

France, Switzerland & Italy

Mont Blanc Massif Trek



Activity: Trek Grade:  Duration: 5 days

The Mont Blanc region boasts one of the world's most renowned trekking circuits, with some of the most awe-inspiring scenery imaginable - all within a short hop from the UK! We take in three countries in three days of trekking as we circle the highest peak in Western Europe.

Our challenge is physically demanding and will test your stamina and determination, but the rewards are some of the most spectacular views Europe has to offer – an array of towering cliffs, waterfalls spilling from glaciers, forested tracks, open meadows and crystal clear lakes. It's wonderful trekking, and Mont Blanc is our constant companion throughout.



Challenge Grading

Our trips are graded from Challenging (Grade 1) to Extreme (Grade 5).

This trek is graded **Tough (3)**. Main challenges lie in the hilly walking, with some steep rocky sections and long, tiring ascents. There are some high ridges and it can be exposed.

Many factors influence the Challenge Grading, such as terrain, distances, climate, altitude, living conditions, etc. The grade reflects the overall trip; some days are likely to feel more challenging than others. Unusual weather conditions also have a significant impact, and not all people are tested by the same aspects.

Our grading levels are intended as a guide, but span a broad spectrum; trips within the same grade will still vary in the level of challenge provided.

Detailed Itinerary

Day 1: Depart London

We fly to Geneva and transfer to Chamonix. Night hotel.

(Lunch not included)

Day 2: Val Ferret – La Fouly

We transfer to the head of the Val Ferret and our start point at 1770m. The path quickly rises above the tree line and becomes steeper again as we climb the back wall of the valley to the high point of the day, the Grand Col Ferret (2537m). The Val Ferret is lined by steep vertical cliffs sliced in sections by fingers of crevassed glacier spilling with waterfalls to the valley bottom. From the Col we have wonderful views back down the valley to Courmayeur and onwards to the French border at Col de la Seigne, 25km away. We are now on the Swiss / Italian border and we descend over the other side to the pretty Swiss village of La Fouly (1600m). Night pension.

Trek approx 7 hours

Day 3: La Fouly – Champex

A less taxing day today, as we follow the scenic Swiss part of the Val Ferret to Champex (1450m). Our route takes us along forested tracks and through open meadows and traditional Swiss villages. Many farmers here still tend the land and their dairy herds using long-established traditional methods. The views are as



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Trekking Information

Walking terrain is varied, with valley paths and high ridge-climbs. The trek is very hilly, with some steep rocky areas and rivers to cross. The highest altitude reached is 2537m.

Some sections are particularly demanding, and you will need to have trained hard and be confident on rough terrain to complete this challenge. We will supply you with a thorough training guide when you have registered.

Passport & Vaccinations

A ten-year passport is essential, valid for your entire stay. Your routine UK schedule of vaccinations should be up-to-date (including Tetanus).

Detailed Itinerary (cont)

spectacular as we'd expect from the heart of the Swiss Alps – you'll be resting your legs with lots of photo stops! Champex is a picture-perfect village nestled around a crystal clear lake. Night pension.

Trek approx 6.5 hours

Day 4: Champex – Col de la Forclaz

A challenging yet spectacular day of trekking lies ahead of us, as we leave Champex and walk through meadows and forests. After crossing several glacial outflows, we start to climb to high alpine pastures and Alp Bovine, a simple working dairy farm overlooking the Rhône Valley. After a break to enjoy the spectacular views across to the Bernese Alps, a final short climb brings us to the high point at 2040m. Then it's a wonderful and (mostly) downhill woodland walk to Col de La Forclaz 1526m. Here we meet our awaiting transport and return to Chamonix for a night of celebration. Night hotel.

Trek approx 6 hours

Day 5: Depart Geneva

We transfer to Geneva Airport and fly home.

(Lunch not included)

Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

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Weather

Temperatures can vary widely, though generally it should be warm and sunny; rain is always a possibility and it may be blustery. Cold winds are common when high up on the mountains. Average temperatures range from 11-26°C.

