

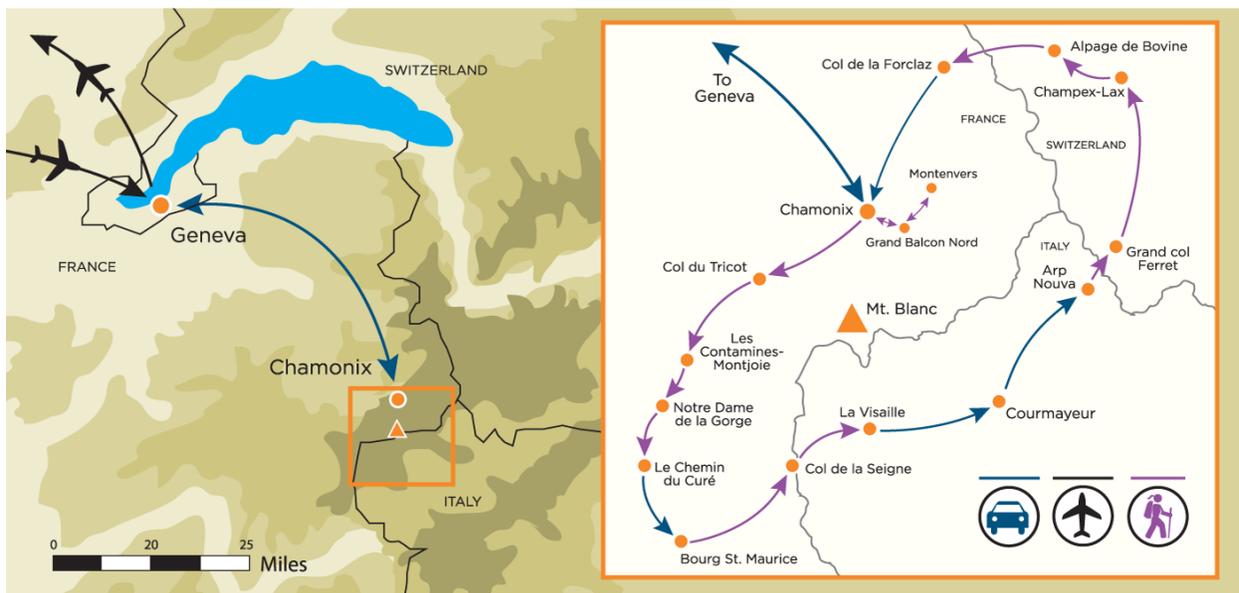
# MONT BLANC

## Hiking and Alpine Scenery

### TRIP HIGHLIGHTS

- ▶ Experience the thrill of being at high altitudes and enjoy stunning alpine scenery
- ▶ Immerse yourself in the beauty of the Chamonix region and the serene Les Contamines-Montjoie
- ▶ Experience the diversity of landscapes as you cross international borders and explore the picturesque Val Veni
- ▶ Combine culinary exploration with challenging hikes, culminating in crossing the Grand Col Ferret

### TRIP ROUTE



## MONT BLANC

# Hiking and Alpine Scenery

### QUICK VIEW ITINERARY

- Day 1 Arrive in Geneva (Switzerland), transfer to Chamonix (France), welcome dinner
- Day 2 cable ride to l'Aiguille du Midi, hike the Balcon du Nord trail, enjoy breathtaking view of the Mer de Glace
- Day 3 enjoy great views of the Chamonix valley (France), hike through the Col du Tricot to Les Contamines-Montjoie
- Day 4 hike to the baroque Chapel Notre Dame de la Gorge, ascent to the Col du Bonhomme, reach Bourg Saint-Maurice (France)
- Day 5 journey from France to Italy via the Col de la Seigne, descend into beautiful Val Veni, arrive in Courmayeur (Italy)
- Day 6 visit the town of Courmayeur, discover a winery and try delicious wines, enjoy a cooking demonstration
- Day 7 climb up to Rifugio Bertone, descend to Arp Nouva
- Day 8 climb to Pré de Bar and across the Grand Col Ferret, arrive in Champex-Lac (Switzerland)
- Day 9 hike the Bovine Way, pass the Col de la Forclaz, transfer to Chamonix (France)
- Day 10 hike through the Aiguilles Rouge nature preserve, farewell dinner in Chamonix (France)
- Day 11 transfer to Geneva (Switzerland), fly back home

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

## MONT BLANC

# Hiking and Alpine Scenery

## QUICK VIEW ITINERARY

### ACTIVITY LEVEL

Challenging

### TRIP PRICE

Main Trip: \$6,695

Optional Single Accommodations: \$1,600

### TRIP DATES

July 7 - 17, 2025



# MONT BLANC

## Hiking and Alpine Scenery



your adventure  
in depth

DAY 1  
Monday  
7/7/25

### Arrive in Geneva, Switzerland

Welcome to Chamonix, a famous resort town located in the French Alps, near the junction of France, Switzerland, and Italy. Situated in the Haute-Savoie region of the French Alps, in the Auvergne-Rhône-Alpes department, it is nestled at the foot of Mont Blanc, which is the highest peak in Western Europe. Chamonix is a destination that attracts nature lovers, adventure seekers, and those looking to experience the beauty and excitement of the French Alps.

During your adventure, you'll get to know your expert guide, who will help you discover Mont Blanc. You'll meet other incredible individuals on your journey. They will help make your experience a fun and personally fulfilling adventure and will cheer you on as you step outside your comfort zone, embracing new challenges in your own distinct way!

#### Arrive in Geneva, Switzerland

Arrive at the Geneva airport (GVA) in Switzerland by noon.

#### Transfer to Your Hotel

A group transfer from the airport to the hotel will be provided when most guests arrive (exact time to be determined). Private transfers at other times are available for purchase.

#### Check-in and Orientation

Check-in at your hotel. In the late afternoon, attend an orientation about your upcoming Mont-Blanc adventure.

#### Welcome Dinner

Enjoy a lively welcome dinner where you can connect with your fellow travelers this evening. Share stories and discover the unique reasons each woman in your group is excited to explore the Mont Blanc.

Accommodations  
Hotel Pointe  
Isabelle (or similar)  
Meals Included  
dinner

# MONT BLANC

## Hiking and Alpine Scenery

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your adventure  
in depth

DAY 2  
Tuesday  
7/8/25

### Chamonix, France

One of the notable attractions in Chamonix is the Aiguille du Midi, a mountain in the Mont Blanc massif. A cable car takes visitors to the summit, providing breathtaking views of the surrounding mountains and glaciers.

Another scenic attraction is The Grand Balcon Nord hike, a classic Chamonix trail. This spectacular and panoramic Alpine hike is a must-do hike when in Chamonix.

#### Ride to L'Aiguille du Midi

After breakfast and a short walk to the cable car station, start the ascend to the top of the French Alps: l'Aiguille du Midi. This ride offers a breathtaking experience with its stunning panoramic views of Mont Blanc and the surrounding mountains. At the summit, you can explore the observation decks and tunnels, immersing yourself in the awe-inspiring beauty of the high-altitude alpine landscape.

#### The Balcon du Nord Trail

Descent to the middle station and start your first hike. The Balcon du Nord trail in Chamonix offers a scenic adventure through lush alpine terrain. As you traverse this stunning route, you will be treated to magnificent views of the Mont Blanc Massif, glaciers, and the Chamonix Valley, making it an unforgettable trek for nature enthusiasts and hikers seeking an immersive mountain experience. It is also a good hike to get in shape before the trekking starts. Enjoy a picnic lunch with your group along the way.

#### Views of the Mer de Glace

The hike ends at Montenvers, a stunning location in the French Alps, offering breathtaking views of the Mer de Glace (Sea of Ice) glacier and the surrounding mountains. If time permits, explore the ice cave before traveling down to Chamonix by train. Take a short walk back to the hotel.

#### Dinner

Enjoy dinner on your own tonight. Explore Chamonix rich restaurant scene or savor the ambiance of your hotel's bar and bistro.

#### Today's Hike

Approx. 3.5 miles (5.7 km), 2.5 hours, 450 feet (120 m) of elevation gain, 1,350 feet (450 m) of elevation loss.

Accommodations  
Hotel Pointe  
Isabelle (or similar)  
Meals Included  
breakfast, boxed  
lunch

# MONT BLANC

## Hiking and Alpine Scenery

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your adventure  
in depth

DAY 3  
Wednesday  
7/9/25

### Les Contamines, France

Les Contamines is situated near the Mont Blanc massif, not far from Chamonix. It is part of the Evasion Mont Blanc ski area. Hiking and mountain biking are popular, and there are numerous trails that provide access to the surrounding mountains and alpine meadows. The village of Contamines-Montjoie is surrounded by stunning mountain scenery, including views of the Mont Blanc massif. It provides a more tranquil and family-friendly atmosphere.

#### Cable Ride to Bellevue

This morning after breakfast, set off for your first day of hiking. Take the public bus to the cable car station and ride to Bellevue. From Bellevue, on a clear day, enjoy great views of the Chamonix Valley and the Mont Blanc Range.

#### Hike to the Valley of Les Contamines-Montjoie

Begin your hike to Les Contamines. Hike past the Bionassay glacier and the rolling slopes of the Col du Tricot. Then, descend into the Valley of Les Contamines-Montjoie. End the hike by arriving to the hotel located in the heart of the classic village of Les Contamines. Enjoy a picnic lunch along the way.

#### Dinner

Enjoy dinner as a group tonight and enjoy a well-deserved rest for the night.

#### Today's Hike

Approx. 14 miles (22 km), 7 hours, 2,950 feet (900 m) of elevation gain, 4,265 feet (1,300 m) of elevation loss. At the end of the hike is a steep descent before it goes up again to the hotel.

Accommodations  
Hotel La Chemenaz  
(or similar)  
Meals Included  
breakfast, boxed  
lunch, dinner

# MONT BLANC

## Hiking and Alpine Scenery

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your adventure  
in depth

DAY 4  
Thursday  
7/10/25

### Bourg Saint Maurice, France

The Col du Bonhomme is a mountain pass in the Mont Blanc massif. The pass has an elevation of approximately 7,641 feet above sea level. It is a high-altitude pass that provides access through the mountains. It is a popular destination for hikers and trekkers. The pass offers stunning panoramic views of the surrounding mountains and valleys.

#### The Col Du Bonhomme

After breakfast, it's time to hike to the wonderful Baroque Chapel Notre Dame de la Gorge. Then, climb up along an old Roman ridge and past an original Roman bridge. Ascent to the Col Du Bonhomme. After the pass, the road comes down to a small hidden valley and descends through narrow gorges called "the Priest's Path" to a mountain pasture where you will meet the famous "tarine" cows.

Note that, today, you will tackle steep uphill and downhill routes on rough terrain; this part of the tour can be very challenging but accomplishing the Col du Bonhomme hike makes the challenges worthwhile. At the end of the hike, enjoy a private transfer to your hotel.

#### Dinner

Enjoy dinner as a group at a local restaurant tonight.

#### Today's Hike

Approx. 11 miles (17 km), 7 hours, 4,400 feet (1,340 m) of elevation gain, 3,050 feet (930 m) of elevation loss. The hike starts with a steep ascent.

Accommodations  
Hotel L'autantic (or  
similar)  
Meals Included  
breakfast, boxed  
lunch, dinner

# MONT BLANC

## Hiking and Alpine Scenery



your adventure  
in depth

DAY 5  
Friday  
7/11/25

### Col de la Seigne to Courmayeur, Italy

The Col de la Seigne is a mountain pass in the Alps that serves as a natural border between France and Italy. The pass has an elevation of approximately 8,255 feet above sea level. It is a high-altitude pass that provides a crossing point for hikers and trekkers traveling between the two countries. The Col de la Seigne offers stunning views of the Mont Blanc massif and the surrounding alpine landscape. Hikers can enjoy the beauty of meadows, glaciers, and rugged mountain terrain as they traverse the pass.

#### Hike the Col de la Seigne

Today's journey takes you from France to Italy. After breakfast, take a private transfer to today's starting point. Climb through open pastures and snowfield to Col de la Seigne (8,254 feet) and the border with Italy while admiring the amazing view over the southwest side of the Mont Blanc range. Pass by picturesque glacier lakes while descending into beautiful Val Veni. This 45-minute descent will bring you to the small hamlet of La Visaille, from where you will take a public bus to the picturesque town of Courmayeur, Italy.

#### Dinner

Enjoy dinner as a group at your hotel.

#### Today's Hike

Approx. 14 miles (22 km), 7 hours, 2,500 feet (760 m) of elevation gain, 2,750 feet (840 m) of elevation loss.

#### Accommodations

Hotel Svizzero (or similar)

#### Meals Included

breakfast, boxed lunch, dinner

# MONT BLANC

## Hiking and Alpine Scenery



your adventure  
in depth

DAY 6  
Saturday  
7/12/25

### Courmayeur, Italy

Courmayeur is a charming alpine town located in the Aosta Valley, in the northern part of Italy. Nestled at the foot of Mont Blanc, the highest peak in Western Europe, Courmayeur is renowned for its stunning mountain scenery and serves as a popular destination for both winter and summer activities. The town offers spectacular views of Mont Blanc and the surrounding peaks, making it a picturesque destination for nature lovers and outdoor enthusiasts.

#### Visit the Town of Courmayeur

Start your day by visiting the town of Courmayeur with your local female guide. This stunning Alpine town is one of the historic capitals for mountaineering and it is known for its cobbled streets and traditional buildings. Pass the local delicatessens and cafés that perfectly represent the Italian treats and the unparalleled hospitality. Admire the many magical mountain peaks towering on the horizon.

#### Winery Visit

Continue your program by visiting a nearby winery where you will travel via a public bus. This establishment, with its idyllic surroundings, is a perfect backdrop for exploring the region's wine cellars and vineyards. Try some of the delicious wines from the valley, and discover the secrets of local cuisine. During a cooking demonstration, learn how to cook a typical dessert from the region. The tour and the activities are led by the women of the family.

#### Dinner

Transfer back to your hotel via public transportation. Tonight, enjoy dinner on your own: explore Courmayeur's vibrant and diverse restaurant scene which perfectly complements its alpine charm. Or, indulge in the typical dishes of your hotel's restaurant.

Accommodations  
Hotel Svizzero (or  
similar)  
Meals Included  
breakfast, lunch

# MONT BLANC

## Hiking and Alpine Scenery

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your adventure  
in depth

DAY 7  
Sunday  
7/13/25

### Courmayeur, Italy

Rifugio Bertone is a mountain hut located in the Italian Alps, specifically in the Aosta Valley near Courmayeur. Rifugio Bertone is situated at an elevation of approximately 6,563 feet above sea level. It is strategically located along hiking and trekking routes, making it a convenient stop for those exploring the region. Beyond its practical role as a resting place for hikers, Rifugio Bertone is also embedded in the cultural and natural heritage of the Alps and offers its visitors a sense of connection to the mountain environment and its history.

#### Climb up to Rifugio Bertone

After breakfast, start the steep climb up to Rifugio Bertone with the best view of the Mont Blanc massif. Hike along the Mont de la Saxe, taking the balcony path facing the ridge of the Grandes Jorasses. Stop for a picnic lunch and take in the unforgettable view. Descend to Arp Nouva, at the very end of Val Ferret from where you will transfer to Courmayeur via public transportation.

#### Dinner

Enjoy dinner as a group at your hotel.

#### Today's Hike

Approx. 9 miles (14 km), 4.5 hours, 3,600 feet (1,100 m) of elevation gain, 2,100 feet (700 m) of elevation loss.

Accommodations  
Hotel Svizzero (or similar)  
Meals Included  
breakfast, boxed lunch, dinner

# MONT BLANC

## Hiking and Alpine Scenery



your adventure  
in depth

DAY 8  
Monday  
7/14/25

### Grand Col Ferret

The Grand Col Ferret is part of the Pennine Alps and is situated on the border between Italy and Switzerland. It serves as a high-altitude pass along the Tour du Mont Blanc, a popular long-distance trekking route that circumnavigates the Mont Blanc massif. The pass reaches an elevation of approximately 8,323 feet above sea level, making it one of the higher points along the Tour du Mont Blanc.

#### Hike the Grand Col du Ferret

Following breakfast, transfer to Arp Nouva. Your morning begins with climb to Pré de Bar and across the Grand Col Ferret, the highest pass of the Tour du Mont Blanc. Descend into the hamlet of Ferret, Switzerland. From here, enjoy the view of the deep, green forest crawling up the foothills of the surrounding mountains. Enjoy a picnic lunch along the way.

#### Dinner

Arrive in Champex-Lac on foot and enjoy dinner as a group at your hotel or at a local restaurant.

#### Today's Hike

Approx. 12 miles (19 km), 6.5 hours, 2,800 feet (870 m) of elevation gain, 2,800 feet (870 m) of elevation loss.

Accommodations  
Hotel du Glacier (or  
similar)

Meals Included  
breakfast, boxed  
lunch, dinner

# MONT BLANC

## Hiking and Alpine Scenery



your adventure  
in depth

DAY 9  
Tuesday  
7/15/25

### Col de la Forclaz

The Col de la Forclaz in the Mont Blanc area is a mountain pass situated in the French Alps, near the border with Switzerland. It is known for its accessibility and scenic views of the surrounding mountains, including Mont Blanc. The pass is often reached by road and is a popular starting point for hiking and paragliding.

#### Hike the Col de la Forclaz

Taking the Bovine Way, an old trail used to access the flower-filled summer cow pastures high above the valley, continue along your circuit today, passing the Col de la Forclaz (5,000 feet). Enjoy a picnic lunch along the way.

#### Dinner

Get transferred to Chamonix and check-in at your hotel. Dinner is on your own tonight.

#### Today's Hike

Approx. 10.5 miles (16 km), 5 hours, 2,950 feet (900 m) of elevation gain, 3,500 feet (1,080 m) of elevation loss.

Accommodations  
Hotel Pointe  
Isabelle (or similar)  
Meals Included  
breakfast, boxed  
lunch

# MONT BLANC

## Hiking and Alpine Scenery



your adventure  
in depth

DAY 10  
Wednesday  
7/16/25

### Chamonix, France

The Aiguilles Rouges (translates to "Red Needles" in English) is a mountain range located opposite the Mont Blanc massif in the Chamonix Valley. Situated to the northwest of Chamonix, across the valley from the Mont Blanc range, the Aiguilles Rouges is known for its distinctive red-hued rock formations, which give the range its name. The red color is due to the presence of iron oxide in the rock. A significant part of the Aiguilles Rouges is protected as the Aiguilles Rouges Nature Reserve. This reserve is home to a variety of alpine flora and fauna, and it's a designated area for the conservation of natural resources.

#### Hike Through the Aiguilles Rouges

Take the public bus to the starting point of your last Mont Blanc hike. Head towards the Chamonix Valley and hike through the Aiguilles Rouges ("Red Needles") nature reserve. This route passes the iconic mountain lakes of Chezery and Lac Blanc, providing you with a unique panorama. This will, without a doubt, be a memorable end to your hiking journey. Descend to the Flegère cable car's upper station and return to Chamonix by local public transportation. Enjoy a picnic lunch along the way.

#### Farewell Dinner

Enjoy a delicious farewell dinner at a local restaurant with your new AdventureWomen friends. Reflect on the cherished memories you've created and celebrate the conclusion of an amazing journey through this truly remarkable tour.

#### Today's Hike

Approx. 8 miles (13 km), 6 hours, 4,000 feet (1,230 m) of elevation gain, 2,000 feet (600 m) of elevation loss.

Accommodations  
Hotel Pointe  
Isabelle (or similar)  
Meals Included  
breakfast, boxed  
lunch, dinner

# MONT BLANC

## Hiking and Alpine Scenery

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your adventure  
in depth

DAY 11  
Thursday  
7/17/25

### Depart from Geneva, Switzerland

Enjoy a last breakfast in Chamonix before bidding farewell to the enchanting Mont Blanc area. Say goodbye to the incredible guides and fellow travelers who have shared this memorable journey with you.

#### Departure

After breakfast, a group transfer to the airport will be provided when most guests depart (exact time to be determined). Private transfers at other times are available for purchase. It is advised to schedule your flights for after 2:00 PM.

*Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.*

Meals Included  
breakfast

# MONT BLANC

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### Accommodation Details

#### Hotel Pointe Isabelle (or similar)

Hotel Pointe Isabelle is based on the story of Isabella Straton, a true adventurer and one of the top female pioneers in alpinism. Born in Victorian England, Straton left her home country for the uncharted French Alps. The hotel, located in the heart of Chamonix, was founded by her grandchildren as a tribute to their grandmother. Pointe Isabelle is your Chamonix “home away from home”.

Amenities: complimentary toiletries, flat screen TV, WiFi

#### Hotel La Chemenaz (or similar)

La Chemenaz is a delightful hotel nestled in the heart of Les Contamines-Montjoie. Offering a privileged setting, premium services, and an outdoor pool, guests can revel in the scenic beauty of the majestic Mont-Blanc Mountain Range. The hotel's exterior is adorned with vibrant flowers while the spacious and comfortable rooms exude a cozy atmosphere. Inspired by the traditional architecture of Savoyard chalets, the welcoming decor adds a touch of charm. All rooms offer natural light and feature private balconies.

Amenities: complimentary toiletries, hair dryer, cable / satellite TV, safe, private balcony, WiFi

#### Hotel L'autantic (or similar)

Located in Bourg Saint Maurice, near one of the largest ski resorts of Savoie, this nice hotel offers comfort and a quiet place to stay. You will be welcomed any day of the year, in a green and relaxing environment where the nobility of the stone and the warmth of the wood create a Savoyard atmosphere.

Amenities: complimentary toiletries, hair dryer, flatscreen TV, WiFi

#### Hotel Svizzero (or similar)

Located in Courmayeur, this hotel was built in the immediate post-war period as a typical Swiss chalet. Renovated in the early 2000, it's been pampering guests ever since. Located a short distance from the centre of Courmayeur and the ski lifts, this hotel offers you the opportunity to stay in an exclusive and comfortable chalet.

Amenities: complimentary toiletries, hair dryer, coffee / tea maker, cable / satellite TV, WiFi

#### Hotel du Glacier (or similar)

A hotel that seamlessly blends tradition with modernity. For four generations, the Biselx family has been welcoming returning guests while upholding the Swiss hospitality tradition. The property boasts a sauna and on-site breakfast.

Amenities: soap, WiFi

# MONT BLANC

## Hiking and Alpine Scenery

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your adventure  
in depth

### Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ One group transfer on arrival and departure
- ▶ English-speaking guide(s) throughout the trip
- ▶ Activities as indicated in the itinerary
- ▶ Drinking water available from taps to refill personal bottles

### Not Included:

- ▶ International airfare to and from Switzerland
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities

# MONT BLANC

## Hiking and Alpine Scenery

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### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

**good-natured realist and have a sense of humor!** Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a