



## Mont Blanc: Hiking and Alpine Scenery

**DURATION** | 11 Days

**TRIP LEVEL** | Level 5 - Challenging

# Trip Overview

Embark on an immersive exploration of the Mont Blanc region with AdventureWomen, blending outdoor adventures with cultural discoveries and culinary delights. Known as the highest peak in the Alps, Mont Blanc offers breathtaking landscapes and challenging hikes. Your adventure kicks off in Geneva, followed by a warm welcome dinner in Chamonix. Experience a thrilling cable ride to Aiguille du Midi, hike the scenic Balcon du Nord, and traverse the Col du Tricot. Then, in a cross-country expedition, discover Italy's charm in Courmayeur, enjoying a local winery visit and a cooking demo. Ascend to the Grand Col Ferret, the highest pass of the Tour du Mont Blanc, before concluding your adventure with a farewell dinner and a final hike through the Aiguilles Rouge nature preserve. Savor every moment in this captivating alpine paradise!

# Trip Highlights

- Experience exhilarating high-altitude hikes with stunning alpine scenery through Switzerland, France, and Italy.
- Immerse yourself in the beautiful landscapes of Chamonix and tranquil Les Contamines-Montjoie.
- Cross international borders while enjoying delicious cuisine and challenging hikes, culminating at the Grand Col Ferret.

# Map View



Arrival: Arrive in Geneva, Switzerland (GVA) on Day 1 by 12:00 PM.

Departure: Depart from Geneva, Switzerland (GVA) on Day 11 after 2:00 PM.



# Trip Itinerary

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## Day 1

### Welcome to Mont Blanc!

Arrive in Geneva and journey to Chamonix, a charming resort town nestled at the foot of Mont Blanc. Known for its breathtaking landscapes and vibrant alpine culture, Chamonix is the perfect base for adventure and is a destination that attracts nature lovers, adventure seekers, and those looking to experience the beauty and excitement of the French Alps. You'll meet your expert guide and fellow travelers, all eager to embrace new challenges together. Kick off your journey with an engaging orientation session, followed by a lively welcome dinner where you can share stories and connect with like-minded women. Join us for an unforgettable experience filled with exploration, camaraderie, and the stunning beauty of the French Alps!

Meals: dinner | Overnight: Hotel Pointe Isabelle (or similar)



### 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, flatscreen TV, Wi-Fi



# Trip Itinerary

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## Day 2

### Hike through the stunning Aiguilles Rouge nature reserve

Start your first full day enjoying a memorable hike through the stunning Aiguilles Rouge nature reserve, home to a variety of alpine flora and fauna, a designated area for the conservation of natural resources. This mountain range is located opposite Mont Blanc massif. Known for its striking red rock formations, this scenic route offers breathtaking views of iconic mountain lakes like Chezery and Lac Blanc. Enjoy a picnic lunch amidst the alpine beauty before descending to the Flegère cable car station and returning to Chamonix. After a day of adventure, indulge in Chamonix's vibrant dining scene or unwind at your hotel's cozy bistro. Join us for an unforgettable day filled with exploration and breathtaking scenery!

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.

Meals: breakfast, boxed lunch | Overnight: Hotel Pointe Isabelle (or similar)



# Trip Itinerary

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## Day 3

### Hike Through Les Contamines: Alpine Serenity

Embark on a captivating hike through the picturesque village of Les Contamines, nestled near the Mont Blanc massif. Begin your day with a scenic cable car ride to Bellevue, where breathtaking views of the Chamonix Valley and the Mont Blanc Range unfold. Your hike takes you past the majestic Bionassay glacier, rolling slopes, and into the serene Valley of Les Contamines-Montjoie. Along the way, enjoy a delightful picnic surrounded by stunning alpine scenery. Conclude your adventurous day with a group dinner in the heart of this charming village, sharing stories and savoring the beauty of the mountains.

Approx. 14 miles (22 km). 7 hours. 2,950 feet (900 m) of elevation gain. 4,265 feet (1,300 m) of elevation loss.

Meals: breakfast, boxed lunch, dinner | Overnight: Hotel La Chemenaz (or similar)



### 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, Wi-Fi



# Trip Itinerary

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## Day 4

### Tackle Col Du Bonhomme

Begin your day in Bourg Saint Maurice with a scenic hike to the Baroque Chapel Notre Dame de la Gorge. Ascend along ancient Roman pathways to the breathtaking Col du Bonhomme, a high-altitude pass offering stunning panoramic views of the Mont Blanc massif. Prepare for this challenging trek, which includes steep ascents and descents through picturesque valleys, where you may encounter the iconic “tarine” cows in serene mountain pastures. Celebrate your achievement with a well-deserved group dinner at a local restaurant, sharing stories and savoring the flavors of the region. Enjoy your adventure and the beauty of the Alps on this unforgettable day!

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.

Meals: breakfast, boxed lunch, dinner | Overnight: Hotel La Petite Auberge (or similar)



### Hotel La Petite Auberge (or similar)

The Petite Auberge is nestled on the outskirts of Bourg Saint-Maurice, offering a tranquil and sunny retreat. Surrounded by lush gardens and majestic mountains, it provides a peaceful escape. With an adjoining restaurant, it's the perfect spot to unwind and enjoy a delightful dinner after a day of hiking. Please note that, while each room has a private bathroom, the toilets are shared with other guests.

Amenities: complimentary toiletries, private bathrooms with shared toilets, hair dryer, coffee / tea maker, bottled water, Wi-Fi



# Trip Itinerary

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## Day 5

### Col de la Seigne to Courmayeur, Italy

Journey from France to Italy via the Col de la Seigne, a mountain pass in the Alps that serves as a natural border between France and Italy. Set off through lush pastures and snowfields, soaking in spectacular views of the Mont Blanc massif. Enjoy the beauty of glacier lakes as you descend into the enchanting Val Veni, where you'll find the charming hamlet of La Visaille. A short bus ride will then take you to the picturesque town of Courmayeur, Italy, where you'll unwind and share stories over a delightful group dinner at your hotel. Experience the perfect blend of adventure and cultural discovery on this unforgettable day!

Meals: breakfast, boxed lunch, dinner | Overnight: Hotel Maison Jean (or similar)



### Hotel Maison Jean (or similar)

Nestled in the breathtaking landscapes of the Italian Alps, Hotel Maison Saint Jean in Courmayeur offers the perfect blend of comfort, elegance, and alpine tradition. This charming boutique hotel boasts stylish rooms, a welcoming spa area, and a warm ambiance that promises an unforgettable stay.

Amenities: complimentary toiletries, hair dryer, safe, coffee / tea maker, Wi-Fi

# Trip Itinerary

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## Day 6

### Discover Courmayeur, Italy

Enjoy a well-deserved rest day in the enchanting alpine town of Courmayeur, nestled at the foot of Mont Blanc. Join your local female guide for a stroll through cobble streets lined with charming cafés and delicatessens, where you'll soak in the breathtaking mountain views and experience Italian customs. Venture to a nearby winery to explore picturesque vineyards and taste exquisite local wines. Enjoy a hands-on cooking demonstration, where you'll learn to make a traditional dessert, led by the talented local women of the family. After a delightful day of discovery, return to your hotel for a relaxing evening, or explore Courmayeur's vibrant dining scene.

Meals: breakfast, lunch | Overnight: Hotel Maison Jean (or similar)



# Trip Itinerary

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## Day 7

### Hike to Rifugio Bertone

Embark on a rewarding climb to Rifugio Bertone after breakfast, perched at 6,500 feet with stunning views of Mont Blanc massif. Trek along the scenic Mont de la Saxe, soaking in panoramic vistas of the Grandes Jorasses. Pause for a delightful picnic lunch surrounded by breathtaking alpine beauty. The rifugio 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. Afterward, descend to Arp Nouva at the end of Val Ferret, before transport back to Courmayeur. Gather for a delicious group dinner at your hotel, sharing stories and memories from a day filled with adventure and stunning landscapes.

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.

Meals: breakfast, boxed lunch, dinner | Overnight: Hotel Maison Jean (or similar)



# Trip Itinerary

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## Day 8

### Cross the Grand Col Ferret

After breakfast, explore the Pennine Alps, and transfer to Arp Nouva. Begin an exhilarating climb to Pré de Bar, leading you across the Grand Col Ferret, the highest pass of the Tour du Mont Blanc at 8,323 feet. As you traverse this stunning high-altitude route, marvel at the breathtaking views of lush forests and majestic mountains. Enjoy a picnic lunch amidst the alpine beauty before descending into the charming hamlet of Ferret, Switzerland. Complete your adventure with a scenic walk to Champex-Lac, where you'll gather for a delightful group dinner, celebrating the day's achievements and the beauty of the journey.

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

Meals: breakfast, boxed lunch, dinner | Overnight: Hotel du Glacier (or similar)



### 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, Wi-Fi

# Trip Itinerary

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## Day 9

### Hike the Bovine Way to Col de la Forclaz

Begin your day with a scenic hike along the Bovine Way, an old trail used to access the flower-filled summer cow pastures high above. Ascend to the Col de la Forclaz at 5,000 feet, where stunning views of Mont Blanc and the surrounding Alps await. Pause for a delightful picnic lunch amidst nature before descending back into the valley. After your invigorating trek, enjoy a transfer to Chamonix, where you'll check in at your hotel. Spend the evening at your discretion, exploring Chamonix's charming restaurants and cafes.

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.

Meals: breakfast, boxed lunch | Overnight: Hotel Pointe Isabelle (or similar)



### Hotel Pointe Isabelle (or similar)

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Amenities: complimentary toiletries, flatscreen TV, Wi-Fi

# Trip Itinerary

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## Day 10

### Alps by Cable Car and Glacier Viewing

On your final day, experience the magic of Chamonix with a breathtaking cable car ride to l'Aiguille du Midi, where stunning panoramic views of Mont Blanc and the Alps await. After soaking in the beauty from the summit, embark on the iconic Balcon du Nord trail, a scenic hike that offers captivating vistas of the Mont Blanc Massif and lush alpine landscapes. Enjoy a picnic lunch amidst nature before concluding your hike at Montenvers, where the spectacular Mer de Glace, “Sea of Ice” glacier beckons. Conclude your adventure with a delightful farewell dinner at a local restaurant, where you will share stories and celebrate the cherished memories made with fellow travelers throughout this incredible journey.

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.

Meals: breakfast, boxed lunch, dinner | Overnight: Hotel Pointe Isabelle (or similar)



# Trip Itinerary

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## Day 11

### Departure from Geneva

Enjoy a final breakfast in charming Chamonix, savoring the last moments of your Mont Blanc adventure. Bid farewell to your incredible guides and fellow travelers who have made this journey unforgettable. After breakfast, a group transfer will take you to Geneva Airport for your flight home, with private transfers available if needed.

# What's Included

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## What's Included

- Accommodations as per itinerary based on double occupancy
- All meals as listed in the itinerary
- All ground transportation (unless otherwise specified)
- 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

*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.*

