



## Haven House Children's Hospice Tour Du Mont Blanc Trek



Duration: 5 days

The Mont Blanc region boasts one of the world's most renowned trekking circuits, with some of the most awe-inspiring scenery imaginable - all within a short hop from the UK! We take in three countries in three days of trekking as we circle the highest peak in Western Europe. Our challenge is physically demanding and will test your stamina and determination, but the rewards are some of the most spectacular views Europe has to offer - an array of towering cliffs, waterfalls spilling from glaciers, forested tracks, open meadows and crystal clear lakes. It's wonderful trekking, and Mont Blanc is our constant companion throughout.

### DETAILED ITINERARY

#### Day 1: Depart London

We fly to Geneva and transfer to Chamonix. Night hotel.

*(Lunch not included)*

#### Day 2: Val Ferret – La Fouly

We transfer to the head of the Val Ferret and our start point at 1770m. The path quickly rises above the tree line and becomes steeper again as we climb the back wall of the valley to the high point of the day, the Grand Col Ferret (2537m). The Val Ferret is lined by steep vertical cliffs sliced in sections by fingers of crevassed glacier spilling with waterfalls to the valley bottom. From the Col we have wonderful views back down the valley to Courmayeur and onwards to the French border at Col de la Seigne, 25km away. We are now on the Swiss / Italian border and we descend over the other side to the pretty Swiss village of La Fouly (1600m). Night pension.

**Trek approx 7 hours**

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### Day 3: La Fouly – Champex

A less taxing day today, as we follow the scenic Swiss part of the Val Ferret to Champex (1450m). Our route takes us along forested tracks and through open meadows and traditional Swiss villages. Many farmers here still tend the land and their dairy herds using long-established traditional methods. The views are as spectacular as we'd expect from the heart of the Swiss Alps – you'll be resting your legs with lots of photo stops! Champex is a picture-perfect village nestled around a crystal clear lake. Night pension.

**Trek approx 6-7 hours**

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### Day 4: Champex – Col de la Forclaz

A challenging yet spectacular day of trekking lies ahead of us, as we leave Champex and walk through meadows and forests. After crossing several glacial outflows, we start to climb to high alpine pastures and Alp Bovine, a simple working dairy farm overlooking the Rhône Valley. After a break to enjoy the spectacular views across to the Bernese Alps, a final short climb brings us to the high point at 2040m. Then it's a wonderful and (mostly) downhill woodland walk to Col de La Forclaz 1526m. Here we meet our awaiting transport and return to Chamonix for a night of celebration. Night hotel.

**Trek approx 6 hours**

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### Day 5: Depart Geneva

We transfer to Geneva Airport and fly home.

*(Lunch not included)*

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## WHAT'S INCLUDED

- Scheduled return flights from UK
- All accommodation in hotels (twin-share) and pensions (dorm-style)
- All in-country transport
- Most meals (exceptions detailed in itinerary)
- Discover Adventure Mountain Leader
- Discover Adventure Doctor
- Local guides, cooks, drivers etc

## WHAT'S EXCLUDED

- Meals as detailed in itinerary
- Personal travel insurance (to cover personal injury, cancellation/curtailment, lost items etc)

### GRADE | ORANGE

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **ORANGE** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)

## CHALLENGE INFORMATION

### DETAILED INFORMATION

#### Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

#### Accommodation

Accommodation is usually in well-located, comfortable 2-3\* hotel(s); standards are generally very good though there may be some variation.

#### Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten in camp or at the hotel, depending on accommodation. In some regions there

may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we may be in very rural or remote areas and among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

## PREPARING FOR THE CHALLENGE

### Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

If you are still to buy some kit don't forget that Cotswold Outdoor, Snow and Rock, Cycle Surgery and Runners Need offer all Discover Adventure participants **15% off** any purchases you make with them. Please ask us for the code if you do not have this already.

### Travel Insurance

Travel Insurance is compulsory on our challenges; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed. Should you need to cancel on medical grounds, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

You should also ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation.

You can obtain a quote with Insure to Travel from our website [here](#), or you may choose to take out your own travel insurance, just remember to let us know the policy number and emergency phone number!

For more information about travel insurance, please click [here](#).



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 21 Jan 2021, and the challenge is subject to change.