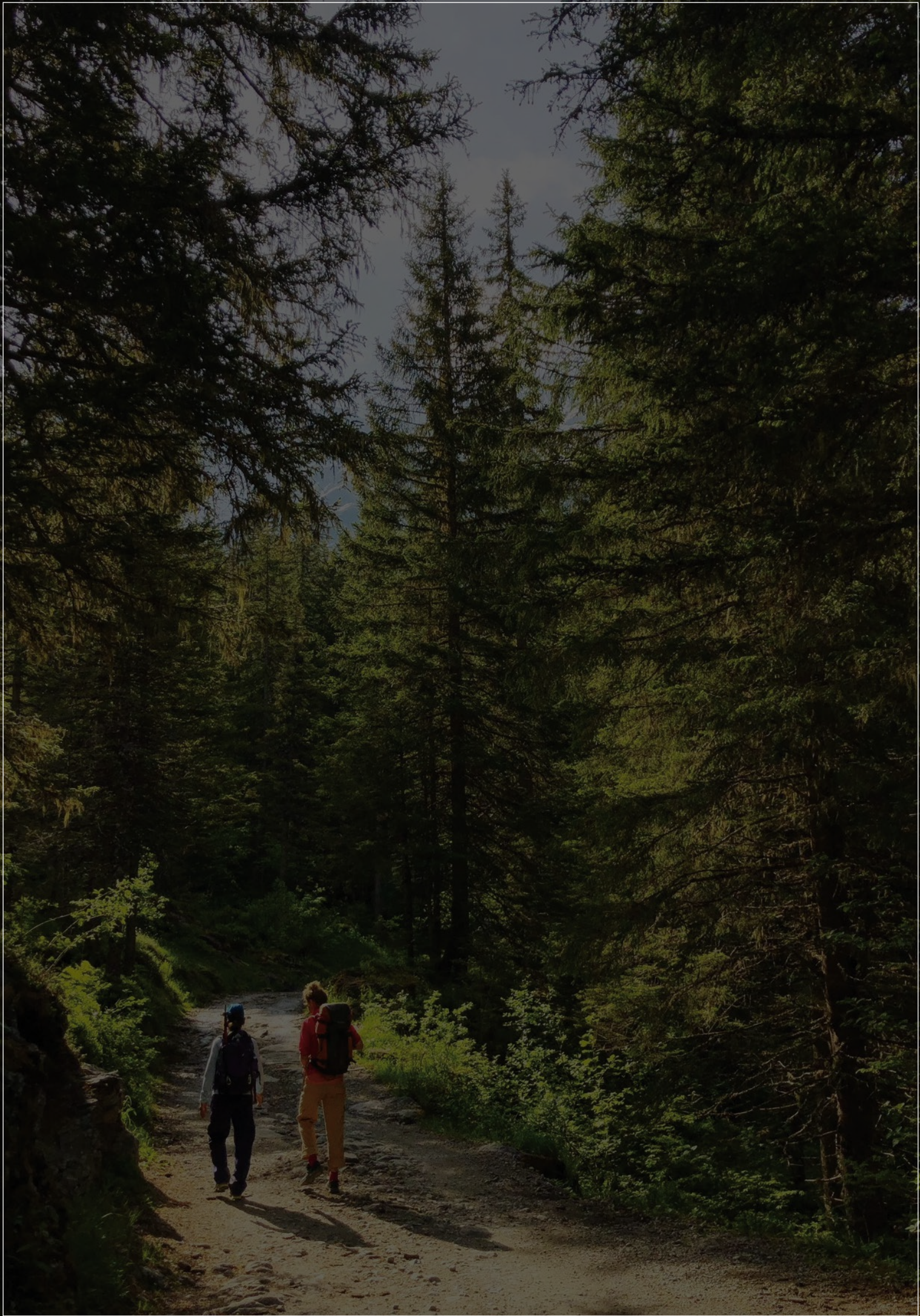




LUXURY TOUR DU MONT BLANC



2022 TRIP NOTES





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2022 TREK DETAILS

Dates: Available on demand from mid-June to mid-September

Duration: 7 days

Departure: ex Chamonix, France

Price: €4,150 per person 1:2 ratio
€3,100 per person 1:4 ratio
€2,500 per person 1:8 ratio



Trekking through alpine pastures. Photo: Paola Pieroni

Set out on an incredible 7-day Luxury Tour du Mont Blanc travelling through three countries; France, Italy and Switzerland, passing through seven valleys and covering a distance of roughly 170kms/105 miles.

The tour encircles the Mont Blanc Massif giving you the opportunity to soak in the spectacular views and atmosphere of the European Alps whilst crossing mountain passes, trekking through pristine meadows and being astounded by the jaw-dropping views at every turn.

Enjoying a combination of trekking and shuttle transfers during the day, at night we stay in a range of quality accommodation options. Relish the comfort of luxurious, well-appointed hotels and guest houses at the end of a long trekking day, as well as the unique experience of staying a night in one of Europe's classic alpine refuges high in the Italian Alps.

Touted as one of Europe's finest trekking experiences, the Tour du Mont Blanc is a 'must do' for any keen trekker, and what better way to do it than in style with Adventure Consultants!

ITINERARY

Private departures are available on demand from mid-June to mid-September.

DETAILED ITINERARY

Day 0

Travel to Chamonix and meet your guide in your hotel at 6:30pm for a briefing. Your guide will go over the preparations and answer last minute questions before dinner. Hotel night in Chamonix.

Day 1

It is an early start to set off from Les Houches, enjoying the stunning views of the Chamonix Valley as we utilise the Bellevue cable car to travel 900m/3,000ft to the starting point of our trek.



▲ Classic alpine scenes from Les Contamines. Photo: Paolo Pieroni



Enjoy the atmosphere alpine villages and lodges. Photo: Paolo Pieroni



Approaching Bonatti Refuge. Photo: Andrew Hughes

We cross under the Bionnassay Glacier and continue up to the Col de Tricot (2,120m/6,955ft), before a steep descent of approximately 700m/2,300ft. From here, it is a short climb over our final col of the day before entering the forests that take us to the small town of Les Contamines.

Day 2

This morning we take a shuttle from the hotel to Notre Dame de la Gorge and continue our trek to the Col du Bonhomme. We traverse across to another col and often if lucky, we get to see local wildlife in this area. Once at this high point, we have a gentle ascent to the hamlet of Les Chapieux at 1,300m/4,250ft.

Day 3

Today we start with another short minibus transfer that will take us to the starting point of our climb to the Col de la Seigne (2,516m/8,255ft). From here, we can soak in the views of Italy and Mont Blanc. We descend for just over 800m/2,600ft from the col past the south ridge of Mont Blanc to a low valley, where we take the bus to the quaint Italian town of Courmayeur.

Day 4

We leave Courmayeur and head up the Mont de la Saxe Ridge through pine forests to the Bertone Refuge (2,025m/6,644ft). The ensuing journey along the ridge offers some of the most spectacular views of the Mont Blanc range, before we arrive at the Bonatti Refuge (2,056m/6,745ft) for our mountain hut night.

Day 5

The day starts with a gentle traverse to the Elena Refuge (2,061m/6,762ft), where we can take a break to enjoy the views across to Mont Dolent and its glaciers. We will be ready for our climb of the Grand Col Ferret (2,490m/8,169ft) where we cross the border into Switzerland. We descend through fields for 800m/2,600ft to the small township of Ferret, where we catch a bus to the alpine village of Champex (1,466m/4,810ft).

Day 6

We begin the day with an easy walk down to Champex d'en-Bas to begin climbing along the Bovine Trail which traverses the mountainside to the Col de la Forclaz (1,527m/5,010ft) and a descent to Trient. From here, we will take a taxi to Argentière in the Chamonix Valley for the night.



Trek this classic time-worn trail. Photo: Paolo Pieroni

Day 7

From Argentière, we head up through a nature reserve to the famous Lac Blanc (2,352m/7,717ft) to soak in more magnificent views of the Mont Blanc Massif. From here we can choose whether to take the cable car to La Flégère or to continue the traverse across the Aiguilles Rouges, descending to Les Houches (1,200m/3,900ft) and returning by train back to Chamonix and our hotel.

Day 8

It is your final day to enjoy breakfast and soak in Chamonix before departing for home.

NOTE: The itinerary may change if conditions are more suitable in another region or factors such as the weather, lift services or road conditions precludes access into this region.

OUR GUIDES

Adventure Consultants trekking guides are International Mountain Leaders or qualified under the BMG/NZMGA and/or IFMGA/UIAGM. They are professional trekking guides and operate to the highest industry standards. Our standards demand

that our trip leaders are great guides with good people skills as well. You will find your guide friendly, approachable and focused on providing a safe and enjoyable trip in line with your objectives and comfort level.

Success with the highest margin of care is always a hallmark of our approach; promoting the realisation that trekking in the high mountains can be undertaken safely.

TEAM SIZE

We cater for private groups with a maximum of 8 trekkers in each departure.

BUDGET OPTIONS

A budget option is also available for the Tour du Mont Blanc, utilising some of the more competitive accommodation options found along the trek. Please enquire for further information and costs.



▲ Travel high into the European Alps. Photo: Andrew Hughes

ACCESS TO THE MOUNTAINS

On the first trekking day, we take the Bellevue Cable Car to the starting point of the trek. Over the following 7 days, we utilise shuttles, minibuses and taxis to transport us short distances to and from our accommodation and the trails.

TREKKING SEASON

We operate in the Alps mid-June to mid-September and other times as conditions allow. In June and early July, the high passes may still have snow on the ground and as temperatures rise up into the summer months from mid-July, we traditionally experience more settled weather and warmer temperatures.

WEATHER

Europe has a continental climate which in general encourages more stable weather. However, the weather in the high mountains can be changeable and at times, very severe. June may still bring some cooler weather and even snow, whilst July and August bring settled hot weather.

COMMUNICATION & MESSAGES

Our guides are in cell phone communication with our operations base throughout the trip. This assists us with schedule and weather forecast updates, lift/taxi and accommodation coordination and safety backup. Your own mobile phone should work in the

region, though you may want to check with your own service provider first. Local mobile phones can be rented at the international airports.

EQUIPMENT LIST

Climbing and trekking in the European Alps require that you have high-quality clothing and equipment due to the extremes of weather conditions. Our focus is on having the essential clothing and equipment to keep you warm and comfortable during the trek.

You will be sent an equipment checklist on confirmation of your booking. Your guide will go through an equipment checklist with you at the beginning of your trip. You can rent technical equipment for the trek but you must provide your own clothing appropriate to trekking as per the equipment list.

FITNESS & HEALTH

To make the most of your trekking experience we encourage you to work on your fitness prior to the trip. You will find that training on hills with a 5–7kg/11–15lb pack on is the best preparation for the mountains, with the aim of building your endurance. Your guide will be attuned to your fitness levels and will regulate the pace accordingly.

Our registration form requests that you advise us of any medical problems you may have and if you are on any medication. Any information you supply will be treated as confidential.



Trek through three countries. Photo: Paolo Pieroni

FOOD

Adventure Consultants will provide breakfasts and picnic lunches for the duration of the trek and evening meals on the refuge night while the trip is running. Should the group decide to take a restaurant lunch that is not in the programme, this will be at your own expense. Evening meals whilst in the towns and villages are not included, so that you have the option to explore many of the wonderful restaurants along the tour route.

Any additional food, beverages or meals you purchase that are not mentioned in the inclusions will be at your own expense.

We also provide a supply of snack food throughout the trip according to the programme. It is a good idea to bring a small selection of your favourite snack food and hydration drinks with you to ensure you are fuelled by your preferred brands. The amounts required depend on your consumption but two per day in addition to the lunches we provide would seem reasonable.

If you have any special dietary requirements, please advise us at the time of registration. If your dietary requirements are especially strict, you are advised to bring a sufficient supply of your required food types with you to ensure you are provided for.

ACCOMMODATION

Accommodation is provided on a twin share B&B basis from the evening of the first night (Day 0) through to the morning of Day 8 after breakfast. We utilise a range of high quality accommodation providers including 5 star hotels. During peak periods we may also stay at traditional style B&B's where accommodation is at a premium. Early bookings for this trek are advisable.

Accommodation on the mountain night is in a traditional style European alpine hut in private bunk rooms when available or a shared dormitory-style room. Blankets are provided and no sleeping bag will be required.

There is no single supplement available on the mountain hut night, but we can arrange this for you at additional cost for the other nights during the trek. Please enquire about costs at the time of booking.

TRAVEL TO CHAMONIX

We commence our Tour du Mont Blanc in Chamonix, France. The closest international airport is in Geneva, just over the border in Switzerland. Regular shuttles operate to Chamonix, with the trip taking about an hour and a half. Your shuttle driver



will drop you off at your accommodation. At the completion of the trek, the shuttle can pick you up from your hotel and take you back to the airport. The shuttle transfers are at your own cost but we can help arrange this for you.

INSURANCE

We strongly recommend that you take out Trip Cancellation Insurance and Travel Insurance, as well as Medical and Rescue Insurance to protect yourself in the event of injury or mishap prior to or during your trip.

While our focus is on safety and our track record supports this, the mountains do have hazards and there is the potential for mishap. If you were injured whilst on the trip, there is a very efficient rescue service nearby.

PRICE

The cost of the trek ex Chamonix is:

€ 4,150 per person	1:2 guide to trekker ratio
€ 3,100 per person	1:4 guide to trekker ratio
€ 2,500 per person	1:8 guide to trekker ratio

This is an inclusive cost and covers the following:

- Guide
- Lifts/taxis
- Luggage transfer by vehicle each day except for Day 4 to the Bonatti Refuge (maximum of one bag weighing no more than 15kg)

- 1 night mountain hut accommodation including dinner
- 7 nights accommodation on twin share B&B basis including first night and last night of trek
- Transport during trip dates as per schedule
- Picnic lunches during mountain component of the trek

The trek fee **does not** include the following:

- Any lift, hut, hotel or transport costs additional to the programme due to weather or logistics (any changes will be actioned only after you have been consulted by your guide)
- Personal equipment and clothing
- Evening meals during the 7 town/village accommodation nights
- Extra additional meals or snacks/drinks purchased from huts/hotels
- Travel insurance
- Transfers to and from Chamonix (although we can arrange it for you)
- Gratuity

PAYMENT DETAILS

All payments should be made by bank transfer to the following bank and account:

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington
New Zealand



See Europe's alpine flora and fauna. Photo: Olivier Baron



▲ Climbing through larch forest. Photo: Andrew Hughes



Take time to enjoy the wonders of the Alps. Photo: John Weir

For the account of Adventure Consultants Limited

Account Number: 1000-594771-0002

Account Type: Euros

Swift Address: BKNZNZ22

NOTE: All bank transfer charges are for the remitter's account.

We also accept your deposit and balance payment by credit card (Visa, Mastercard and Amex) plus a 3% card charge.

DEPOSIT

A deposit of €500 will secure a place on the trek.

BALANCE

The balance of payment is payable 60 days prior to your trip start date.

CANCELLATION & REFUND POLICY

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 60 days prior to your trip commencement date. A trek member may then cancel their participation on the following basis:

- Cancellations outside of 60 days will result in the loss of the trip deposit.
- For cancellations made within 60 days of the trip commencement date we reserve the right to retain 50% of the full fee.
- For cancellations made within 30 days of the trip commencement date we reserve the right to retain 75% of the full fee.
- For cancellations within 15 days of the departure date a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS TREK

If you would like to join this trek please feel free to book using our online booking form at <https://www.adventureconsultants.com/treks/european-alps-trekking/luxury-tour-du-mont-blanc/book-now> and return your completed application to us with a deposit for the trip.



A 'must do' for any keen trekker. Photo: Andrew Hughes

CONTACT US

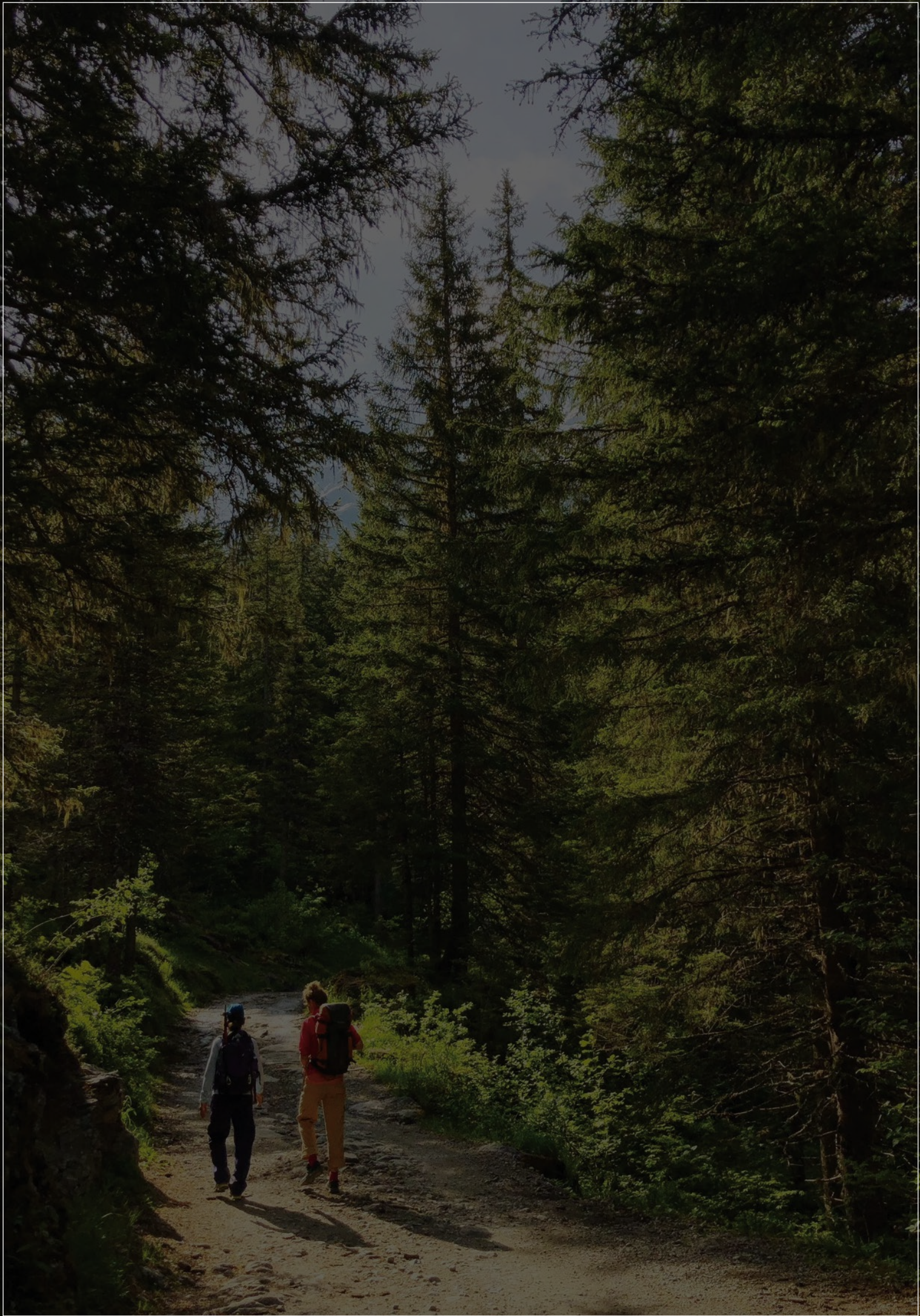
If you require more information, please contact us at:

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▲ Mont Blanc. Photo: Paolo Pieroni



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

