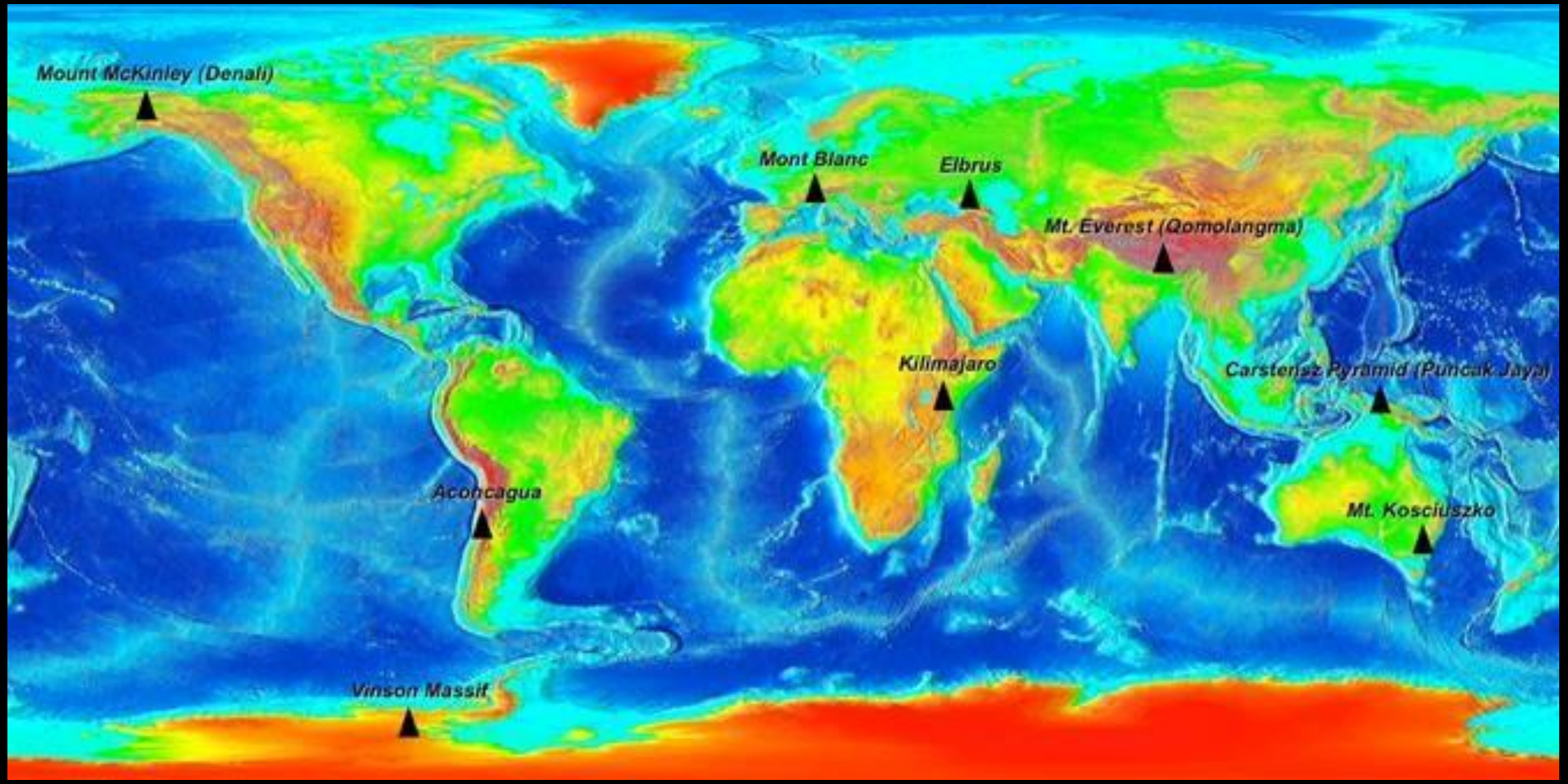
TOUR DU MONT BLANC

July 2015

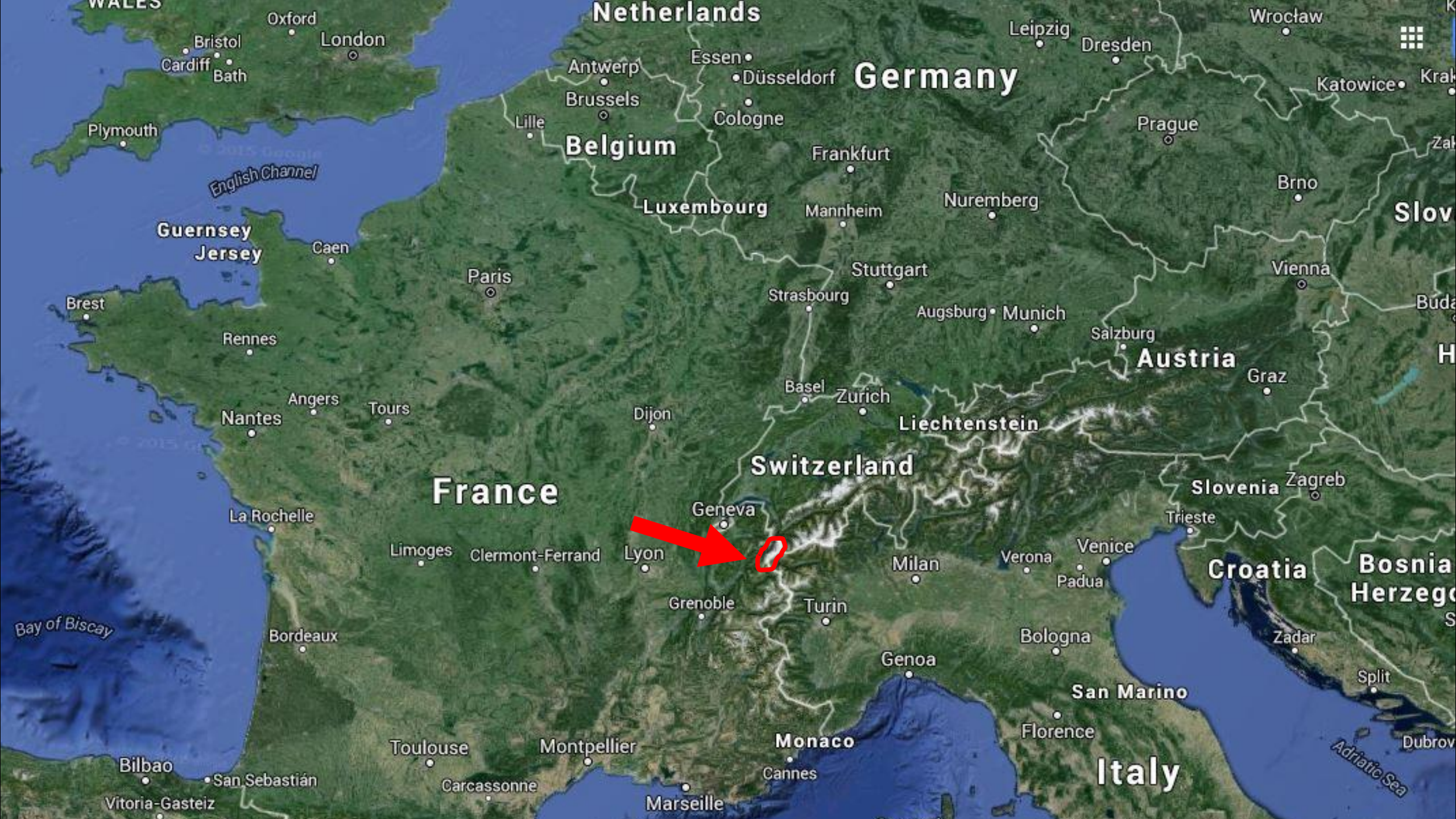
Andrew Cheney

The Tour du Mont Blanc is a 98 mile loop around the Mont Blanc massif. The mountain range lies at the intersection of France, Switzerland and Italy, and is named after Mont Blanc (15,780 feet), the tallest peak in the Alps. Typically it takes 11 days to hike the entire trail at a comfortable pace.

I had 5 days to hike and was able to cover 60 miles. Attached are some images I took along the way.

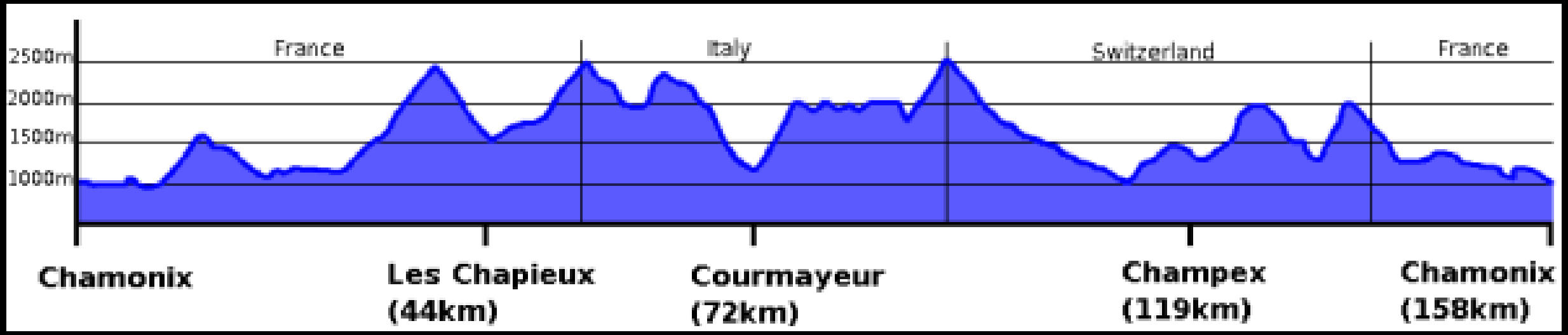


The tallest summits on each continent


Netherlands
Oxford
Bristol
London
Cardiff
Bath
Antwerp
Essen
Düsseldorf
Germany
Leipzig
Dresden
Wrocław
Brussels
Cologne
Katowice
Plymouth
Lille
Belgium
Prague
English Channel
Frankfurt
Brno
Luxembourg
Mannheim
Nuremberg
Guernsey
Jersey
Caen
Paris
Stuttgart
Vienna
Brest
Strasbourg
Augsburg
Munich
Rennes
Salzburg
Austria
Graz
Basel
Zurich
Angers
Tours
Nantes
Dijon
Liechtenstein
Switzerland
France
Slovenia
Zagreb
La Rochelle
Geneva
Trieste
Limoges
Clermont-Ferrand
Lyon
Verona
Venice
Milan
Padua
Croatia
Grenoble
Turin
Bay of Biscay
Bordeaux
Bologna
Zadar
Genoa
Split
San Marino
Florence
Toulouse
Montpellier
Monaco
Dubrov
Bilbao
San Sebastián
Cannes
Adriatic Sea
Carcassonne
Italy
Vitoria-Gasteiz
Marseille

SWITZERLAND
Champex
La Fouly
Trient
Mont Dolent
Refugio Bonatti
Elena Hut
Tre Le Champ
ITALY
Argentière
La Flégère
Chamonix
Mont Blanc
Courmayeur
Les Houches
Rifugio Elisabetta
FRANCE
Col de la Seigne
Les Contamines
Ville des Glaciers
Refuge de Nant Borrant
Les Chapieux
WWW.RAWTRAVEL.COM

The entire Tour Du Mont Blanc (TMB) is 158 km or 98 miles…



…and ranges between 3,200 and 8,200 feet in elevation.

Day 1: Hiking out of the Chamonix Valley

Day 1: Nearing the French/Swiss Border

Day 1: Entering the small Swiss town of Trient

Day 1: Soaked during the last 2 hours of hiking

Day 2: Hiking along western edge of Switzerland in the Val Ferret

Day 2: Eastern portion of the Mont Blanc Massif

Day 3: Hiking out of Switzerland into Italy

Day 3: Hiking up to the Swiss/Italian border

Day 3: Plenty of cowbells along the way

Saying goodbye to Switzerland

Day 3: Then saying hello to Italy

Day 3: The Grand Col Ferret

Day 3: Hiking down into Italy

Day 3: Resting in Courmayeur, Italy

Day 4: Hiking along the south face of the Mont Blanc Massif

Day 4: Italy

Day 4: Typical TMB marker

Day 4: Italy

Day 4: The South Face of Mont Blanc

Day 4: The sunny side of Mont Blanc

Day 4: The Val Veni

Day 4: The Val Veni

Day 4: Hiking out of Italy

Day 4: Passing over the Col de la Seigne, and into France

Day 5: Hiking in France's Vallée des Glaciers

Day 5: Tough climb out of the valley in the center of the picture

Day 5: Looking south toward the French Alps from Refuge du Bonhomme

Day 5: Final descent

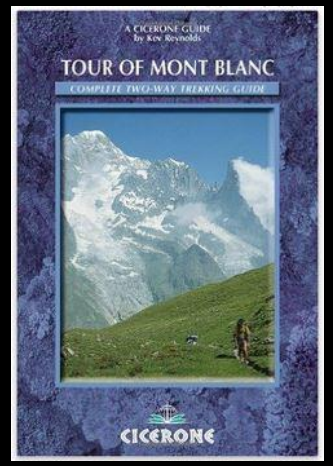
Day 5: Hiking down toward Les Contamines

Day 5: The finish line: a small café in the small town of Les Contamines

Bonus Hike…two days later seeing the north face of Mont Blanc from Brevent

If You Go

- Buy this guide book and take it with you:



Tour of Mont Blanc by Kev Reynolds

- Train! Your legs will thank you for it.
- Pack lightly- 20 lbs. or less (No need for sleeping gear. You can stay in small hotels or refuges along the way.)
- Get ready for rain on the trail.
- Plan some rest days.
- Call or email with any questions: 602.488.4000 or acheney@leearizona.com

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