



# TOUR DU MONT BLANC

ITALY, FRANCE, SWITZERLAND • TREK • ORANGE 1

## ABOUT THE CHALLENGE

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.

**HAVEN HOUSE CHILDREN'S HOSPICE TOUR DU MONT BLANC TREK • 5 DAYS**

## Day 1: Depart London

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

*(Lunch not included)*

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## 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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# CHALLENGE INFORMATION

## DETAILED INFORMATION

### Flight Information

Group flights usually leave from London Heathrow or Gatwick but may also depart from regional airports, and are booked through Discover Adventure Ltd under ATOL licence 5636. You will usually receive confirmed flight details several months before departure. We do not always use the same airline for each destination and low cost airlines may be used for short haul flights. If you wish to know the probable carrier and flight times, please call for details.

By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA). Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

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### Roomshare Arrangements

Some accommodation (in hotels or camp) will be twin-share. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

On some nights we are likely to sleep in more communal accommodation such as dormitories/hostels, huts, local homestays or monasteries, depending on the trip, and you may be sharing with a larger number of participants or the whole group; this type of accommodation cannot always be single-sex.

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### 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.

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### Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and

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ability to safely and effectively deal with any situation that arises. They are also trained in expedition first aid. You are in very safe hands with a Discover Adventure leader. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

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## Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local lifestyles. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely. In some destinations we work together as a team with local guides to help set up or break camp, or prepare meals. Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something!

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## Luggage

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the destination and terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

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## 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.

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## Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice).

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## Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a

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minimum number of participants which is shown on the challenge. Our typical groups run with approximately 20-30 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

**Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.**

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## **Cancelling your booking**

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees, amendment fees and insurance premiums are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

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## **PREPARING FOR THE CHALLENGE**

### **Clothing**

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.

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### **Fitness Levels**

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

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## Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. To find out if you need a visa you can check your requirements using our partner, Visa Machine, website [here](#); please ensure you allow plenty of time.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

## Cultural Differences

For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for! We are very privileged to live in a country with a high standard of living, and travelling exposes us to different challenges – all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow participants and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

## 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](#)



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 20 Nov 2019, and the challenge is subject to change.