



ADVENTUREABROAD



ADVENTURE ABROAD

GUIDE MANUAL | ISSUE 18

ULTIMATE GUIDE TO TOUR DU MONT BLANC



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ADVENTURE ABROAD

We challenge the status quo in everything we do. We believe in thinking differently. The way we do this is to provide exclusive services, uncompromising luxury and premium adventure experiences.

I founded Adventure Abroad because I wanted to offer the most inspirational adventure experiences to the world. I wanted exclusive benefits, VIP experiences and a little bit of luxury, something that I could not find but so desperately wanted. I did not want to be another man on another trek.

With exclusive insider access, Adventure Abroad can provide experiences money simply cannot buy. From helicopters out of Everest Base Camp landing at our Himalayan day spa to beds inside your heated tents on Mt Kilimanjaro. The combination of expertise and luxury creates our truly memorable travel experiences.

We believe in providing value in everything we do.

Tom Allwright

CEO & Founder





WHY ADVENTURE ABROAD?

Adventure Abroad have rapidly become experts of Tour du Mont Blanc. Our established relationships means we are able offer our clients more experiences and provide memories that other companies cannot. Our innovative thinking is away from the main trails providing you with an authentic and all-encompassing experience.

During the European summer months, we help people everyday achieve success and arrange itineraries to suit their needs. Nothing is ever too hard in the European Alps and it's our belief that the only limiting factor is imagination.

Providing value to our clients is one of our key motives and by incorporating experiences that have are unthought of is our pleasure. Speak to people that have a first hand experience, knowledge and influence.

Speak to our team first on VIP Tour du Mont Blanc - info@adventureabroad.com.au

OUR ADVANTAGES:

- We arrange everything for you
- Priority and premium accommodation bookings
- VIP experiences
- Luggage transfers
- Experienced and licensed IML guides
- First hand knowledge and experience

BESPOKE AND PRIVATE GROUPS:

- Knowledgeable advice
- Itinerary and timeline changes
- Inclusions and exclusions
- Pick your own dates



TOUR DU MONT BLANC

ROUTE AND TERRAIN

- Distance: 170km
- Ascent/Descent: approx 10,000m (32,808ft)
- Maximum Altitude: 2,665m (8,743ft)
- Grading: 6/10

Starting from Chamonix in France, you will cross the border into Italy and Switzerland before hiking back to France.

Tour du Mont Blanc is recognised as one of Europe's most popular hiking experiences with 10,000 people crossing per year. It is **voted by Forbes as the most luxury hiking experience in the world.**

CLIMATE AND HIKING SEASON

- Trekking season: mid June - mid September
- Our pick: mid June - mid July. Get in early and play in the snow amongst the wildflowers, however be prepared for some unstable weather.
- Maximum temperatures: mid 30 degrees celsius
- Minimum temperatures: 0 degrees celsius

Tips: we like to avoid August as the trail and nearby villages are busy due to the European Holidays.

Prepare for varied climatic conditions during the Tour du Mont Blanc. You may experience the minimum and maximum conditions within the same day. Each valley is infamously known for having their own climate conditions.

PACKING LIST:

TRAVEL DOCUMENTS:

- Travel Insurance
- Air ticket
- Credit Card and spending money

First Aid:

- Headache tablets
- Diarrhoea treatment
- Band-aids and blister pads
- Antiseptic
- Lip balm
- High factor sunscreen

Personal:

- Blister kit, rehydration salts and other personal medications
- LED head torch or flashlight
- Water bottle or CamelBak system (2-3L)
- Day pack (35L)
- Waterproof daypack cover
- Toothbrush, toothpaste and personal amenities

Clothing:

- Trekking boots with ankle support
- Gaiters (optional)
- Walking socks (3)
- Trekking t-shirt (3)
- Long sleeve trekking top (2)



- Trekking shorts (2-4)
- Trekking pants (2)
- Thermals (top and bottoms)
- Warm fleece
- Beanie
- Gloves
- Balaclava or scarf
- Waterproof jacket
- Waterproof pants
- Walking poles
- Swimming costume

Evening Clothes:

- Track pants
- T-shirt (3)
- Pyjamas/sleepwear
- Jumper
- Sleeping liner

Extras:

- Towel
- Camera
- Reading material
- Writing material
- Flip flops
- Hand sanitiser
- Snacks
- Two pinned electrical plug (make sure it's the thin TYPE C)



ACCOMMODATION

OUR ACCOMMODATION:

Our premium services include priority bookings built from relationships we have with each owner, meaning you have more privacy and exclusiveness than others on the trail. Our priority is to make your experience as comfortable as possible and provide premium service. Our accommodation includes wifi and private bathroom facilities.

OTHER ACCOMMODATION:

If you are booking your own accommodation, there are a range of mountain huts, refuges and rifugios available to book. These vary in service and usually comprise of shared dormitories and bathroom facilities. Most also provide breakfast, dinner and a picnic lunch for an extra cost. Ask us how to book your own mountain lodges by [CLICKING HERE](#).

BAGGAGE TRANSFERS:

Included in our service is exclusive baggage transfers (max 15kg's). In your daypack, you only carry what is needed during the day. Each evening, you will be reunited with your luggage when you reach our destination.



LOCAL KNOWLEDGE

GETTING TO CHAMONIX:

WITH US:

Transfers included from Geneva International Airport.

NOT WITH US:

FLY

Geneva is the most convenient international airport to fly to. You can book your own transfer using [ALPYBUS](#) (29.50€ each way) or [contact us](#) for a VIP private transfer.

RAIL

Using France inter-city high speed rail services (TGV) to Saint Gervais and then catch the local train to Chamonix. Further information can be found [here](#).

LOCAL CURRENCY

- France - Euro
- Italy - Euro
- Switzerland - Euro accepted. Swiss Franc is local currency.

Tip:

1. When paying in Switzerland with Euro, remind them you need your change in Euro. Naturally, they will give it back to you in Swiss Franc.
2. Avoid changing money at the Geneva Airport.

ATM's AND BANKS

- ATM's can be located in most settlements on TMB.
- Banks located in major settlements on TMB. Ensure you check opening hours!

LICENCED GUIDES:

WITH US:

Our guides are our business! At a minimum, our guides are fluent in English, French and Italian. They have a great knowledge of the history, the natural habitats and what is happening around the European Alps. Our guides are licensed IML's (International Mountain Leaders) and members of UIMLA (Union of International Mountain Leaders Association) . They have been involved in the creation of our itineraries based through their experiences and their abilities to provide you with surprises on each corner. Our guides have been able to provide our clients with extra memorable moments on Tour du Mont Blanc because of their friendly nature and the established relationships with key stakeholders along the hike.

NOT WITH US:

Safety should always be your number one priority. We **DO NOT** advise anyone to hike without a guide. Ensure you ask the following questions before signing a contract with a guide.

WHAT TO CHECK WHEN BOOKING A GUIDE:

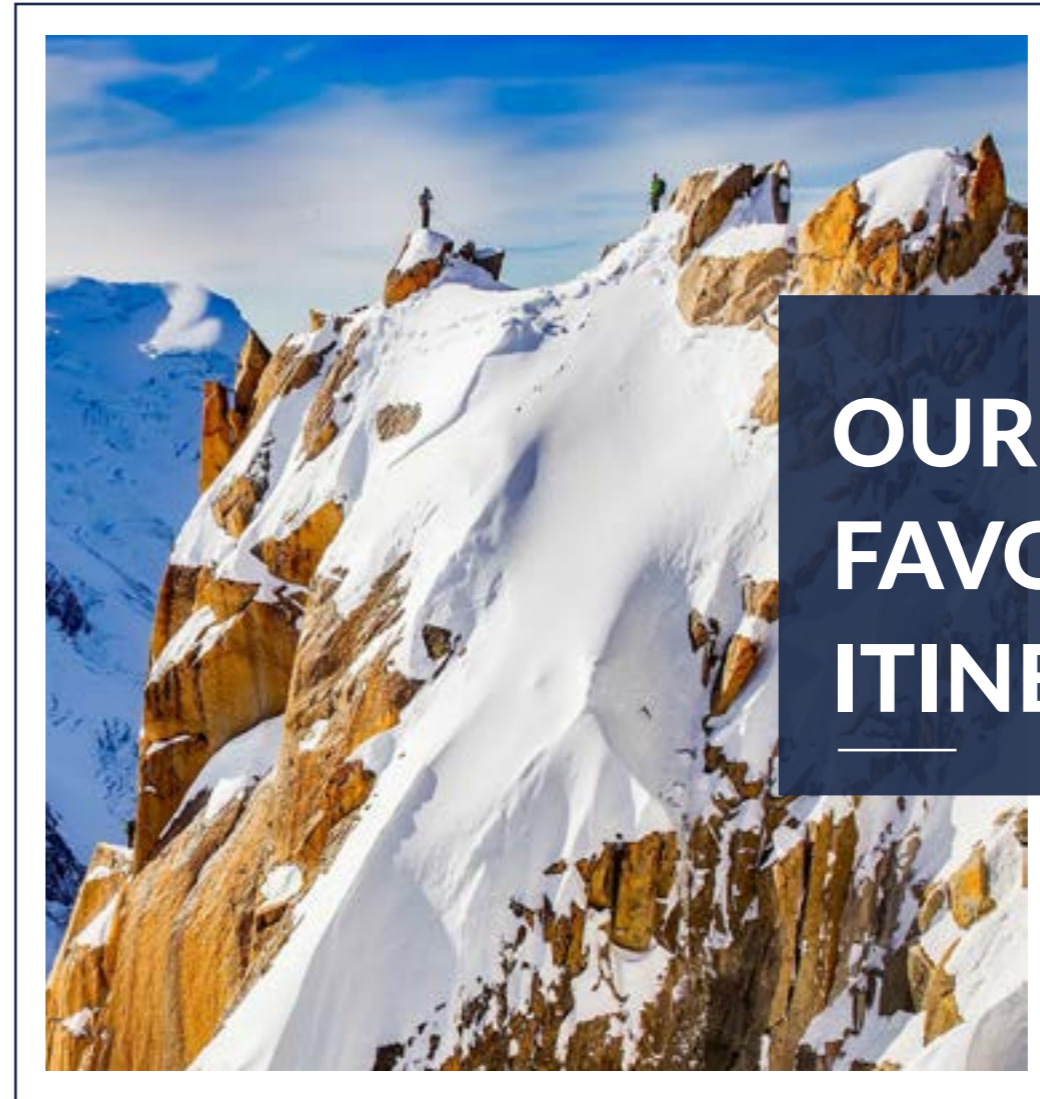
1. Ask to see their IML (International Mountain Leaders) license
2. Are they a member of UIMLA (Union of International Mountain Leaders Association)?
3. What guiding experience do they have?
4. What are their guiding rates?
5. What safety precautions do they take with them?

[CLICK HERE](#) and ask us our recommended guiding rates and guides personal.

TIP: Ensure your guide is an IML, or you risk being evacuated from Tour du Mont Blanc with the authorities (it happens every year). Feel free to ask to see their license - we do!

HIKING WITHOUT A GUIDE:

[CLICK HERE](#) and we can help.



OUR FAVOURITE ITINERARY:

- Day 1 - Arrive in Chamonix
- Day 2 - Relax and explore Chamonix
- Day 3 - Hike to Les Contamines
- Day 4 - Hike to Les Vallee des Glaciers
- Day 5 - Hike to Courmayeur
- Day 6 - Rest day in Courmayeur
- Day 7 - Hike to Val Ferret
- Day 8 - Hike to La Fouly
- Day 9 - Hike to Champex
- Day 10 - Hike to Trient
- Day 11 - Hike to Argentiere
- Day 12 - Hike to Chamonix
- Day 13 - Next destination

Grade: 6/10

Comfort: 5/5

We can create and change itineraries to suit your hiking abilities and mountain endeavours. [CLICK HERE](#) and ask us how!

FOOD AND BEVERAGES



Traditionally the food and services available along Tour du Mont Blanc are a highlight. You will notice vibrant and distinct cultural differences in France, Italy and Switzerland. Your meals traditionally comprise of a starter, entree, main and a delicious dessert to finish, you won't go hungry! Meals can be changed based on dietary requirements.

The Savoie region is a well known region for its natural produce including cheese, wine, bread, pasta and fruits

FOOD:

Be prepared to expose yourself to traditional Savoie foods including raclette, ham, duck and salads. Full of flavour and different to other foods you may experience. *Dietary requirements can be adhered to on booking.*

BEVERAGES:

You can experience a range of local wine and beer unique to the places you stay. Make sure you consume alcohol to a moderate level - yes, you are walking the next day and your guide does accept a hangover as an excuse.

Local beverages include:

- Genepi

FITNESS

Tour du Mont Blanc is a luxury hiking experience where we can change itineraries based on varying levels in group fitness and other concerns.

If you're unsure start by [CLICKING HERE](#) so you can speak to an expert!

TIP: *In the months leading up to your hike, you should be doing 45min - 1hr fitness session multiple times per week. Try to incorporate a long 2+ hour walk into your fitness regime.*

NOTE: Our itinerary is designed for all levels of fitness to be able to successfully hike Tour du Mont Blanc. Speak to us about changing your private itinerary as desired by clicking [HERE](#).
**You DO NOT need to be an elite athlete to successfully complete Tour du Mont Blanc!



HOW DO YOU BOOK WITH ADVENTURE ABROAD?

Call: 1300 218 323

Email: info@adventureabroad.com.au

BOOKING ADVICE:

We suggest booking as far as 1 year (12-months) in advance due to the popularity of this experience. Final bookings for private groups can be received from 3 months in advance of your departure date (minimum of 4 people per private group).