

Tour du Mont Blanc Family Adventure

Trip Code: FMB

Version:



WALK & TREK



FAMILY



MODERATE



HIGHLIGHTS

- Stay in French chalets and Alpine mountain huts
- Enjoy the varied mountain cultures of France, Italy and Switzerland
- Fully supported with excellent IML guide, baggage transfers and all breakfasts and dinners included
- Mini-tour of the biggest mountain in the Alps, Mont Blanc, a stretch of which includes one of the best short walks in the world to Lac Blanc

AT A GLANCE

- 8 day itinerary with 6 days trekking
- Half board
- 2,537m max altitude
- Join at Chamonix

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

A perfect introduction to multi-day walking for families with children aged from 10 years old. Travel through three countries and three cultures on our mini-Tour du Mont Blanc. We meet in Chamonix in France, the mountaineering capital of the world to begin a journey of discovery which takes in the history, culture, folklore and wildlife of the mountains. We cross high passes, visit remote farms, a beautiful lakeside mountain village, and sleep in a mountain hut - it's all here on the Tour du Mont Blanc. After a day's introductory walk up to lovely Lac Blanc, we return to our very comfortable hotel accommodation for a second night. We spend the next 5 days trekking our mini-tour, including several famous pass crossings including the Col de Balme, Col du Forclaz and the high point of our trip, the Grand Col Ferret (2537m).

This excellent family adventure is for families who love to walk. During the week, you will make a half circuit of the Mont Blanc massif following the classic Tour du Mont Blanc trail from Chamonix to Courmayeur. This excellent introduction to multi-day walking is designed for families that are already used to full days out, but now want to make a journey. With comfortable hotel and chalet accommodation and luggage transfers provided, this itinerary enables the whole family to walk the most beautiful section of the famous Mont Blanc circuit.

Is this holiday for you?

Suitable for children from 10 yrs old

If you consider yourselves a 'hill-walking' family then this is the trip for you. These trips involve longer days at an altitude of up to 2800m (9184ft) on good paths and tracks. A good level of fitness is required as these treks can involve considerable amounts of ascent and descent and the occasional difficult day on rougher paths. There may be an occasional day with ascents/descents of up to 1250m (4100ft). We would expect you to have previous experience of walking on consecutive days in the mountains, and have experience of hiking in bad weather. Expect to walk 5-7 hours per day.

You should be confident that everyone in the family is comfortable with these daily distances and ascents, especially the younger members of the family.

Itinerary

Version:

Holiday Information

What's Included

- A professional experienced IML (International Mountain Leader) qualified leader
- All land transport required by the itinerary (including cable cars)
- All accommodation as described
- All meals
- Baggage transfers

What's not Included

- Travel Insurance
- Airport transfers
- Transfers and cable cars which are not part of the itinerary (optional)
- Miscellaneous expenses - drinks and snacks and souvenirs etc

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on [Travelling by Train](#).

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

The group will meet at the hotel in Chamonix. Chamonix has a rail station, with connections to London and Paris via St Gervais Les Bains. Geneva is the nearest airport.

For clients arriving into Geneva Airport, we recommend using the airport transfer service mountaindropoffs.com. These cost approximately €40 one way. Details and promotional codes are provided on booking.

Hotel contact details and a contact number will be provided with your booking confirmation.

Meal Plan

Half board (dinner, bed and breakfast) throughout.

Lunches on this trip will be taken in a picnic style. For each day you'll have chance to purchase sufficient snacks, food and fluid to sustain you throughout the day at each of the overnight stops. Buying snacks and trying local specialities is a great way to interact with locals and to practise your language skills.

If there is the possibility of lunch being taken at a restaurant/farm/cafe beside the trail, your guide/instructor will advise you of this at the evening briefing prior. Each evening you can order a picnic or a sandwich from the hotel, or your guide/instructor will advise you of other options such as a local shop or market. In all cases we would ask you to settle any 'bill' for lunch or drinks the evening before you depart, and not in the morning when there may be a queue.

Food & Water

When in the towns and villages all tap water is drinkable. In mountain huts there is usually not a sustainable drinking water supply. Water in plastic bottles is brought in to the hut. All huts have a recycling point. If you have to purchase water in plastic bottles please buy the largest bottle you can so as to use less plastic. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water if you can fill from a local stream. Bottled water is not provided. We do not encourage the purchasing of single use plastic bottles. Local authorities are working to find solutions to using plastic water bottles in huts. We monitor the situation carefully for updates.

The food on this holiday is varied and plentiful. Continental breakfasts, and full 3-course evening meals are included throughout. Lunches and snacks are purchased at own expense. It is possible to buy wine, beer and soft drinks every evening including while staying in the mountain hut.

Accommodation

During this holiday, we stay for 3 nights at a hotel in Chamonix and 3 nights in auberges or chalets in Trient (or Finault), Champex and La Fouly. In general 3-person families will share a triple room, whilst 4-person families will have twin-bed rooms or a quad/family rooms where available. We will do everything to ensure that you are happy with your rooming allocation.

We also stay 1 night in the Refugio Elena mountain hut, where sleeping arrangements will be in mixed dormitories.

At busy times we may have to use dormitory accommodation in some of the auberges as well.

If you are planning on extending your holiday, additional nights at the hotel in Chamonix are available on request.

Group Leader & Support Staff

The group will be led by an experienced IML (International Mountain Leader) qualified leader.

Altitude

The altitudes on this holiday are not extreme and the maximum altitude attained is no more than the equivalent of a pressurised cabin on an international flight. You may 'feel' the altitude the first time you trek above 2000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2000 metres.

Spending Money

This is a half board package, so you will only need to purchase your own lunches and snacks, drinks and cable car fees. We estimate that £350 per family member should be sufficient to cover reasonable personal expenses. There are ATM's in Chamonix.

Guidance on Tipping

If you feel your guide/instructor has provided an excellent service that went 'above and beyond' then it is at the discretion of each guest whether to tip or not. Guests will often give a tip of between 2 - 5 per cent of the total value of their trip. It is entirely up to you and any gesture will no doubt be appreciated no matter the size.

Baggage Allowance

On this trip you will have access to your luggage on every night except the evening we spend at the rifugio in Italy when you will carry a few extra overnight items in your rucksack.

Your luggage will be transferred daily to the next accommodation and you only need carry a small/medium sized rucksack for items you need during the course of the day. Please refer to the kit list for guidance on the size of rucksack required.

Your luggage, ONE bag per person, will be moved along the route by taxi and should not exceed the legal maximum weight of 15kgs (33lbs). **If your luggage exceeds this weight limit it will not be collected and will be left behind.**

Be aware that you will have to carry your luggage to your bedroom, which may involve climbing several flights of stairs. Luggage on wheels is generally a good idea, and the taxi companies prefer a soft bag. They cannot accept responsibility for damage to any hard-shell suitcases. You are asked to avoid leaving valuables in your luggage, fragile items, personal medication or official documents, such as passports.

Your bags will be collected each morning at 0800 hrs and if your bag is not ready it will not be collected. **The bags will be delivered by 1730 hrs to your next accommodation.** Earlier delivery cannot be guaranteed due to the volume of luggage moving around the Tour du Mont Blanc.

We recommend that you consider a device such as an "AirTag" which allows you to track your luggage in the event of it being misplaced.

For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Currency

The currency for part or all of this holiday is the Euro.

The unit of currency in Switzerland is the Swiss Franc.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a walking holiday getting some additional exercise. Even very fit youngsters will benefit and it can be great fun as you head towards the holiday. Running, cycling and swimming are good for developing better stamina.

Climate

Generally, the temperatures that we can expect to encounter during the day will be reasonably warm, ranging from around 18 to 28°C. At the cols, mountain passes, the temperatures can be much colder, between 5 - 15°C. At night we can expect the temperature to drop to between 10 and 15°C. The weather is usually stable at this time of year, but mountainous areas do generate their own weather systems and occasional rain and even stormy weather cannot be ruled out.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travellaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Travel With Children. Maureen Wheeler (Lonely Planet).
- Chamonix / Mont Blanc, a walking guide. Martin Collins.
- Around Mont Blanc. Helmut Eberlein.
- Mont Blanc Trails. (Editions Sentiers du Mont Blanc).
- Chamonix Valley. Terry Marsh.

Maps

IGN (Institut Geographique National) 1:50,000 scale.

It is not a requirement for your trip as you will be with a guide for the duration.

However, The IGN also produce a 1:25,000 series but the 1:50,000 walking maps series provides a detailed topographic map with a useful contour interval of 20m. This is still a good scale for following the route on the ground without having to buy too many different sheets. To cover the Tour du Mont Blanc you will need two sheets as follows: A1 Mont Blanc. & A2 Beaufortain

FAQ's about our family holidays

We welcome all family dynamics and we will try to accommodate you in the roomings of your choice. The only stipulation for joining a family group holiday is that 1 party member is 17yrs or under, and they are accompanied by an adult. An average group size is around 10 members in total. Further general information and FAQ's are available here: [KE Family Adventure Holidays general information.](#)

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You should bring the following items:

- Hiking boots
- Hiking/trekking socks
- Underwear
- Trekking trousers
- Thermal baselayer shirts (1 short sleeve, 1 long sleeve)
- T-shirts and/or casual shirts
- Waterproof overtrousers
- Waterproof jacket
- Thin fleece mid-layer
- Thicker fleece or insulated outer-layer
- Warm fleece gloves or mittens
- Sunhat
- Warm hat
- Sunglasses
- Selection of dry bags (to keep trek bag contents dry)
- Daypack 30 - 40 litres (depending on how much of the kids' stuff you are carrying)
- Sun protection (including total bloc for lips, nose etc.)

- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Small travel towel (no towels are provided at the hut, but you can hire one for a few euros)

Basic First Aid Kit - You should bring your own personal first aid kit consisting of the following:

- Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium) painkillers, plasters, blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets are a good idea. Please note that there are excellent medical facilities in Chamonix.
- Sheet sleeping bag 'liner' - lightweight 'silk or cotton liner' to be used under the blankets/duvet provided (for the night in the mountain hut)
- Pack towel (for the night in the mountain hut)
- Earplugs/eyemask - if a light sleeper (for the night in the mountain hut)
- Head torch and spare batteries (for the night in the mountain hut)

The following items are optional:

- Trainers (for evening use)
- Ear plugs (for the mountain hut dormitories)
- Shorts
- Gaiters
- Trekking poles (highly recommended for adults and children)
- Camera

- Travel clothes
- Reusable cloth bag for shopping (to avoid plastic bags)

NOTE:

When overnighing at the hut you will not have access to your main luggage. You will need to carry your toothbrush and PJ's with you in your daypack. Bedding is provided at the huts, but you will need a sleeping bag liner and the few other bits as mentioned above.

Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel the Chamonix Valley. Geneva has the nearest airport.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

Regional departures and/or alternative carriers are available on request.

Why Choose KE

Why KE

One of our finest itineraries. We've been running and refining this trip for years with trusted partners. This adventure is designed specifically for families, and perfect for active teenagers with an optional rest day and cable cars built in for when legs get tired.

Please Note This document was downloaded on 18/01/2025 and the trip is subject to change