on the final number of confirmed participants. Any change in group size will result in an adjusted price accordingly.

Departure and return: Meeting point is in front of the Bureau des Guides in Megève on the morning of departure, at the time we will provide.

Insurance: Your guide is covered by professional liability insurance. However, you are responsible for arranging your own multi-risk and repatriation insurance.

Recommended gear: Backpack (approx. 30L capacity) - 1L water bottle - Knife - Flashlight or headlamp - Basic toiletry kit and small towel - Hat or cap - Sunglasses - Sunscreen - Rain jacket or windbreaker and rain poncho - Fleece jacket - Pair of light gloves - Breathable T-shirts (avoid cotton) - Lightweight trousers and shorts - Socks and underwear - Spare clothes for the refuge (e.g., leggings and a lightweight top) - Silk sleeping liner - Sturdy hiking boots - Lightweight shoes for the refuge (flip-flops or sandals) - Trekking poles (highly recommended) - Camera or smartphone/charger

Additional tips: A group first aid kit will be available, but please bring your own personal medical kit including items such as: Band-aids/Elastoplast, Lip and face protection, Compeed (blister protection)

Pack your clothes in plastic bags and food in sealed containers.

Weight is your biggest enemy in the mountains – your backpack should not exceed 7 to 8 kg.

Important note: In the event of unforeseen circumstances or situations that could compromise participant safety, the organizer reserves the right to modify the planned itinerary, substitute transportation or accommodations, and alter the dates and times of departure if necessary.

No compensation or refund will be granted for such changes.

The guide reserves the right to remove from the group any participant whose behavior is deemed to endanger the safety or well-being of others. No refund will be given in such cases.





Trekking / Hiking



## *Tour du Mont Blanc - 7 days*

from 1 100 € / pers.  
(based on 12 people)

***Come discover Mont Blanc in an original way, mostly off the GR trails, away from the crowds, and close to the mountains.***

Considered the "must-do" hike in our region, the Mont Blanc Circuit is truly an unforgettable journey. It offers the chance to cross France, Italy, and Switzerland, through landscapes that continuously change, all at an altitude not exceeding 2,700 meters. The variety of routes and accommodations makes it accessible to all hikers wishing to complete the great loop.

- **Day 1 :** Côte 2000 à Megève / Refuge de Balme par Col de Véry - Col du Joly - Col de la Fenêtre.
- **Day 2 :** Col d'enclave par les Lacs Jovet - Refuge des Mottets.
- **Day 3 :** Col Chécrouy par Col de la Seigne - Col de Chavanne - Mont Fortin - Arp Vieille Supérieur.
- **Day 4 :** Courmayeur - Transfert par bus – Grand Col Ferret- La Fouly.
- **Day 5 :** Champex par la vallée.
- **Day 6 :** Trient par le Col de la Fenêtre.
- **Day 7 :** Col des Montets par Les Tseppes.

Pre-requisite :

Fitness Level : for experimented hikers, 6 to 7 h of hiking per day

Accommodation: In quality mountain refuges and guesthouses. Showers are available in most establishments.

Food: For lunch, you have the option of taking packed lunches from the refuges. Resupply points are available from the 3rd day. It's recommended to bring some dried fruits or energy bars for the hiking days.

Included: Guiding by a mountain leader, overnight stays in refuges with half-board, meals (except the first breakfast), logistics for the hike, and transportation as outlined in the program.

Not included: Equipment and gear, showers, drinks, and lunch picnics.

**Bureau des Guides de Megève - Maison de la Montagne 76 rue Ambroise Martin, 74120 Megève**  
**+33 (0)4.50.21.55.11 / [contact@guides-megeve.com](mailto:contact@guides-megeve.com) / <http://www.guides-megeve.com>**



Trekking / Hiking



## *Tour du Mont Blanc - 12 days*

from 1 600 € / pers.  
(based on 12 people)

***Come discover Mont Blanc in an original way, mostly off the GR trails, away from the crowds, and close to the mountains.***

Considered the "must-do" hike in our region, the Mont Blanc Circuit is truly an unforgettable journey. It offers the chance to cross France, Italy, and Switzerland, through landscapes that continuously change, all at an altitude not exceeding 2,700 meters.

The variety of routes and accommodations makes it accessible to all hikers wishing to complete the great loop.

- 4 days in Italia :
  - Day 1 : Les Contamines Montjoie - Refuge de Tré-la-Tête
  - Day 2 : La Croix du Bonhomme
  - Day 3 : Col des Fours - Refuge Elisabetta
  - Day 4 : Courmayeur
- 4 days in Switzerland:
  - Day 1 : Col des Montets - Les Tseppes
  - Day 2 : Champex
  - Day 3 : Praz de Fort
  - Day 4 : Col Ferret
- 4 days in France:
  - Day 1 : Pierre Blanche - Refuge de Bellachat
  - Day 2 : Col du Brévent - Refuge de Moëde
  - Day 3 : Vallon de Bérard
  - Day 4 : Vallorcine - Les Praz

### Pre-requisite :

Fitness Level : for experimented hikers, 6 to 7 h of hiking per day

Accommodation: In quality mountain refuges and guesthouses. Showers are available in most establishments.

Food: For lunch, you have the option of taking packed lunches from the refuges. Resupply points are available from the 3rd day. It's recommended to bring some dried fruits or energy bars for the hiking days.

Included: Guiding by a mountain leader, overnight stays in refuges with half-board, meals (except the first breakfast), logistics for the hike, and transportation as outlined in the program.

Not included: Equipment and gear, showers, drinks, and lunch picnics.

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## *Tour du Mont Blanc*

### *Sales conditions and Informations*

***To ensure your trip runs smoothly, here are our recommendations and terms of sale***

Registration: To register, we require the completed registration form along with your deposit no later than 15 days before the departure date. The remaining balance must be paid 7 days before departure. The price listed is based on a reservation for 12 people. This price may change depending on the final number of participants. Any changes in the number of participants will result in an adjustment to the price accordingly.

Departure and Return: Meeting point in the morning in front of the Bureau des Guides in Megève at the times we will specify.

Technical Level: Stages of 5 to 7 hours.

Insurance: Your guide is covered by professional liability insurance. However, it is your responsibility to arrange multi-risk and repatriation insurance.

Recommended Gear: Backpack (40 - 50L capacity) - 1L water bottle - Knife - Flashlight or headlamp - Basic toiletry kit and small towel - Headwear - Sunglasses - Sunscreen - Anorak or Gore-Tex jacket - Fleece jacket - Pair of light gloves - T-shirts - Lightweight trousers (recommended) or shorts for hiking - Socks - Underwear - Spare clothes for the refuge - Sleeping bag liner - Rain cape (poncho) - Good hiking boots - Lightweight shoes (flip-flops or sneakers) - Optional: trekking poles (recommended) - Camera

Additional Tips: A group first aid kit is provided. However, please bring your own personal first aid kit, including: Elastoplast, Lip and face protection, Compeed (blister protection) Protect your clothes in plastic bags and food in sealed containers. Weight is the major enemy in the mountains – your backpack should not exceed 7 to 8 kg.

Important Note: In the event of unforeseen circumstances or situations that could compromise the safety of participants, the organizer reserves the right to modify the planned itineraries, and even to substitute transport, accommodation, or routes, as well as departure dates and times. No compensation or refund will be granted for such changes. Your guide reserves the right to remove from the group any participant whose behavior is deemed to endanger the safety or well-being of the group. No refund will be granted in such cases.