

Explore the Tour of Mont Blanc: contents

Introduction	4
1 Planning and preparation	
Planning to walk the TMB	5
Elevation and pace	6
Waymarking and variantes	7
Safety and weather	8
New to long distance walking?	8
Clockwise or anticlockwise?	9
How long will it take?	9
Travel planning	10
What is the best time of year?	11
Accommodation	11
Advance planning checklist	12
Packing checklist	13
2 Background information	
2.1 History	14
2.2 Climbing Mont Blanc	15
2.3 Geology and glaciers	18
2.4 Habitats and wildlife	19
3 The routes in detail	
3.1a Les Houches to Les Contamines via Bionnassay	22
3.1b Les Houches to Les Contamines via Col de Tricot	25
3.2a Les Contamines to Les Chapieux	27
3.2b Les Contamines to Refuge des Mottets via Col des Fours	30
3.3 Les Chapieux to Rifugio Elisabetta	32
3.4 Rifugio Elisabetta to Courmayeur	34
3.5 Courmayeur to Rifugio Bonatti	38
3.6 Rifugio Bonatti to La Fouly	40
3.7 La Fouly to Champex	42
3.8a Champex to Trient via Bovine	44
3.8b Champex to Trient via Fenêtre d'Arpette	46
3.9 Trient to Tré le Champ	48
3.10 Tré le Champ to La Flégère	51
3.11 La Flégère to Les Houches	56
4 Reference	
Accommodation list	59
Books, maps, contact details and weather	61
Transport, acknowledgements and credits	62
Index	63