



*Grand Ferret col -
Arnuva to La Fouly*

Walks in the Alps

The easiest introduction to the TMB via the scenic Italian and Swiss Alps

Tour Highlights

- ☞ Enjoy two nights in Italy & Switzerland.
- ☞ Start in idyllic Courmayeur, Italy [30-min. coach-ride through Mt. Blanc tunnel from Chamonix.], finish at Lake Champex.
- ☞ Walk anti-clockwise for an enhanced experience.
- ☞ Option to experience one or two nights in the best of alpine refuges, staying in private rooms.

Fact File

- ✓ Self-guided, inn-to-inn tour along the eastern flank of The Mont Blanc Massif.
- ✓ Graded moderate, with two reasonably-challenging morning climbs.
- ✓ Average 5 hours and 9 miles/14½ kms a day.
- ✓ Convenient access from France, Italy or Switzerland.
- ✓ Departures any day from 15 June to 11 September.
- ✓ Luggage transfers throughout - up to 20 kgs per person.
- ✓ Welcoming '3-star standard' hotels with private rooms and en suite bathrooms.



Theme

Alpine Experience features the easiest three days walking along the mythical Tour du Mont Blanc route. This is a mini-immersion tour for those who simply want to sample a segment of this world-famous hiking route without the intense endurance and sacrifice associated with completing the whole, or even half, of this magical alpine challenge.

Alpine Experience brings you the best of the Italian and Swiss sections: the delights of the upland slopes of the Italian Val Ferret, plus the descent into Switzerland during which you traverse a multitude of alpine villages and hamlets on route the tour's Big Finish, the pristine shores of sumptuous Lake Champex affectionately known as 'little Canada.'

You have so much to gain for just a little bit of pain. Yes, there are two quite challenging climbs to commence the first two day's walking, but nothing that is beyond the capabilities of the average guy or gal who paces his/herself during ascents, while taking plenty of pauses to enjoy the fabulous sites that make the whole experience so worthwhile. Even the fittest are pretending not to puff and pant! After these initial exertions, the remainder of the day comprises quite light-to-moderate walking across undulating alpine slopes - middle-mountain trails do not come much easier than this!



Your Alpine Experience finishes with one of the TMB's 'rest days' - a scenic saunter along the banks of the River Drance, with lunch at the village of Issert before commencing your short afternoon climb up to Lac Champex and one of the nicest 3-star hotels you will find anywhere in the Alps.

The tour commences in Courmayeur, Italy, only 14 kms from Chamonix through the Mont Blanc tunnel, and finishes in Champex from where connections to Geneva are just a short distance away.

So is Alpine Experience for you? Yes it is! A four-night immersion in the Italian-Swiss Alps with limited pain and simply so much to gain.



Champex - "little Canada"

7-night Itinerary¹

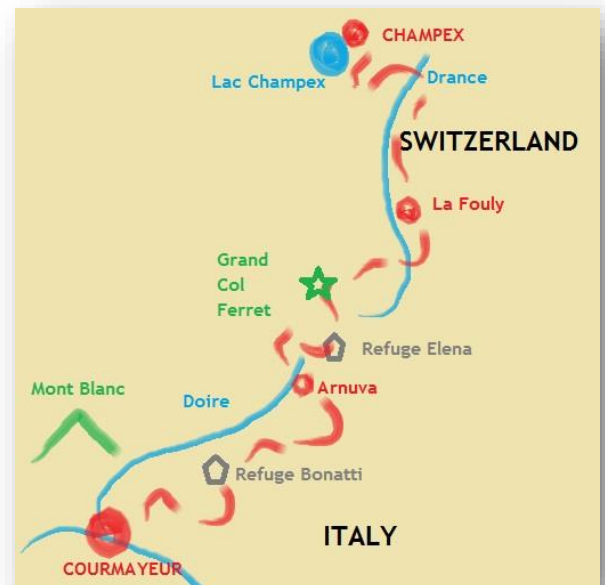
Day 1 **Courmayeur.** Arrive in Courmayeur [Italy] and hotel check-in.

Day 2 **Courmayeur to Arnuva**
[10 miles/16 kms, + 1110 ms, - 320 ms, approx. 6 hrs walking]
Enjoy the morning's climb followed by the gentle, sub-alpine pastures of the picture-postcard Ferret Valley.

Day 3 **Arnuva to La Fouly**
[9 miles/14½ kms, + 890 ms, - 960 ms, approx. 6 hrs]
Climb up past Refuge Elena and enjoy the fine descent into Switzerland from the Grand Col.

Day 4 **La Fouly to Champex**
[8½ miles/13½ kms, + 472 ms, - 557 ms, approx. 4.30 hrs]
The morning river-hugging trail is a delight to behold and the afternoon climb to the banks of "Little Canada" a real gem.

Day 5 **End of Tour.** Buffet breakfast and departure.
Bon retour et à bientôt!



What's Included

- ✓ 4 nights in carefully-selected hotels averaging '3-star-standard', with private rooms and en suite bathrooms
- ✓ 4 breakfasts, 3 evening meals & local hotel taxes
- ✓ Industry-leading hiking notes, 1:25,000 maps and themed dossier
- ✓ Luggage transfers throughout - one suitcase up to 20 kgs per person²
- ✓ Telephone help-line service with 7/7 native English support.



Not included

- ⊗ Remaining meals and all drinks and extras - lunch and dinner options are listed in your dossier and walking notes
- ⊗ Personal expenses
- ⊗ Entrances into any optional cultural visits and venues
- ⊗ Hiking, personal and travel insurances
- ⊗ Single rooms - unless booked at the single-person rate
- ⊗ Travel to and from the tour start and finish points.



Auberges & Hotels

"Carefully-selected accommodation based on knowing our providers intimately and matching them with your preferences."



As always, and subject to availability, our commitment to our customers is to offer the best accommodation in every stage along the trail. You stay in comfortable accommodation of a high standard, with private rooms and en suite facilities throughout.



We bring you:

- ☞ Courmayeur, 3-star hotel;
- ☞ Arnava, superior 2-star auberge;
- ☞ La Fouly, 3-star hotel;
- ☞ Champex, 3-star hotel.



If you particularly wish to experience a middle-mountain refuge, we know the best ones and are happy to build in such an overnight experience [comprising as many 'mod-cons' as possible, incl. private bedroom] that keeps you high up on the trail and guarantees the finest views for dinner and at breakfast. Please ask us for details.



Courmayeur to Arnuva

Access & Departure



How to get to Courmayeur - introduction...

It goes without saying [but we'll say it all the same] that best access to Courmayeur will depend on where you are approaching it from - i.e., whether you are flying long-haul into Europe, whether you are travelling from the UK or another European location, or whether you will be approaching from France or maybe Italy itself.

Each of these scenarios will provide you with different options but, unless you are definitely coming from northern Italy, we suggest you check out approaching from Chamonix, France, which is just a short [30-minute] coach-ride through the Mont Blanc tunnel from Courmayeur. The service is regular and the ticket office is just outside Chamonix train station - see our website for details or ask us directly.

The nearest airport to Chamonix [France] is Geneva in Switzerland, from where you take the train to Martigny [1 hour, 40 minutes] and change for the Chamonix Valley Train to Chamonix [a further 1 hour, 40 minutes]. Then it's just that short coach-ride through the Mont Blanc tunnel to Courmayeur. And, of course, your departure is from Chamonix as well!

The specifics of arrival in Courmayeur are:

By Road

- Courmayeur is easily reached through the Mont Blanc tunnel from Chamonix in France, from where a regular bus service [eight per day in summer] takes around 30 minutes. Click here for details - depending on when you visit the site, it has the pdf for the current travel period only, so you may need to phone them for the summer timetable or you can ask us to email you a copy. The summer period timetable commences late June and *continues* till early September.
- Road access is also possible via the Grand St. Bernard way above Martigny in Switzerland. The ValD'Aosta tunnel makes it very easy to reach the town from Aosta, Turin or Milan.
- Courmayeur can also be reached by bus via daily services from the main cities of northern Italy (Turin, Milan, Genoa).

By Train

- Courmayeur does not have a train connection. However, travelling by train from Italy is recommended as far as Aosta, from where a bus connection will take you to Courmayeur. So whilst Pre Saint Didier station may be the nearest train station to Courmayeur [3 miles away] it may not be the best access point via rail!

By Air

- The nearest airports are Geneva, Turin's Caselle and Milan's Malpensa and Linate. Courmayeur is approximately an hour's drive from Turin and a little more from Milan. Geneva International Airport is 90 minutes away.





La Fouly to Champex

Ten reasons to book with The Enlightened Traveller®



- ❶ Best accommodation, better service and recommended by The Times
- ❷ Benefit from French-based expertise and our total focus on France
- ❸ Buy direct from us, the tour provider, and get better value for money
- ❹ Personalise your tour to suit your needs
- ❺ Industry-leading walking notes make orientation easy
- ❻ 1:25 000 full scale maps & insightful dossier
- ❼ 7/7 telephone support in native English
- ❽ We transport your luggage from hotel to hotel. Option to travel along with your luggage if you need a rest day: subject to availability, places are limited²
- ❾ **Peace of mind:** your money is safe when booking with us - all passengers are fully insured for the initial deposit and balance, irrespective of the means of payment, in the unlikely event of our insolvency. See end of flyer for details or visit Your Money is Safe on our website
- ❿ Anglo-French family business that tries harder: join the family!



Courmayeur to Arnuva





La Fouly to Champex

**2023
prices:**

Booking

**Per person in double or
twin-bedded room:
€810.00 Euros or £695.00 Pounds
Sterling**

**Email, phone or Skype us and
we will email you everything
you need to reserve your tour.**



Notes

¹ We reserve the right to alter parts of the above programme for the benefit of group safety and the quality of the overall experience.

² This covers one piece of luggage per person up to 20 kgs in weight. Supplements apply for overweight luggage and we accept no responsibility for lost valuables. We advise you not to bring computers and business-related equipment.

Travelling with your luggage must be booked the night before and is subject to a fee of approx. 40.00 Euros per person.

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Delighting Mind, Body and Sole!

Peace of Mind

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