

Tour du Mont Blanc Expedition Information Pack

Contents	Page	Contents	Page
Why Choose Earth's Edge?	1	Weather Contingencies	6
Description & Detailed Itinerary	2	Training Weekend	7
Expedition Costs	5	Earth's Edge Safety Standards	7
Flights	5	Special Offers	7
Inclusions & Exclusions	5	Book Your Consultation	8
Spending Money & Tipping	6	Expedition FAQ	8

Why Choose Earth's Edge?

Our mission is to support you in exploring our incredible world and experiencing life-changing adventures in the safest way possible. We are passionate about protecting the planet and improving the lives of those we meet along the way.

- We are a **100% Irish-owned small business**. Our founder, James McManus, is passionate about adventure travel, and his extensive experience is an invaluable source of support for our office team in our day-to-day operations.
- Our **exceptional guides and leaders** are fully trained in wilderness first aid, and true experts in their region. They are passionate about sharing their first-hand knowledge of the local culture, history, and geography, while ensuring we consistently deliver unforgettable experiences.
- We keep **group sizes small** to minimise our environmental impact and to foster a strong group dynamic. Whether you're travelling solo, or with friends or family, our small group sizes provide the perfect opportunity to bond over shared experiences and create lasting friendships.
- We run a **pre-departure training weekend** two months prior to each expedition. It includes a detailed expedition brief, two training hikes, and expert advice from an experienced mountain guide. It's also a great opportunity to meet your fellow adventurers!
- We're here to **support you every step of the way**. Our friendly office team is available to answer any questions you have by phone, email, or video consultations. Each team member participates in an expedition every year, ensuring they can share up-to-date advice and insights drawn from their own first-hand experiences.
- Booking an Earth's Edge expedition entitles you to a 15% discount from our **equipment partners** at [Great Outdoors](#), to ensure that you get the best gear for your expedition.

- **Responsible travel** is at the core of what we do at Earth's Edge. As a [certified B Corp](#) company, we are committed to using our business as a force for good - to support our communities both locally and worldwide, as well as creating more environmental awareness.

We run a number of **environmental programmes and community projects**, including:

- A [yearly scholarship](#) that gives porters the opportunity to become guides on Kilimanjaro
- Our clients in Nepal help to remove waste from Sagarmatha National Park through the [Carry Me Back Program](#)
- We collect [clothing and gear donations](#) for our amazing porters on Kilimanjaro
- We are striving to increase the number of [female staff](#) across our expeditions

To read more about our sustainability practices, please visit our [responsible travel page](#).

[Back to Top](#)

Description & Detailed Itinerary

The **Tour du Mont Blanc (TMB)** is one of the world's great long-distance treks, circling Western Europe's highest mountain through **France, Italy, and Switzerland**. This classic alpine journey combines dramatic mountain scenery, high mountain passes, and a rich mix of landscapes and cultures into one unforgettable walking adventure.

Over 10 days of trekking, we complete the full loop around the **Mont Blanc massif**, following well-maintained mountain trails through open valleys, traditional alpine villages, and famous cols such as **Col de la Seigne** and **Grand Col Ferret**. Each day offers a new perspective on Mont Blanc, with highlights including walking beneath hanging glaciers and enjoying expansive views of jagged ridgelines, rolling meadows, and classic alpine refuges.

Evenings are spent in a mix of welcoming mountain refuges and simple but comfortable hotels, where we relax, refuel, and **soak up the atmosphere of the Alps**. Throughout the trek, we are supported by experienced and professional local guides who ensure the journey runs smoothly while sharing insight into the region's geography, history, and culture.

The Tour du Mont Blanc is a challenging but achievable trek for anyone with good fitness and a positive attitude. Daily walking averages **6-8 hours**, with sustained ascents and descents but no technical climbing is required.

The trek finishes in **Chamonix**, one of Europe's most iconic mountain towns, with the option to arrive early or stay on after the expedition to further explore the area.

Please Note: *Mountain environments are dynamic, and itineraries may be adjusted due to weather, trail conditions, or other factors beyond our control.*

Day 1: Arrive at Geneva Airport for group transfer to Les Houches, France

A group transfer is included from Geneva Airport (GVA) to Les Houches when you book the recommended flights which will be provided to you when you book.

We meet with our expedition leader for a full expedition briefing to ensure we're prepared for the journey ahead. The remainder of the day is free to settle in, explore the town, and make any final preparations. Overnight hotel. Altitude: 1,008m.

Day 2: Trek Les Houches to Les Contamines, 7 hrs

We start today with a ride on the Bellevue cable car, before trekking through open alpine meadows and gradually leaving the Chamonix Valley behind. As we gain height, views open across the valley toward the Mont Blanc massif, offering our first sense of the scale of the mountains we'll be circling. A steep descent leads to a suspension bridge over the Bionnassay glacier torrent, followed by a steady climb to Col du Tricot (2,120m). From here, we descend to the Miage Chalets before crossing the second col of the day. We finish on easier trails through meadows and forest into Les Contamines, a traditional Savoyard village and classic gateway to the high Alps. Overnight mountain refuge. Altitude: 1,165m.

Day 3: Trek Les Contamines to Les Chapieux, 7-8 hrs

The day begins on an easy riverside path, passing a historic church before joining an old Roman road as the trail starts to climb. We ascend to Col du Bonhomme (2,329m), with the terrain becoming more technical as we gain height, before continuing to Col des Fours (2,665m), one of the highest points on the TMB. A steep descent leads back onto easier trails down toward Les Chapieux. Overnight mountain refuge. Altitude: 1,800m.

Day 4: Trek Les Chapieux to Val Veny, 6-7 hrs

A gradual climb leads to Col de la Seigne (2,516m), where we cross into Italy and are rewarded with outstanding views of Mont Blanc's dramatic west face and down into Val Veny. A gentle descent follows, passing a remote mountain museum and continuing on to Rifugio Elisabetta (2,195m). Listen out for the distinctive calls of marmots, which often echo through the valley here. We then continue down through the forest into Val Veny. Overnight mountain refuge. Altitude: 1,700m.

Day 5: Trek Val Veny to Courmayeur, 3-4 hrs

After three demanding days, today is a shorter and easier stage. A steep climb through forest brings us up to the Courmayeur ski area and a small mountain refuge. From here, there is the option to take the cable car down into Courmayeur or continue on foot. Those who hike descend via Dolonne, a quiet, traditional Italian village, before arriving in Courmayeur. The afternoon is free to explore this lively and historic Alpine town. Overnight hotel. Altitude: 1,224m.

Day 6: Trek Courmayeur to Val Ferret, 6-7 hrs

A steep climb from Courmayeur leads to Rifugio Bertone, where we join the renowned balcony

trail high above Val Ferret. This undulating section offers exceptional views across to the Mont Blanc massif, with hanging glaciers and granite towers dominating the skyline. The trail winds through alpine slopes rich in seasonal flora before a final climb brings us to Rifugio Bonatti, perfectly positioned high above the valley for our overnight stay. Overnight mountain refuge. Altitude: 2,000m.

Day 7: Trek Val Ferret to La Fouly, 6-7 hrs

We continue along the balcony trail before descending briefly to a mountain refuge for a final Italian coffee. From here, a strenuous zig-zag climb leads to Grand Col Ferret (2,537m), the highest point on the classic Tour du Mont Blanc route and the border between Italy and Switzerland. The ascent is steep but non-technical, and we are rewarded at the top with expansive views of the Grand Jorasses. The second half of the day is gentler, descending on smooth trails through alpine meadows to the quiet Swiss village of La Fouly. Overnight mountain refuge. Altitude: 1,600m.

Day 8: Trek La Fouly to Champex-Lac, 4-5 hrs

This is the easiest day of the trek, following smooth trails with no mountain passes to cross. A gentle valley walk leads through colourful meadows, dense forest, and a series of traditional farming hamlets before arriving at the lakeside town of Champex-Lac by late lunch. The afternoon is free to relax and enjoy the setting. Explore the village, swim in the lake, rent a paddleboard, or simply unwind on a terrace with an ice cream or a cold drink. Overnight mountain refuge. Altitude: 1,470m.

Day 9: Trek Champex-Lac to Trient, 5-6 hrs

Leaving Champex-Lac behind, we follow quiet roads past meadows and colourful chalets before entering the forest and beginning a steep climb up the hillside. The ascent is challenging but mostly shaded, easing as we reach open pasture dotted with grazing cows and wide views down to the vineyards below. From here, an undulating traverse leads across the hillside before descending through forest into the village of Trient. Overnight mountain refuge. Altitude: 1,300m.

Day 10: Trek Trient to Tré-le-Champ, 6-7 hrs

Today we cross back into France. We begin with a steady zig-zag climb up the cool, north-facing forest above Trient before emerging into high alpine pastures, often grazed by large flocks of sheep. A gentle traverse leads on to Col de Balme (2,191m), where views open back toward the Chamonix Valley and the Mont Blanc massif. From the col, we descend through meadows and forest, passing through traditional hamlets before finishing at Tré-le-Champ. Overnight mountain refuge. Altitude: 1,417m.

Day 11: Trek Tré-le-Champ to Chamonix, 6-7 hrs

Our final day on the trail begins with a steep climb towards the Aiguilles Rouges and the crystal-clear waters of Lac Blanc (2,352m). If conditions and group confidence allow, we reach

the lake via a series of fixed metal ladders. From Lac Blanc, we traverse high above the Chamonix Valley with outstanding views of the Mont Blanc massif, before descending into Chamonix.

For those preferring a shorter or gentler finish, a shady river trail leads directly down from Tré-le-Champ to the valley. We arrive in Chamonix by late afternoon, with time to freshen up before enjoying a celebration dinner to mark the end of our Tour du Mont Blanc expedition. Overnight hotel. Altitude: 1,035m.

Day 12: Departure

After an early breakfast, a complimentary group transfer from Chamonix to Geneva Airport (GVA) marks the end of our trip.

Expedition Costs

You can find our detailed expedition pricing on [our website](#).

- A **deposit** of EUR/USD/GBP 199 is taken at the time of booking to secure your spot
- A **part-payment** of EUR/USD/GBP 1,000 is due six months prior to departure
- The **final balance** can be paid in instalments, but is due 90 days prior to departure

[Back to Top](#)

Flights

Aer Lingus offers daily return flights from Dublin to Geneva Airport (GVA). We'll share recommended timings that line up with our complimentary group transfers approximately 10 months pre-departure.

Please consult us before booking alternative flights to ensure you arrive in time for the expedition briefing on the first day. It is essential that you do not miss this meeting.

[Back to Top](#)

Trip Inclusions & Exclusions

What's Included:

- Pre-departure training weekend in Wicklow
- 10 days guided hiking on the Tour du Mont Blanc circuit by a fully qualified and experienced International Mountain Leader (IML-certified guide)
- Return group airport transfers from Geneva Airport (GVA) - Les Houches/Chamonix
- 2 nights hotel accommodation based on twin sharing in Les Houches (pre-trek) and Chamonix (post-trek)
- 9 nights accommodation in mountain refuges and guesthouses on the trail
- A pillow and blanket is provided at the refuges

- All meals and drinking water except in Les Houches/Chamonix where accommodation is based on B&B
- A celebratory dinner on Day 11 of the expedition
- All planned group transportation throughout the expedition
- Excess luggage storage in Chamonix while on the trek
- An Earth's Edge softshell jacket and a buff for all participants

What's Excluded:

- Flights
- Expedition doctor (high-quality medical care is readily available locally)
- Luggage transfers (can be added separately)
- Training Weekend accommodation and food
- Personal travel insurance
- Personal equipment
- Tips
- Expenses of a personal nature such as laundry, phone calls, and alcohol
- Any costs arising out of unforeseen circumstances which affect the itinerary, such as bad weather, landslides, road conditions, and any other circumstances beyond our control

[Back to Top](#)

Spending Money & Tipping

Spending Money

We recommend that you put aside **EUR 250** in spending money for this trip. This includes the **recommended tip amount of EUR 50 per person.**

We suggest that you bring a small amount of your spending money in cash for purchasing small items like snacks on the trail or before/after your trek.

Tipping

Any gratuity is entirely at your discretion and based on your experience, level of satisfaction, and personal circumstances. If you are happy to tip, our suggestion is €50 per person, which you can give to your guide at the end of the trek.

[Back to Top](#)

Weather Contingencies

Alpine weather can change rapidly. Our leaders continuously assess conditions and may adjust routes or schedules to ensure safety.

[Back to Top](#)

Training Weekends

Before every expedition, we organise a Training Weekend where you'll have the chance to meet your fellow adventurers! Led by experienced guides, these weekends include a comprehensive expedition briefing, two training hikes, and invaluable advice covering everything from equipment to weather conditions. Not only are these events educational, they're also enjoyable, set against the breathtaking backdrop of Glendalough, Co. Wicklow. Please note that food and accommodation for this weekend is not included.

[Back to Top](#)

Safety Standards

At Earth's Edge, your safety is our top priority. Our guiding team is trained in wilderness and expedition medicine and are familiar with the locations of local medical facilities and hospitals in each destination. While our leader carries a comprehensive first aid kit, we ask all participants to bring a basic first aid kit as outlined in the equipment list. Always follow the guidance of your expedition leader to ensure a safe and enjoyable experience.

We recommend participants review the official travel advice available on the [DFA website](#).

On expeditions, the most common cause of illness is gastroenteritis (Delhi Belly), often caused by poor personal hygiene. The good news is that it is easily avoided by practising the following:

- Always **wash your hands** and apply **hand sanitiser** after going to the toilet and before touching food
- Maintain a **healthy diet** and consider taking **multivitamins and probiotics** for one month before, and during, the expedition to help your body adjust to the changes in your diet and keep you healthy throughout the expedition
- **Water** in most refuges and hotels is perfectly safe to drink straight from the tap, unless there is a sign telling you otherwise. During the trek, you can fill your bottle or bladder from one of the many fountains along the route. Avoid drinking from streams as grazing farm animals can pollute the water.

To read more about our safety standards, please visit our [safety page](#).

[Back to Top](#)

Special Offers

- **Return Customer Offer:** If you have travelled with us before, please visit our [return customer](#) page for details on what discount you are entitled to
- **Refer a Friend Offer:** If you have a friend who wants to travel with us, please visit our [refer a friend](#) page for details on our referral programme

- **Group Discounts:** If you are booking as part of a group, please visit our [group discounts](#) page for details on what discount you are entitled to
- **Couples Offer:** If you are booking with a friend or partner, please visit our [couples offer](#) page for details on what discount you are entitled to

Book Your Trip Consultation

You can now schedule a free trip consultation with a member of the Earth's Edge team! We're happy to talk you through the itinerary, preparation and training, equipment, and anything else you'd like to know. Book your [consultation here](#).

Expedition FAQ

Do you have a question that wasn't answered in this information pack? If so, please visit our [FAQ page](#) for a full list of frequently asked questions. If you can't find your answer there, please don't hesitate to [contact us](#).

[Back to Top](#)