BOOKLET · 01 — UNDERSTANDING THE TOUR

170 km around Mont Blanc.

What that really means.
Three minutes to lay the groundwork before setting out.

FRANCE ITALY SWITZERLAND · 10K D+ · 170 KM

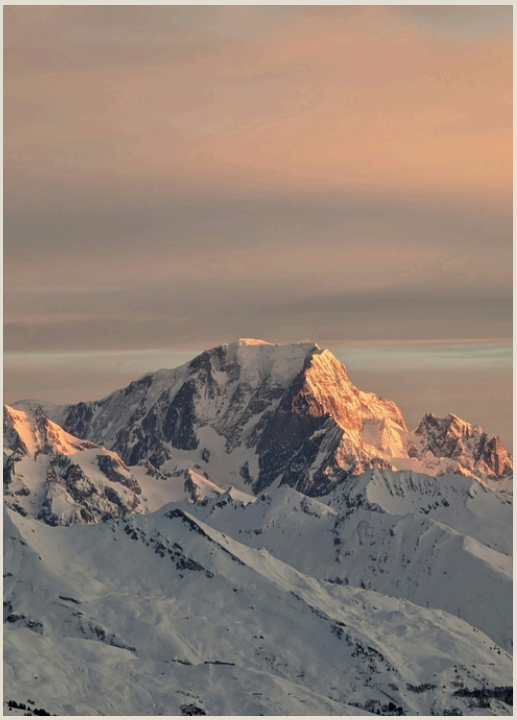
✦ THE TOUR, IN ONE SENTENCE

A long loop. Three countries.

The **Tour du Mont-Blanc** is a long loop of **170 kilometers** that circles the Mont-Blanc massif, crossing three countries: France, Italy, and Switzerland.

It is usually hiked **counterclockwise**, starting from Les Houches in Haute-Savoie. The hike typically takes **7 to 11 days,** depending on your experience.

In total: nearly **10,000 meters of elevation gain**. That's the equivalent of climbing Mount Everest from sea level.



▲ MONT BLANC MASSIF

✦

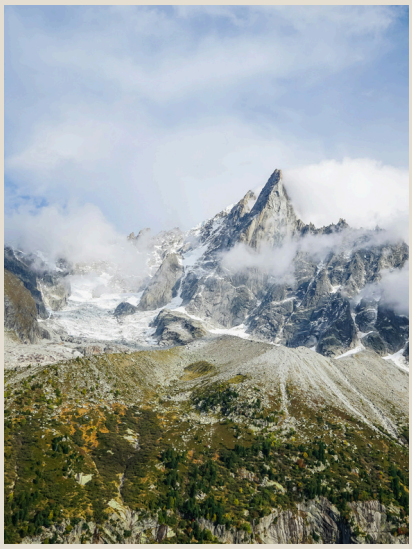
> "The TMB isn't long. It's intense. Every two or three days, the landscape changes... and so does the language."

170 km	7-11 days	10,000 m	3 country
DISTANCE	AVERAGE DURATION	ELEVATION GAIN +	FR · IT · CH

✦ THREE COUNTRIES, THREE ATMOSPHERES

One loop, three faces.

The Tour changes languages, cuisines, and lighting every two or three days. That's what makes it one of the most beautiful routes in Europe, and one of the most exotic.



FRANCE · THE START

Deep valleys

Les Houches, Les Contamines, Les Chapieux. Through spruce forests and inhabited alpine pastures, the trail climbs gradually. This is where your legs get a workout.

VALLORCINE · ARGENTIÈRE · CHAMONIX
LES HOUCHES · LES CONTAMINES ·
LES CHAPIEUX

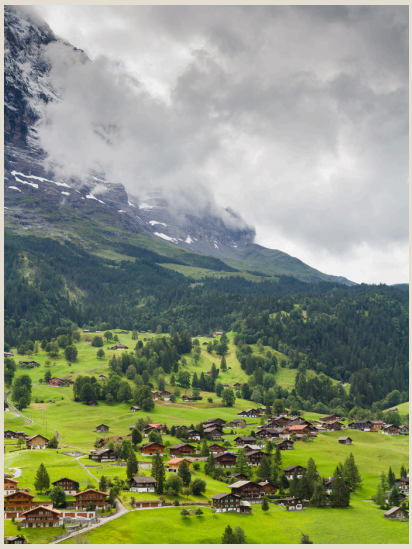


ITALY · THE AWARD

Golden lights

Courmayeur, Val Veny, Val Ferret. South-facing slope, sweeping views of the Grandes Jorasses. Pizza and strong coffee at the mountain hut.

COURMAYEUR · VAL VENY · VAL FERRET



SWITZERLAND · THE CALM

Beautiful pastures

Champex, La Fouly, the Col de la Forclaz. Cattle bells, lush green valleys. A different kind of mountain, more subdued.

CHAMPEX · LA FOULY · FORCLAZ

✦ **You'll go from saying "bonjour" to "buongiorno," and then to "hallo". Three cultures in just a few days.**

CONTEXT & REALITY

What a 170-kilometer hike entails.

170 km of trails, 3 countries crossed, and nearly 10,000 m of elevation gain: the Tour du Mont-Blanc is an exceptional alpine adventure. Depending on your fitness level and pace, plan on spending between 7 and 11 days to fully experience this trek through the heart of the Alps.



01 **6 to 8 hours of walking per day.**
Your body needs to get used to this routine **well before** you leave. Start going on one long hike per week right now.

02 **600 to 1,200 m of elevation gain (D+) per day.**
The mountain passes aren't optional, they are the Tour. It's the vertical climb, more than the distance, that takes its toll.

03 **A bag weighing about 8 to 10 kg.**
Every gram counts, and so does every item left behind. The rule: if you don't use it every day, don't bring it along.

04 **Nights in a shared dormitory.**
Authenticity is part of the journey. So is sleep: earplugs, headlamp, sleeping bag liner.

Good news: all of this is in the works. And that's exactly what we're going to do together, booklet by booklet.

✦ WHAT'S IN STORE FOR YOU

The rest, in three installments.

No spam, just the essentials.
The next three booklets coming soon:

IN 2 DAYS

Physical and mental preparation.

How to reach the first mountain pass without dreading it. A simple 3-month training plan.

02

IN 6 DAYS

Essential equipment.

The perfect list -> not too much, not too little. What to bring, what to leave at home, and what you don't need to buy.

03

IN 9 DAYS

Best practices in the mountains.

Hiking without leaving a trace. Coexisting with mountain huts, wildlife, and other hikers.

04

SEE YOU SOON ON THE TRAIL

✦ FOLLOW US

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