

# France – Private





A version of TMB for families, the "must do" trail around the Mont-Blanc, highest peak of Europe. Comfortable version from Geneva to Geneva.

Dates and times	First stay
	Start of stay: the 12/07/2024 at 4 pm (please give us your flight number and timetable to adapt if needed)
	End of stay: the 19/07/2024 at 10 am (please give us your flight number and timetable to adapt if needed)
	Second stay
	Start of stay: the 21/07/2024 at 4 pm (please give us your flight number and timetable to adapt if needed)
	End of stay: the 28/07/2024 at 10 am (please give us your flight number and timetable to adapt if needed)

Skills details	Technical level: 3 on a scale of 1 to 5
	Physical level: 3 on a scale of 1 to 5
	Minimum level required: Participants must be ready to hike 4 to 7 hours/day on mountain trails.
	A physical preparation is required: regular practice of an endurance sport at least 2 times a week (running, swimming,
	cycling). Previous mountain experience is recommended.
	It's not suitable for children under 8 years old.
	See <a href="https://www.vanoise-voyages.com/quel-est-mon-niveau/">https://www.vanoise-voyages.com/quel-est-mon-niveau/</a> to understand the level.
	Hiking duration: day 2: 4 h, day 3: 5 h, day 4: 3 h, day 6: 6 h, day 7: 7 h.
	Heigh variation: day 2: 350 m +/-, day 3: 800 m +/-, day 4: 800 m +/-, day 6: 900 m +/-, day 7: + 700 m / -1000 m.
	Walking distance: day 2: 5 km, day 3: 13 km, day 4: 8 km, day 6: 14 km, day 7: 12 km.
	Luggage porterage: participants will carry a rucksack with their belongings for the day's hikes, transfer by taxi of a
	single piece of luggage weighing no more than 15kg/participant during the trek. Possibility of leaving items not needed
	during the trek in the Chamonix hotel luggage room.
Leadership	Name: Marie-Paule NULLANS
	Diploma : qualified mountain leader, English speaking
	Mobile phone: +33 6 20 27 47 84
	E-mail: contact@marie-paule-en-montagne.com
Group size	Required minimum number: 6 guests + 1 Chinese Tour Leader = 7 people (if not enough participants, cancellation
	possible 21 days before).
	Required maximum number: 12 guests + 1 Chinese Tour Leader = 13 people
Accomodation type	Days 1,2, 4, 5,6 and 7: 3 stars standard hotel in Chamonix, Courmayeur and Beaufort
	In double or triple rooms with ensuite bathrooms. Single room possible with extra charge.
	Day 3: Old hospice du Grand St Bernard : rooms of 4 or 6 people, shared bathroom.
Meals	From day 2 to breakfast of day 8, all meals are included (except lunch and dinner of day 5)
	Breakfasts : buffets provided by hotels
	Lunches : picnic lunches prepared by the mountain leader with local products
	Dinners : hotels or restaurants, includes tap water.
Transport	Taxis as described in the itinerary. 1 taxi for 6 participants + mountain leader + Chines Tour leader, 2 taxis if more
	participants.
	Transfer of luggage included: day 3, 6 and 7. One luggage/person, maximum weight 15 kg.

p 2 / 7

	Public transfer may be possible in Chamonix and Courmayeur.
Formalities	Police formalities :
	- Valid passport document
	- Visa
	<u>Health formalités sanitaires</u> :
	Warn your guide of any medical risk. To realize this trip in the best conditions, we advise you to make beforehand a
	medical balance sheet with your general practitioner to confirm your capacity for the trekking and all the activities.
	Informations needed by Vanoise Voyages before the trip:
	☐ Name / Surname / Address / E-mail on web inscription
	☐ Mobile phone number you will have during the trip
	☐ Name and phone number of the person we can contact in case of emergency
	☐ Identity Document Copy
	☐ Visa copy
	Your Repatriation insurance attestation (with insurance name, contract number, 24/24 phone number)
	The copy of your flights tickets
Date, place and time of	, , ,
meeting	leader will meet the group at 6:00 pm at the hotel in Chamonix.
Access to the meeting	By your own way
Date, place and time of	
dispersion	group after farewell diner in Chamonix on 4/10/2023.
Itinerary details	Day 1
	Arrival of the guest at Geneva Airport, transfer by taxi to Chamonix. One taxi for 8 person, 2 taxis if 9 person or more.
	Night in hotel 3 stars in Chamonix.
	Meeting with Marie-Paule at the hotel.
	Dinner on your own
	Day 2
	Train of Montenvers, sight-seeing of Mer de Glace, the longest French glacier, and visit of ice-cave.

Hike to the middle station of the aiguille du Midi Cable car. Cable car down to Chamonix.

Breakfast and night at the hotel in Chamonix. picnic lunch on spot.

Dinner in a restaurant in town.

## Day 3

Taxi from Chamonix to col de la Forclaz. hike on the Bovine trail to Champex. (+/- 700m, 18 km)

Breakfast at hotel in Chamonix. picnic lunch on spot.

Taxi transfer to the hospice of Grand St Bernard. A famous place which is run by monks who are welcoming pilgrims and travelers for more than 1000 years.

Night and dinner in the hospice of Grand St Bernard.

#### Day 4

Morning visit of the museum and St Bernard dog's nursery. Possibilities of hiking with dogs but not guaranteed before arriving (and with a possible extra cost).

Hike to the summit of la Grande Chenalette above the hospice and visit of the surroundings.

Taxi transfer to Courmayeur around 15h.

Picnic lunch on spot.

Night and dinner in 3 stars hotel, Courmayeur

## Day 5

Day rest in Courmayeur, or hike from la Visaille to Courmayeur on the balcony trail.

Night in 3 stars hotel, Courmayeur

Breakfast included, lunch and dinner on your own.

## Day 6

Taxi transfer to la Visaille

Hike through Col de la Seigne to Les Mottets (France) (+/-800 m 18 km)

Taxi transfer to Beaufort

Breakfast in hotel at Courmayeur. Picnic lunch on spot.

Night and dinner in hotel La Roche in Beaufort.

	Day 7  Taxi transfer to Hauteluce  Hike throught col du Joly to Notre Dame de la Gorge (+200 m/-900 m)  Taxi transfer to Chamonix. Picnic lunch on spot.  Breakfast in Beaufort, Night in hotel 3 stars in Chamonix.  Farewell dinner in a local restaurant.
	Day 8
	Breakfast at hotel,
	Taxi transfer to Geneva airport. One taxi for 8 person, 2 taxis if 9 persons or more.
	We will have to adapt to the vagaries of the weather, the conditions of the mountain and the level of participants. In the final analysis, the mountain leader is the only judge of the program, which may be changed for safety reasons.
Total price	If 6 or 7 guests: 2 595 €/people,
	If 8 or 9 guests: 2400 €/people,
	If 10 or 11 guests: 2200 €/people,
	If 12 guests: 2080 €/people.
Supplements	Single room (only if available): 480 € (including forced single rooms – if alone on a bedroom)
Additionnal	- There may not be more than 6 minors in the group unaccompanied by at least one of their parents.
informations (added on	- All minors entering European territory must complete the necessary entry formalities.
the 15/04/2024)	- Each unaccompanied minor must have an adult participant in the group designated by his/her parents. No more than
	3 minors may be entrusted to the same person.
	Subscriptions for the trip needed before the 30 <sup>th</sup> of April 2024.
The price includes	Elements described about:
	☐ All transfers described on the program: if more than 7 participants, there will another taxi for all the transfers
	<ul> <li>Half board in hotels, double room occupancy</li> </ul>
	Picnic lunches

	Qualified mountain leader
	Transfer of luggage from one hotel to another during the trek.
	☐ Cable car and train in Chamonix on day 2
	1 Chinese Tour Leader free of charge in single room
	Entrance of the museum of Hospice du Grand St Bernard on day 4
The price doesn't	drinks during the meals except tap water
include	☐ transfers that are not described on the program
	all personal insurances
	personal equipment
	health and police/border formalities
	and all that is not described on the program
Payment terms	30 % deposit on registration, balance in 30 days of the departure.
	Payment accepted with bank card or bank transfer.
Insurance	Each participant must have an individual insurance to guarantee multirisk of protecting itself incidents or accidents
	wich can arise before either during the trekking and a repatriation insurance for the trip.
	We could not propose you our insurance formulas because the insurance is under condition that your residence
	address is in Europ.
Personal equipment	a travel bag containing all your belongings, which will be transferred by taxi on walking days from one hotel to
necessary to bring with	another, maximum weight 15kg.
you	A bagpack of 25l minimum for parents (10 l for childrens) for the hiking days
	☐ 1 bottle of water ( <b>1 litre</b> )
	A good pair of hiking shoes with a good soil, adapted to mountain paths
	Long hiking pants, rain pant.
	☐ Hiking socks
	3 layers top: t-shirt (short and long sleeves), long sleeves warm jacket, rain jacket.
	☐ A light pair of gloves
	☐ Warm hat and a cap
	☐ Rain poncho
	☐ Underwear
	Personal medecine and toilet bag

☐ Sunglasses
Average temperature in July are around 25 °C in the mountains, but can be much hotter with heatwave conditions. In the mountain, weather can change very quickly and the temperatures can decrease very low (even under 0°C), it can of course rain and snow even in July.
Non-exhaustive list