

# INHOUDSOPGAVE

The Tour of Mont Blanc

The Route

Clockwise or Anti-Clockwise?

Suggested Itineraries

How to Get There

When to Go

Accommodation

Languages

Maps and Waymarks

Notes for Walkers

Safety in the Mountains

Using this Guide

Information at a Glance



## THE TOUR OF MONT BLANC – ANTI-CLOCKWISE

Stage 1 Les Houches – Bionnassay – Les Contamines

Alt Stage 1 Les Houches – Refuge de Miage – Les Contamines

Stage 2 Les Contamines – Croix du Bonhomme – Les Chapieux

Stage 3 Les Chapieux – Col de la Seigne – Rifugio Elisabetta

Stage 4 Rifugio Elisabetta – Courmayeur

Stage 5 Courmayeur – Rifugio Bonatti

Stage 6 Rifugio Bonatti – Grand Col Ferret – La Fouly

Stage 7 La Fouly – Champex

Stage 8 Champex – Alp Bovine – Col de la Forclaz

Alt Stage 8 Champex – Fenêtre d'Arpette – Col de la Forclaz

Stage 9 Col de la Forclaz – Col de Balme – Tré-le-Champ

Alt Stage 9 Col de la Forclaz – Refuge les Grands – Tré-le-Champ

Stage 10 Tré-le-Champ – Refuge La Flégère

Stage 11 Refuge La Flégère – Le Brévent – Les Houches



## **THE TOUR OF MONT BLANC – CLOCKWISE**

Stage 1 Champex – Ferret

Stage 2 Ferret – Grand Col Ferret – Rifugio Bonatti

Stage 3 Rifugio Bonatti – Courmayeur

Stage 4 Courmayeur – Rifugio Elisabetta

Stage 5 Rifugio Elisabetta – Refuge de la Croix du Bonhomme

Stage 6 Refuge de la Croix du Bonhomme – Les Contamines

Stage 7 Les Contamines – Bionnassay – Les Houches

Alt Stage 7 Les Contamines – Refuge de Miage – Les Houches

Stage 8 Les Houches – Le Brévent – La Flégère

Stage 9 La Flégère – Col de Balme – Trient

Stage 10 Trient – Alp Bovine – Champex

Alt Stage 10 Refuge les Grands – Fenêtre d'Arpette – Champex



Places and Items of Interest on the TMB  
The Story of Mont Blanc  
Appendix A Accommodation  
Appendix B Useful contacts  
Appendix C Further reading  
Appendix D French–English glossary