



TMB LUNCH AND WATER STOPS

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Staying fuelled and hydrated is key to any mountain adventure. That's why we've put together this helpful list of places where you can fill up a water bottle or stop for some food.

While we've tried to include as much as possible, things change on the trek on a daily basis. Water fountains are shut off and refuges stop serving lunch so always prepare to go most of the day with the food and water in your back pack.

Enjoy and remember, take it easy on the cheese, wine and pizza if you've still got a big climb to do!

LES HOUCHES TO REFUGE DE MIAGE/ AUBERGE DU TRUC/ LES CONTAMINES-MONTJOIE

Lunch stop:

Refuge de Miage

Water stop:

Refuge de Miage (down by the river in the direction of Le Truc, follow signs for "toilettes")

REFUGE DE MIAGE/ AUBERGE DU TRUC/ LES CONTAMINES-MONTJOIE TO REFUGE NANT BORRANT

Lunch stop:

Les Contamines-Monjoie

Refuge Nant-Borrant

Water stop:

Notre Dame de la Gorge (one by the carpark toilet block and another across the bridge from the church)

LES CONTAMINES-MONTJOIE TO REFUGE DES PRES

Lunch stop:

Refuge Nant-Borrant

Water stop:

On the left of the trail opposite the Alpinus chalet just before arriving at Refuge Nant Borrant

Refuge Nant Borrant

LES CONTAMINES-MONTJOIE TO REFUGE DE LA BALME/ REFUGE DE LA CROIX DU BONHOMME

Lunch stop:

Refuge Nant-Borrant

Refuge de la Balme

Water stop:

One on the left of the trail opposite the Alpinus chalet just before arriving at Refuge Nant Borrant

Another at Refuge Nant Borrant

REFUGE DE LA CROIX DU BONHOMME TO REFUGE DES MOTTETS

Lunch stop:

Chambres du Soleil

Water stop:

Just as you leave Les Chapieux (nothing between Bonhomme and Les Chapieux)

Water at Refuge des Mottets

REFUGE DE LA CROIX DU BONHOMME TO RIFUGIO ELISABETTA/ CABANE COMBAL

Lunch stop:

Chambres du Soleil

Rifugio Elisabetta

Water stop:

Just as you leave Les Chapieux (nothing between Bonhomme and Les Chapieux)

Water at Refuge des Mottets

Water just below Rifugio Elisabetta

Water at Cabane Combal

REFUGE DES MOTTETS/ RIFUGIO ELISABETTA/ CABANE COMBAL TO COURMAYEUR

Lunch stop:

Maison Vieille

Water stop:

Water just below Rifugio Elisabetta

Water at Cabane Combal

Water at Maison Vieille

Water at Courmayeur Tourist Office

COURMAYEUR TO RIFUGIO BERTONE

Lunch stop:

Rifugio Bertone

Water stop:

Rifugio Bertone

COURMAYEUR TO RIFUGIO BONATTI

Lunch stop:

Rifugio Bertone

Water stop:

Rifugio Bertone

Rifugio Bonatti

COURMAYEUR TO ARP NOUVAZ

Lunch stop:

Rifugio Bertone

Rifugio Bonatti

Chalet Val Ferret

Water stop:

Rifugio Bertone

Rifugio Bonatti

Chalet Val Ferret

COURMAYEUR TO RIFUGIO ELENA

Lunch stop:

Rifugio Bertone

Rifugio Bonatti

Chalet Val Ferret

Water stop:

Rifugio Bertone

Rifugio Bonatti

Chalet Val Ferret

RIFUGIO BERTONE TO LA FOULY

Lunch stop:

Rifugio Bonatti

Chalet Val Ferret

Rifugio Elena

Water stop:

Rifugio Bonatti

Chalet Val Ferret

Rifugio Elena

RIFUGIO BONATTI TO LA FOULY

Lunch stop:

Chalet Val Ferret

Rifugio Elena

Water stop:

Chalet Val Ferret

Rifugio Elena

RIFUGIO ELENA TO LA FOULY

Lunch stop:

La Fouly

Water stop:

La Fouly

LA FOULY TO CHAMPEX

Lunch stop:

Champex

Water stop:

Water fountains in Praz-de-Fort and Les Arlaches

CHAMPEX TO TRIENT

Lunch stop via the Bovine route:

Alpage Bovine Buvette

Lunch stop via the Fenetre d'Arpette route:

Chalet du Glacier

Water stop via the Bovine route:

Alpage Bovine

Water stop via the Fenetre d'Arpette route:

Chalet du Glacier

TRIENT TO REFUGE DU COL DE BALME/ LES ECURIES DE CHARAMILLON/ AUBERGE LA BOERNE/ GITE LE MOULIN

Lunch stop:

Refuge du Col de Balme

Water stop:

Auberge la Boerne

AUBERGE LA BOERNE/ GITE LE MOULIN TO LAC BLANC/ LA FLEGERE

Lunch stop:

Refuge du Lac Blanc

Water stop:

None

LAC BLANC/ LA FLEGERE TO CHAMONIX

Lunch stop:

Chalet La Floria

Water stop:

Chalet La Floria

LAC BLANC/ LA FLEGERE/ PLAN PRAZ TO LES HOUCHES

Lunch stop:

La Bergerie du Plan Praz

Le Brevent Panoramic

Refuge de Bellachat

Water stop:

None