



TOUR OF MONT BLANC

XC
cross country

TOUR OF MONT BLANC: THE CLASSIC ALPINE TOUR IN FRANCE, SWITZERLAND AND ITALY ADAPTED FOR MTB

The Tour of Mont Blanc is the Classic alpine trail. Departing from Chamonix, France, we will ride in a clockwise direction, passing through the Martigny Valley, Switzerland, on to Courmayeur, Italy, back into France and return to Chamonix to complete the loop! The trail brings us through alpine flower covered pastures, passes glacial lakes, skims below glaciers and snowy summits, crosses deep valleys and climbs high altitude passes. Riding around Mont Blanc, is about discovering the magic world of 'Altitude' biking...

"SEVEN VALLEYS, 71 GLACIERS, 400 SUMMITS, THE MONT-BLANC RANGE IS INSPIRING"

The Tour of Mont Blanc is dedicated to riders not afraid of long climbs or to carry their bike, downhills can be technical in places, but the scenery is breathtaking and you will soon forget the pain...

We propose an original route known to us like the back of our hands. We ride in the opposite direction to other tours, giving us the benefit of rideable ascents and fantastic descents free from crowds and close to nature you will be awed by this legendary location.

DAY 1 GENEVA AIRPORT- CHAMONIX

Arrival in Geneva airport, meet and greet. Transfer to Chamonix village.

DAY 2 CHAMONIX - TRIEND, SWITZERLAND

We depart Chamonix in the direction of Switzerland. Passing through the valley of Chamonix to Argentiere and Le Tour. We will take the gondola to the top of the Col de Balme at 2200m, and cross over the Swiss border. The view of the valley of Chamonix from Col de Balme is fantastic, with Mont Blanc as the centrepiece. Following a splendid single track descent we will arrive in the pretty Swiss village of Trient with views up to the glacier of Trient.

Ride distance: 30km

Uneven positive: 500m **Uneven negative:** 1100m

Physical difficulty: ++ **Technical skills:** ++

DAY 3 TRIEND - MARTIGNY - LA FOULY

Starting with the climb of Col de la Forclaz, from where the views over the Swiss Alps and the valley of Martigny and its vineyards are vast. Descend to Martigny through the vineyards and climb in the direction of the Swiss Val Ferret, skimming below glaciers and snowy summits. Arriving in La Fouly, at the foot of the Grand Col Ferret, the Italian Border.

Ride distance: 45km

Uneven positive: 1100m **Uneven negative:** 1100m

Physical difficulty: +++ **Technical skills:** ++

DAY 4 LA FOULY - VAL FERRET - COURMEYEUR, ITALY

Climb of Grand Col Ferret, at 2500m finds us in Italy! This is one of the 3 major col passes of this Tour of Mont Blanc. Stunning scenery at the top of the col of the Italian Val Ferret and of the Italian side of Mont Blanc (or now Monte Bianco!) Descend to Arnava and depending on weather conditions and the groups' fitness levels, climb to la Lechere to arrive in chic Courmayeur by a superb single track. Next stop ice-cream!

Ride distance: 45-55km

Uneven positive: 1100-1700 **Uneven negative:** 1300-2000m

Physical difficulty: +++ **Technical skills:** +++

Altitude
by natures du monde

Tel: +33 (0) 9 53 18 56 33

Skype: [bike-altitude](#)

Email: info@bikealtitude.com

Altitude by Natures du Monde

33 route de la Plage 74290 Menthon St Bernard France

Registered Travel Agent Licence No. 074 050005 APS Guaranteed APE Code 633Z RCPA/ MMA
no. 114187562

Siret 48453984600010 VAT intercommoned: FR5448453984600010

www.bikealtitude.com

DAY 5 COURMEYEUR - LES MOTTETS, FRANCE

Warm up on the road than we hit the trail to arrive at Lago Checroui facing the Italian side of Mont Blanc. A beautiful balcony trail giving us the chance to see famous summits such as Noire de Peuterey, La Blanche and the Italian glacier and Lago Combal (one of the largest glaciers of the Mont Blanc range).

The climb of the Col de la Seigne brings us to the French border and is mostly rideable, however the end is quite steep and you may have to push your bike! The descent to Les Mottets is a fantastic, technical (in places) single track, where you will find Martial grinning at the bottom as it is one of his favourites! The Refuge des Mottets is a rustic old farmhouse and dairy renovated to welcome trekkers and bikers and is a true alpine experience...

Ride distance: 35km

Uneven positive: 1500m **Uneven negative:** 1000m

Physical difficulty: +++++ **Technical difficulty:** +++

DAY 6 LAC ROSELEND - LES CONTAMINES MONTJOIE

Starting with a road climb to Cormet de Roselend, then descending to Lac de Roselend followed by a long climb on a jeep track to the Col de la Giettaz at 2320m. The col offers vast southerly views and of the neighbouring summits. We will then descend to Col du Joly, which is technical (in places), a very short climb and a long semi technical downhill to the village of Les Contamines Montjoie: 900m of descent!

Ride distance: 40km

Uneven positive: 900m **Uneven negative:** 1500m

Physical difficulty: +++ **Technical skills:** +++++

DAY 7 CONTAMINES - GLACIER MIAGE - CHAMONIX

Last day but by no means the least... From Les Contamines Montjoie we will climb to Chalet de Miage, a summer altitude mountain village at the foot of the giant glacier of Miage, where you will feel tiny compared to the size of these glaciers! From Miage we will climb the Col de Voza above Les Houches and the valley of Chamonix with Mont Blanc back on our right-hand side... A final technical downhill to Chamonix to end up back at the base of the 'Lord of the Alps'.

Ride distance: 40km

Uneven positive: 900m **Uneven negative:** 1200m

Physical difficulty: +++ **Technical difficulty:** +++

Total ride distance: 235-245 km !!!

Dismantle and pack bikes ready for departure the following day. Yes I think a well earned cold beer or two (or more...) is a definite !

DAY 8 CHAMONIX – GENEVA AIRPORT

Return transfer to Geneva airport.



Tel: +33 (0) 9 53 18 56 33

Skype: [bike-altitude](#)

Email: info@bikealtitude.com

Altitude by Natures du Monde

33 route de la Plage 74290 Menthon St Bernard France

Registered Travel Agent Licence No. 074 050005 APS Guaranteed APE Code 633Z RCPA/ MMA
no. 114187562

Siret 48453984600010 VAT intercommoned: FR5448453984600010

www.bikealtitude.com

DETAILS OF THE TOUR OF MONT BLANC

Description	The 'Classic' Alpine trail Saturday to Saturday, 7 nights accomodation, 6 days riding
Level	Strong Intermediate to Advanced, 'all round rider' - Good fitness level required and able to push/carry your bike. Very good bike handling skills. Able to ride on technical singletracks, confident in any riding situations.
Terrain	All kinds of trails. Cruising two path trails, easy single tracks, technical and challenging single tracks, some 'rocky and rooty' trails.
Location	Starts and finishes in Chamonix, passes through France, Switzerland and Italy
Nearest Airports	Geneva (88km) – Lyon (220 km) – Chambéry (144km)
Accommodation	7 nights accommodation in a mix of hotels, bunk houses and a mountain refuge
Included	Special offers from our guides partners. 7 nights accommodation, all meals including picnic lunches from dinner on Saturday of arrival to breakfast on Saturday of departure, guiding, lift passes in Chamonix Valley, luggage transfer to evening accommodation, return transfer to Geneva airport
Not Included	Flights/Travel etc. Expenses of repair and maintenance of bikes, cancellation/medical insurances and repatriation costs, bike hire, alcohol and generally all that is not included/understood in the heading 'Included'.
Physical Fitness Technical Skill Level	Physical Fitness: + + + + Technical Skills: + + +

BOOKING YOUR TRIP

Dates :	June 19th - 26th June 26th - July 3rd July 3rd - 10th July 10th - 17th July 31st - August 7th August 7th - 14 th August 28th - September 4th September 4th - 11th September 11th - 18th
Price per person :	Lift assisted option: From 850 Euros

Need more information?

NB: this tour is run with a minimum of 4 clients. Lunches on Saturday of arrival and Saturday of departure are not included, but can be arranged at an additional cost.

BOOK THIS TRIP!

Warning: This itinerary is given for your information and may be changed at the discretion of the guide depending on the weather conditions, physical ability of clients and the trail 'options' we decide together.