

DESTINATION

Free Maps

Attitude profile and
how to get a free map

Practical

Routing tips of the TMB

TOUR DU MONT BLANC

The travel magazine of Worldtrip-Blog.com **NO.1**



Worldtrip-Blog.com

Infos & Pictures

Photography

Amazing pictures
of the famous TMB

Discovery

Hiking trail crossing
3 countries



Tour du Mont Blanc (TMB) 170 km,
10.000m of ascent and hiking through 3
countries in a **breathhtaking**
scenery, the Tour du Mont Blanc is one
of the world's greatest hiking trails.

DESTINATION contents TMB



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Introduction

Thank you for getting my Travel magazine for the TMB.

Before I did the Tour du Mont Blanc I searched a lot of information in the internet but I couldn't find some for my needs. That is why I wanted to create a magazine that contains all the useful information that I was searching for. In the end I did this tour without some planning and of course it was fine too, but that trail is a lot easier if you plan ahead. I don't want to waste a lot of money on travel books and that is why I give my travel magazines for free for my newsletter readers. I hope you'll enjoy my little travel magazine. All images in this magazine are from my tour. Please tell me what you think about my magazine. I'm always happy to improve it. If you think that you have some good information too, then don't hesitate to contact me on www.worldtrip-blog.com. If you like it, I would be very happy for a like on my [Facebook page](#).

The pdf version of this ebook with all the interactive links you can get for free on this site: www.worldtrip-blog.com/tour-du-mont-blanc



Route Info

The following sites show all the useful informations about the route of the TMB including starting point, end point, TMB signs, shopping possibilities and more...

TH | [PHOTOS WORLDTRIP-BLOG.COM](https://www.worldtrip-blog.com)



La Ville de Glaciers
on the route of the day 1
after la Ville de Glaciers.



Route Informations

- **Start and end point:** Small french village Les Houches
- **Direction:** normally you walk anti clock wise the TMB. It's better because you'll have the hardest parts at the first days.
- **Signs:** the TMB is easy to find. There are a lot of TMB signs along the way. You can't miss it. Characteristic are the green or yellow signs. Here are some examples of the signs:



- **Water:** You can fill up your bottle almost every 2 hours for free. There are a lot of water hähne,
- **Toilets:** You can use the open toilets in the refuges and public toilets in the mountain vil-lages. Almost every 2-4 hours there are some possibilities.
- **Shopping possibilities:** The biggest supermarkets you can find in Chamonix, les Houches, les Contamines-Montjoie, Courmayeur, la Fouly ...
- **Money:** In France and Italy you can pay with Euro €. All the major credit cards like VISA and Mastercard are widely accepted. Always take some cash with you. In Switzerland you need Franken. When you cross the border from Italy to Switzerland in the next mountain village "la Fouly" there is a cash machine where you can get some Franken. Be prepared that Switzerland is one of the most expensive country in the world.



La Ville des
Glaciers
on the way from
la Ville des Gla-
ciers, 1789m to
the Refuge des
Mottets.

- **Food:** You don't have to carry your own food with you because on almost every refugee you can buy some basic meals. It cost between 10-15€. In Switzerland 20-30 Franken. If you're on a tight budget you can buy your food in the mountain villages. So you have to carry your food for 2-3 days. On the alms you can buy very tasty cheese. It's a must do on the TMB to buy self made mountain cheese.
- **What to buy?**
 - France: the french bread "Baguette" in the bakeries and cheese.
 - Italy: Italian Pizza in Courmayeur.
 - Switzerland: Chocolate and Cheese.
- **What to pack?** I would suggest a maximum of 8 kg. Be prepared for every weather condition like sun, rain and snow. The weather in the mountains change very fast.
- **My Packlist:**
 - Jacket for all weather conditions.
 - Sunglasses
 - Fleece Jacket or Fleece Sweater
 - Hiking Shoes
 - Backpack
 - Hiking Sticks
 - First Aid Kit
 - Ultra light Tent
 - Thermarest lite
 - Good Sleeping Bag, the nights are very cold
 - Photo Camera
 - UV Filter to reduce reflections on water, grass etc.
 - Sun Cream
 - Cooker, not really necessary
 - Clothes to change
 - Sun protector lip stick
 - Blister plaster
- **best Tourguide:** - Tour of Mont Blanc: Complete two-way trekking guide
- **best Hiking Map:** - Massif et tour du Mont-Blanc, get it in Chamonix, France
- **Where to get a free map?** [Click here for the trail on open street map. You can zoom in how you like it.](#)



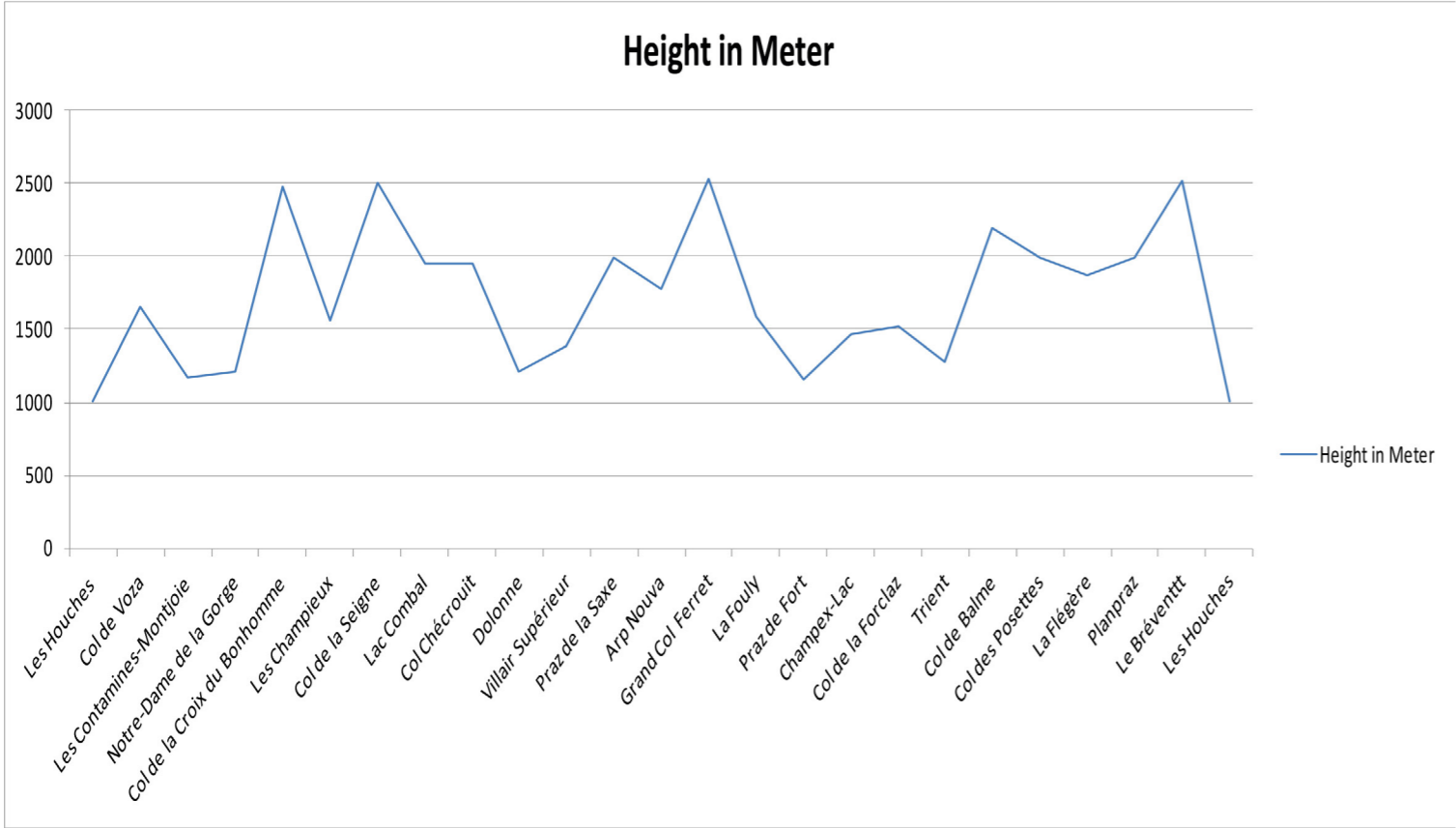
- **Where can I shower?** - You can take a shower in the refugees if you want. It cost between 1-5 €. Or safe it and swim in the mountain lakes. :)
- **Best travel time:** Mid June until mid September
- **Accommodation:**
 - In the mountain villages I would suggest good B&B or hotels. Here you can recover and get back your energy. Here you can find a choice of a good accomodation in the villages:
 - **Mountain Villages** with good accomodation along the way:
 - Les Houches (Starting and End Point):
 - [Chris Tal Hotel - Don't miss the message for](#)
 - les Contamines, France
 - [La Chemenaz Hotel - very nice outdoor pool and tube.](#)
 - Courmayeur, Italy
 - [Romantik Hotel Villa Novecento - wow](#)
 - Champex
 - [Au Vieux - great](#)
 - Chamonix
 - [Heliopic Sweet and Spa Hotel - love it](#)
- **- Refugees:**
 - Chalet de Miage
 - la Balme
 - Col de la Croix du Bonhomme
 - Refuge de la Nova
 - Chalet-Refuge des Mottets
 - Col Chécroul
 - Refuge Giorgio Bertone with best views to the top of mont blanc
 - Refuge Elena
 - Col de la Forclaz
 - Col de Balme
 - Refuge de la Pierre á Bérard
 - Refuge du col d'Anteme



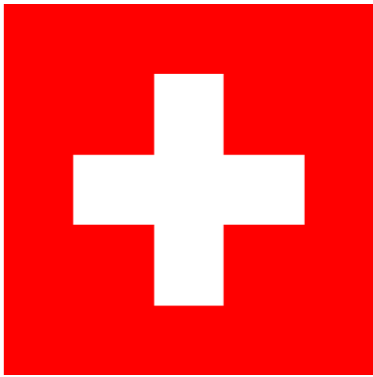
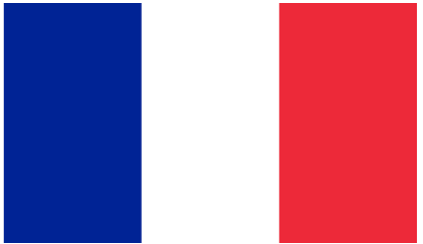
[click here for the list of all the huts on the tour du mont blanc](#)

ROUTE INFO

• Attitude Profile Map:

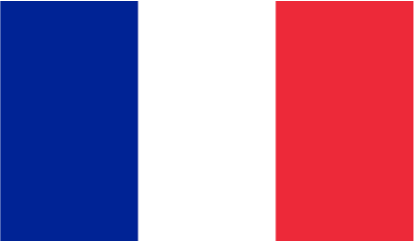


My pictures of the





One day before
The finisher line in Chamonix, France for the famous ultra marathon UTMB. Only 2500 runners are allowed to take part on this big event. Look at the UTMB Site for more informations.



One day before
On the route to Chamonix, France.



Day 1
We started in Les Houches and walked anti clock wise. This is the first ascent.



Day 1
First break. Very good weather conditions. 30°C.



Day 1
Animals along the way. Cows, sheeps, marmots, birds....



Day 1
Church in les Contamines



Day 1
Our first camp ground directly at the church. Here you can fill up your bottle with fresh water



Day 2
Our breakfast early in the morning



Day 1
Church Notre Dame de la Gorge.



Day 2
Col du Bonhomme



Day 2
On the way to the Refuge du Col de la Croix du Bonhomme.



Day 2
On the way to les Chapieux





Day 2
On the way to the
Chalet-Refuge des
Mottets.



Day 2
La ville de la glaciers, 1789m

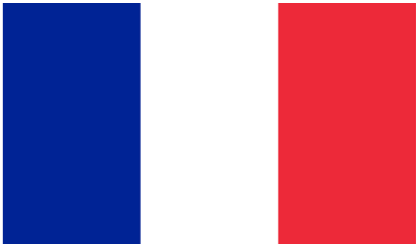


Day 2
View to the glacier at
our camping place.





Day 2
Our camping ground
close to the Chalet-
Refuge des Mottets
around 2000m.



Day 2
Last photos of day 2.
Around our camping
ground. It's an amazing
place.



Day 2
Les glacier





Day 3
We hiked up to Col de la Seigne, 2516m. The weather was changing very fast. Here we crossed the border to Italy.



Day 3
That's me. Cold and rainy day... :)



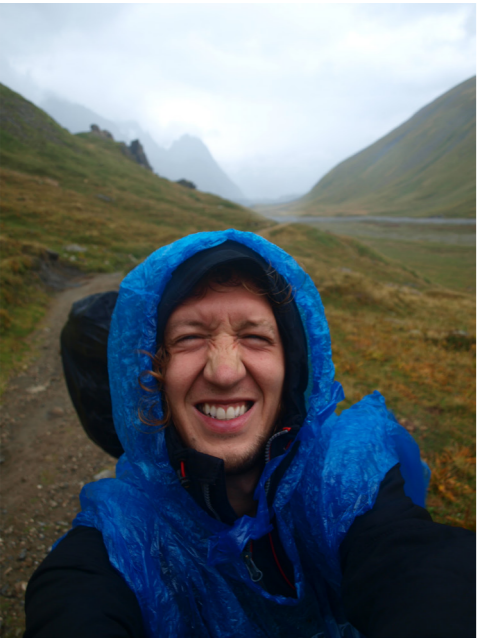
Day 3
Despite the rainy day it was a incredible landscape. I thought almost that I'm in the highlands of Scotland.





Day 3
The right picture is of the lake miage ("Lac du Miage"). It was a detour of around one hour. I could not say that it was worth it because it was a very tough day. We wanted to walk until Cour-mayeur.

Day 3
On this trek you can't stop taking photos... :)



Day 3
That's me with my Niagara Falls rain coat. :) Ha ha.. :)





Day 3

Finally we arrived safely in Courmayeur. It was the hardest day on the whole trek. I was totally exhausted. We walked from Chale-Refuge des Mottets to Courmayeur. The descent at the end to the village was way to much. But we kept going. I almost could see the Italian Pizza directly in front of my face. So we just kept going. And all the energy came back when I finally ate the Pizza. Look how great it is! :) On this day we camped anywhere in the village. Unfortunately I didn't make any picture of our camping ground.. I was too destroyed... :)

END of Day 3



Day 4

The following day the weather was just perfect. It was our highlight day of the whole tour. We couldn't stop to make photos. It's always good to have a break with good cheese.



Day 4

On this day we had the best views to the Mont Blanc ever. We where so lucky because often the Mont Blanc is in big clouds and you can't see the top.

MONT BLANC





Day 4
Photos along the way to Refuge Elena





Day 4
View from the Refuge Elena



Day 4
Our camping ground close to the Refuge Elena on around 2000m. It was a ice cold night and very windy.

END OF DAY 4



Day 5
We crossed the border from Italy to Switzerland at Petit Col Ferret.





Day 5
On this day we walked from Refuge Elena to the lake Champex. Unfortunately it rained a lot at the lake and I didn't take any photos of our camp ground. We camped in the forest very close to the lake.

END OF DAY 5



Day 6
After a good morning swim we bought some very good bread in a bakery of Champex.





Day 6
These pictures shown the way from Champex to Col de Balme. We camped at les Herberges.



Day 6
My blister after the 6 day.





Day 7
We hiked from Les Herberges back to our starting point Les Houches. The weather changed again and we didn't saw a lot. In the morning we had our first snow flakes. We finished our tour in Les Houches. We did it. We where so lucky! It was an amazing tour and I would definitely do it again.



Closing

Thank you for reading my first litte travel magazine of my Blog worldtrip-blog.com. If you have any suggestions to improve this magazine please write me. The PDF Version you can download on my website. If you want to use my pictures for your own magazine or website please contact me first and respect my copyright. All pictures in this magazine and on my website are taken on my tour. If you want more free stories of my trips around the world join my free [newsletter](#)(it will be always free and I'm very lazy so you don't get a lot of emails) and like my [facebook page](#). I would really appreciate it. Thank you for joining me on my trip!

Sincerly Tobias



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