

11 Day Tour du Mont Blanc Itinerary

Distances listed in kilometers and miles
Height gain/loss listed in meters and feet

Day 1 Les Houches - Les Contamines

Distance: 16km/10mi
Height Gain: 646m/2119ft
Height Loss: 633m/2076ft
Time: 5.5 hours

Day 7 La Fouly - Champex

Distance: 15km/9.3mi
Height Gain: 420m/1377ft
Height Loss: 565m/1853ft
Time: 4.5 hours

Day 2 Les Contamines - Les Chapieux

Distance: 18km/11mi
Height Gain: 1316m/4317ft
Height Loss: 929m/3047ft
Time: 7.5 hours

Day 8 Champex - Col de la Forclaz

Distance: 16km/10mi
Height Gain: 742m/2434ft
Height Loss: 628m/2237ft
Time: 5 hours

Day 3 Les Chapieux - Rifugio Elisabetta

Distance: 15km/9.3mi
Height Gain: 1004m/3293ft
Height Loss: 258m/847ft
Time: 5 hours

Day 9 Col de la Forclaz - Tre le Champ

Distance: 13km/8mi
Height Gain: 1069m/3507ft
Height Loss: 1178m/3868ft
Time: 5.5 hours

Day 4 Rifugio Elisabetta - Courmayeur

Distance: 18km/11.1mi
Height Gain: 460m/1500ft
Height Loss: 1560m/5118ft
Time: 5.5 hours

Day 10 Tre le Champ - Refuge La Flegere

Distance: 8km/5mi
Height Gain: 733m/2404ft
Height Loss: 257m/843ft
Time: 4 hours

Day 5 Courmayeur - Rifugio Bonatti

Distance: 12km/7.5mi
Height Gain: 860m/2821ft
Height Loss: 101m/331ft
Time: 4.5 hours

Day 11 Refuge La Flegere - Les Houches

Distance: 17km/10.5mi
Height Gain: 772m/2532ft
Height Loss: 1546m/5072ft
Time: 6.5 hours

Day 6 Rifugio Bonatti - La Fouly

Distance: 20km/12.5mi
Height Gain: 895m/2935ft
Height Loss: 1410m/4625ft
Time: 6.5 hours

