

Salisbury Hospice Charity 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

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

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

Day 5: Depart Geneva

We transfer to Geneva Airport and fly home.

(Lunch not included)

Should you choose the Full Payment option, Salisbury Hospice would like you to raise a suggested fundraising target of £1000

WHAT'S INCLUDED

- Return flights from London to Geneva
- Hotel and pension accommodation (twin share)
- All meals except as detailed in itinerary
- Discover Adventure Leader
- Discover Adventure Doctor at 20 participants
- Local guides, drivers etc
- All in-country transport

WHAT'S EXCLUDED

- Meals as detailed in itinerary
- Alcoholic drinks
- 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.

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.



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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 26 Nov 2020, and the challenge is subject to change.