



... - Tour du Mont Blanc 11 Day



Trip map



"WITH THE RIGHT NAVIGATION APP, EVERY JOURNEY BECOMES AN ADVENTURE, NOT A GUESSING GAME."

TOUR DU MONT BLANC SELF GUIDED TREKKING: HOW TO USE OUR ITINERARY APP



ROADBOOK
for discovery

TOUR DU MONT BLANC SELF GUIDED TREKKING: HOW TO USE OUR ITINERARY APP

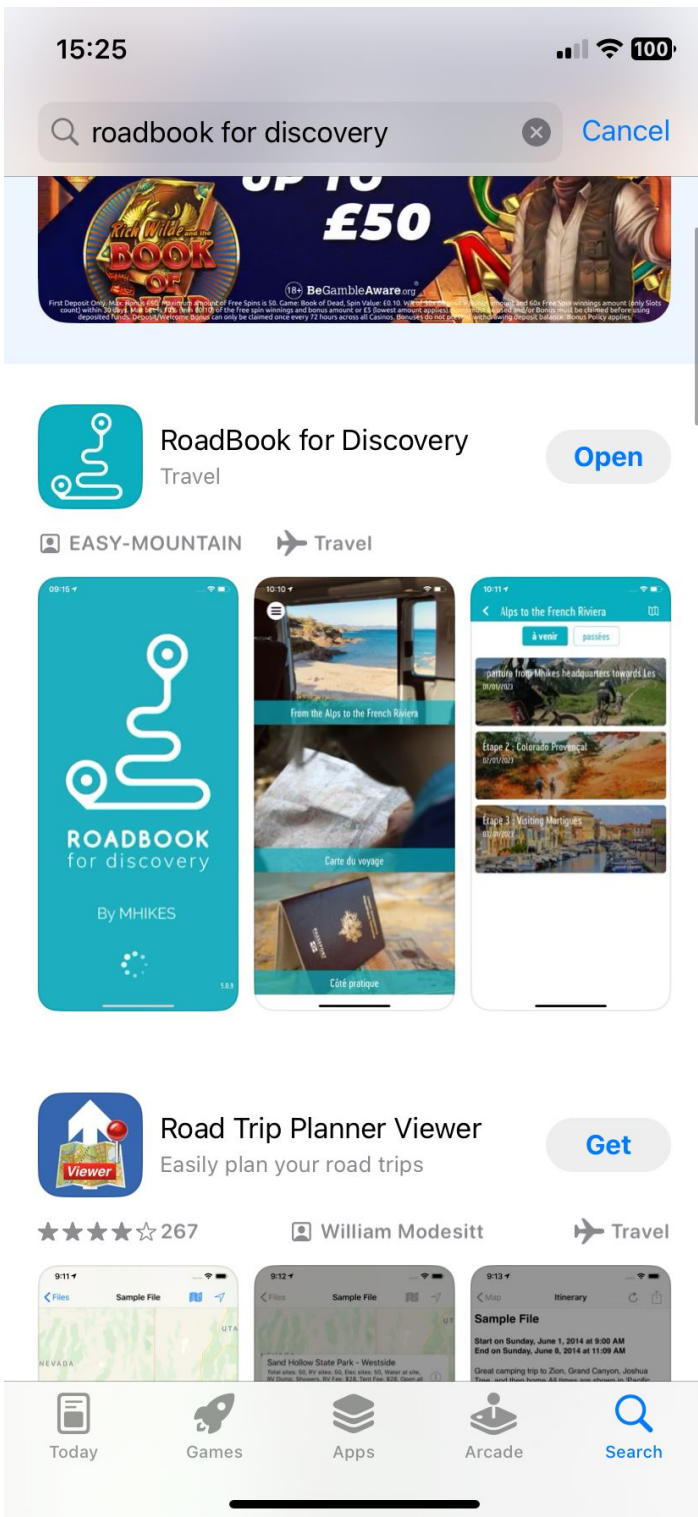
We've teamed up with **Roadbook for Discovery** to help power your adventures. Discover, plan, track and share your outdoor adventures with this great app designed for **self-guided trekking**. The app provides **detailed GPS navigation, offline access, and highlights key points of interest along your route**, allowing you to stay on track while exploring the landscape at your own pace.

Like any new software it's important you have a play with it before you need it. It takes a bit of getting use to but once you get to grips with it you'll wonder how you got on without it.

VIDEO - HOW TO USE SUMMARY

STEPS TO DOWNLOAD

- **STEP 1: DOWNLOAD ROADBOOK FOR DISCOVERY FROM THE APP STORE (IPHONE) OR GOOGLE PLAY (ANDROID)**




- **STEP 2: LOGIN WITH THE USERNAME AND PASSWORD PROVIDED TO YOU VIA EMAIL AND ACCEPT THE TERMS AND CONDITIONS**

10:40

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LOGIN

 beth@adventurebase.com



Tour du Mont Blanc



Adventure Base

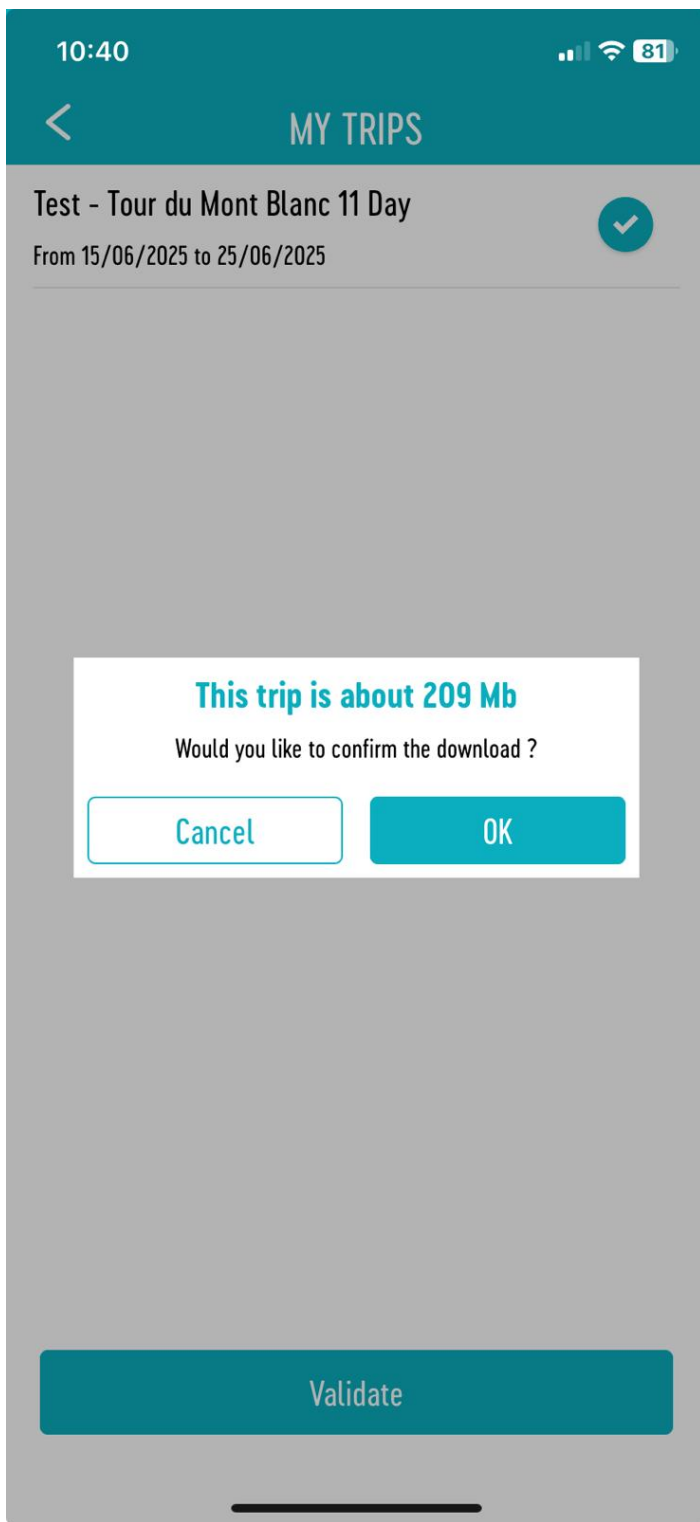


[I accept all the terms and conditions](#)

Log in

[Forgotten password?](#)

- **STEP 3: SELECT AND VALIDATE YOUR TRIP. YOU WILL NEED TO DOWNLOAD IT.**



- **STEP 4: PLEASE WAIT WHILE IT DOWNLOADS, DEPENDING ON DATA QUALITY, THIS MAY TAKE A FEW MINUTES.**

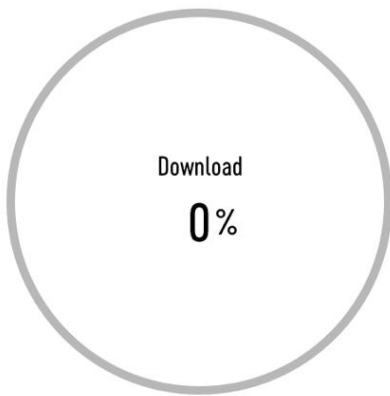
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DOWNLOAD

Test - Tour du Mont Blanc 11 Day

Download map 1/11



a community of local experts

Cancel

- **STEP 5: ACCEPT THE ROUTE DATA**

10:40

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DOWNLOAD

Test - Tour du Mont Blanc 11 Day

Download route 11/11

Route data

Your trip is ready. In order to help us improve the quality of our trips, do you allow Roadbook For Discovery to collect your trip data anonymously?
To cancel this authorization, log out.

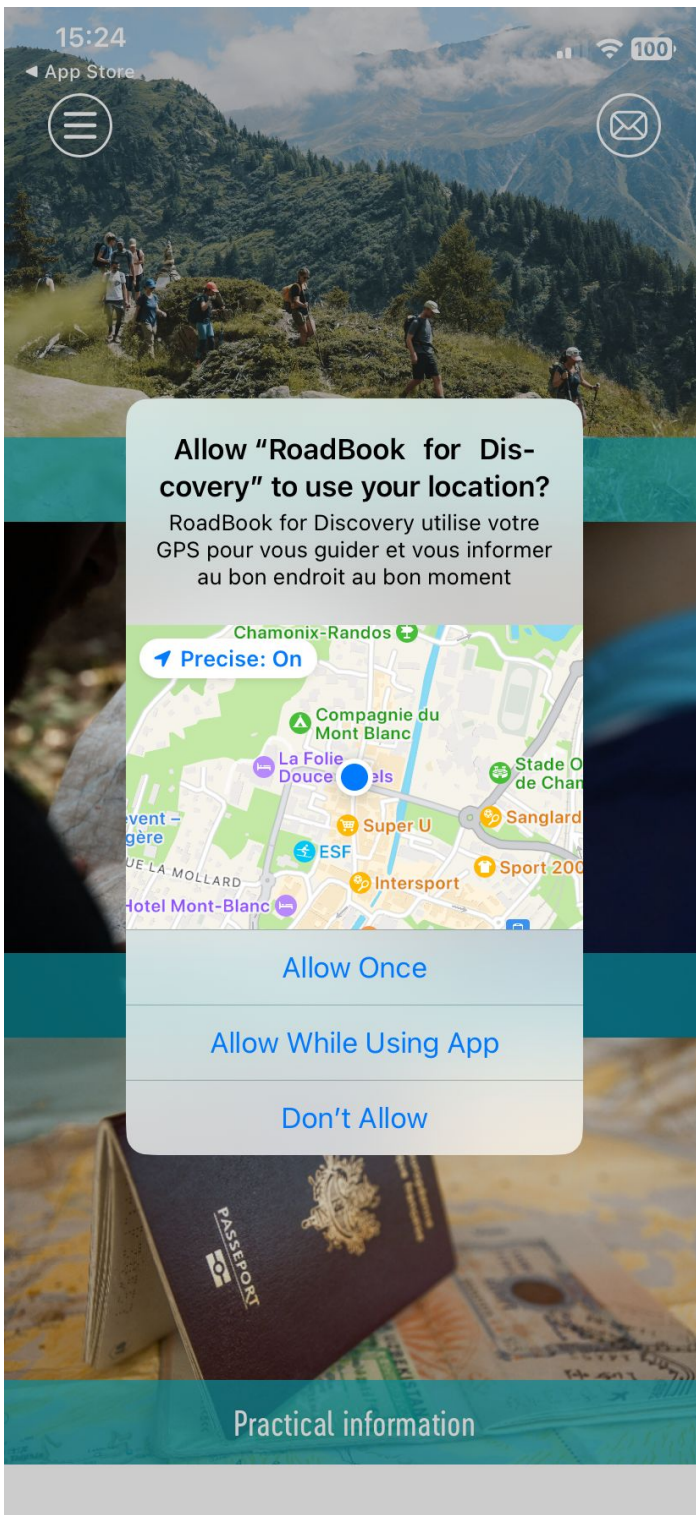
Refuse

Accept

precise altimetric profile

Cancel

- **STEP 6: IT IS ESSENTIAL TO ACCEPT THE LOCATION REQUEST**

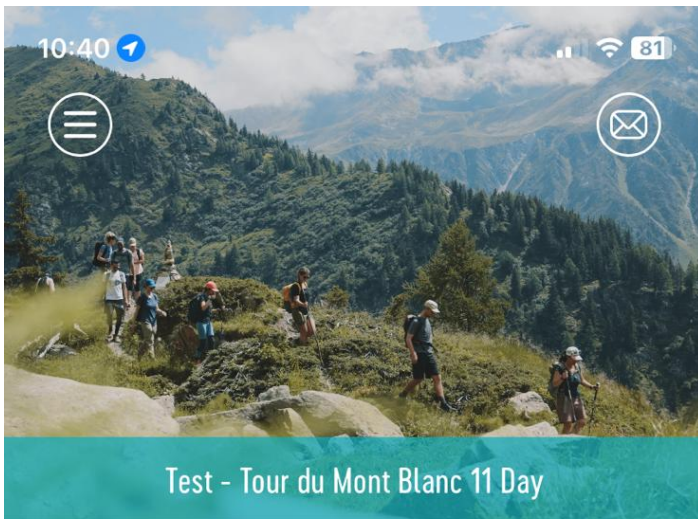


- **STEP 7: ONCE THE TRIP IS DOWNLOADED YOU WILL SEE YOUR HOME SCREEN**

HOME SCREEN:

You will see three categories displayed on your home screen

- 1: Your trip
- 2: The trip map
- 3: Practical information

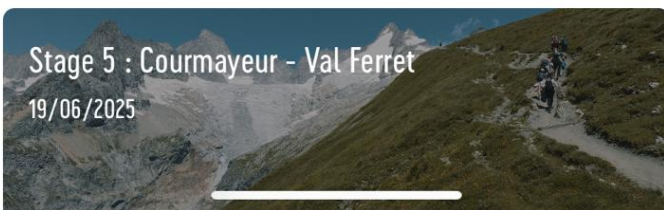


- Your Trip: By clicking here, you'll find the stages of your trip, presented day by day. Click on a stage to consult its general description and the day's hiking routes (on which you will be guided). Click on to view the content of the hikes, zoom in and click on points of interest.

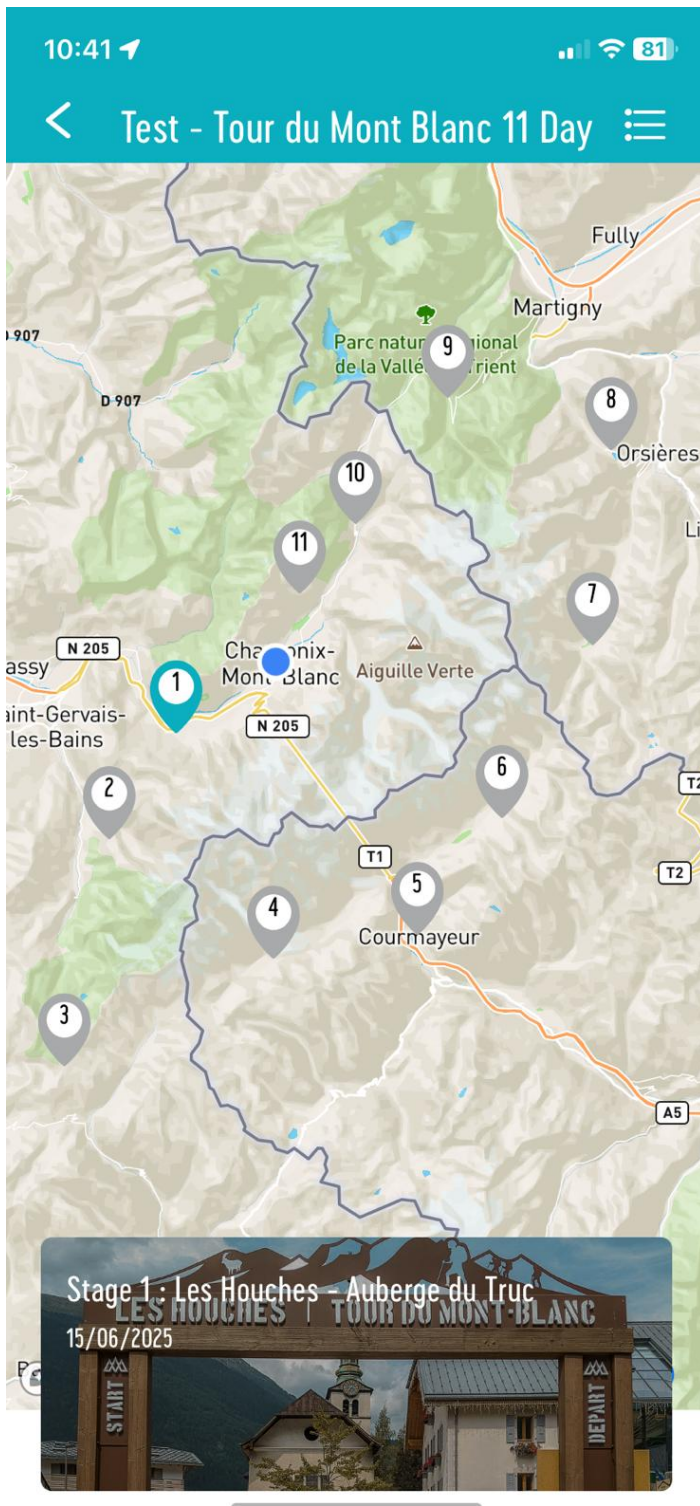


Next

Past



- Trip Map: This is the trip general map, showing the route of all the stages along the way. By clicking on the numbered markers, the corresponding stage appears at the screen's bottom. Clicking on them takes you back to the stage details.



- Practical Information: Here you will find your daily itinerary, rooming layouts, catering options etc. Along with documents containing information for your trip and security information.



Day 1

Les Houches - Auberge du Truc / Auberge du Truc / Half board /
Dormitory

Day 2

Auberge du Truc - Refuge Bonhomme / Refuge Bonhomme / Half board
/ Dormitory

Day 3

Refuge Bonhomme - Val Veny / Cabane Combal / Half board / Dormitory

Day 4

Val Veny - Courmayeur / Hotel Cresta et Duc / Half board / Private
double room

Day 5

Courmayeur - Val Ferret / Rifugio Bonatti / Half board / Dormitory

Day 6

Val Ferret - La Fouly / Hotel Edelweiss / Half board / Dormitory

Day 7

La Fouly - Champex / Pension Plein Air / Half board / Private double
room

Day 8

Champex - Trient / La Grande Ourse / Half board / Dormitory

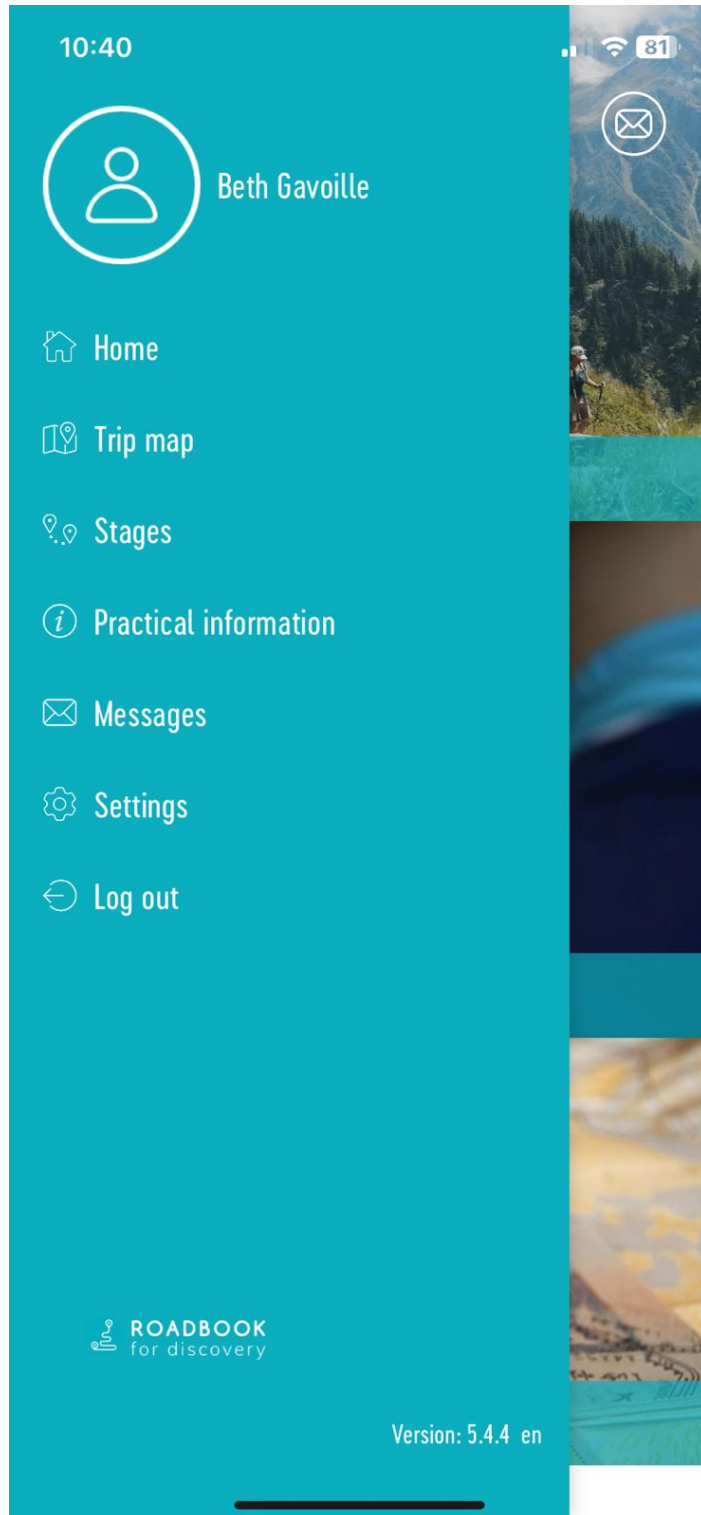
My documents

Security information

THE SIDE MENU:

Here you will find another way to access your trip, the map, practical information. You will also find your application settings and the log out button. Please note if you log out you will lose your eRoadbook and have to redownload from the beginning. There is a certain amount of downloads allocated per itinerary so please make sure to stay logged in.

Note: The messaging function will not be used.



MY DOCUMENTS:

Here you will find many helpful resources for your trek such as the kit list, pre trip information, insurance recommendations, how to choose the right backpack and much more!

Note: All the documents are in the 'past' section



MY DOCUMENTS

Next

Past

Stage n°0 :



A True Mountain Experience



Choosing the Right Trekking Backpack



Dietary Requirements in Refuges



Insurance for your Adventure



Mountain Refuges, Simple Shelters, Big Adventures



Pre Trip Info and FAQs



Trekking Times Explained



KIT LIST



ADVENTURE
BASE



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PRE TRIP INFO AND FAQS



ADVENTURE
BASE

PREPARING FOR YOUR TMB ADVENTURE

SELF GUIDED TOUR DU MONT BLANC: PRE TRIP INFO AND FAQ'S

SELF GUIDED TOUR DU MONT BLANC: PRE TRIP INFO AND FAQ'S

Thanks for choosing Adventure Base for YOUR adventure. In this page you will find everything you need in order to better understand your trip. We hope this is the start of a wonderful experience in the mountains.

The Adventure Base Team.

WHAT NOW?

We're so pleased you've chosen Adventure Base for your Tour du Mont Blanc trek. From now until you arrive at the foot of Mont Blanc, we're here to help you prepare so you can get the most out of your experience.

Note: Our shortcuts and logistics page is not available in the documents section, as timetables are typically released in June and require updates. This means it cannot be accessed without data or WiFi. Please open the page a few days before your trip to download any timetables you may need, or check the information using mobile data along the route or WiFi the night before for the following day.

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PRACTICAL INFORMATION

Day 5

Courmayeur - Val Ferret / Rifugio Bonatti / Half board / Dormitory

Day 6

Val Ferret - La Fouly / Hotel Edelweiss / Half board / Dormitory

Day 7

La Fouly – Champex / Pension Plein Air / Half board / Private double room

Day 8

Champex - Trient / La Grande Ourse / Half board / Dormitory

Day 9

Trient - Tre le Champ / Auberge de la Boerne / Half board / Dormitory

Day 10

Tre le Champ - Refuge de la Flegere / Refuge de la Flegere / Half board / Dormitory

Day 11

Refuge de la Flegere - Les Houches

[Shortcuts and Logistics Page](#) - Please note you will need mobile data/wifi to access the 2025 timetables as they aren't released until around June.

My documents

Security information

EMERGENCY INFORMATION:

In the security information section, you'll find the best ways to contact Adventure Base during your trek, along with the mountain rescue number in case of an emergency.

10:42 ↗

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EMERGENCY INFORMATION

For urgent issues:

Phone: [+33749776771](tel:+33749776771) (French Office)

For non urgent issues:

Phone: [+442038134779](tel:+442038134779) (UK Office)

Email: hello@adventurebase.com (we aim to respond rapidly)

What to do in an emergency?

If critical, dial [112](#)



YOUR TRIP:

Learn how to navigate, look ahead, see variant routes, plan shortcuts and see the details for each day.

- Open the stage you'd like to look at, here you will find the description of the day, the route and the accommodation for the evening.



Description

Today is an easy first day to ease into the trek. Ascend on foot up to the Col du Voza and then follow path along parallel to the train tracks to the Bellevue train station where the variant Col du Tricot trail leads down to the right.

Taking the Bellevue cable car you'll reach the Bellevue Plateau in minutes. It's then just a 5 minute walk (very well signposted) to pick up the variant trail. Cross the railway tracks and follow the path for Col du Tricot. After traversing the alpine meadows with views of the spectacular Bionnassay glacier you'll cross the iconic Himalayan suspension bridge. After a short climb you'll come to a clearing with several large boulders – the view of the glacier is a good one from here and it's great spot to have lunch. If you look carefully here you'll find wild bilberry bushes everywhere.

You can now see the top of the Col du Tricot before you. It's a steady climb up to the grassy saddle. Spend some time here to admire the views over the Miage Valley and over to the Col du Bonhomme. You can spot Refuge Miage far down in the valley. If you look carefully to your left, you'll see a stone archway on the 'smugglers route' to Refuge Plan Glacier. The descent down is STEEP and takes around an hour. Take it easy and use your poles.



Les Houches- Auberge du Truc



Auberge du Truc

15/06/2025

- By clicking on the accommodation you will be able to see a description of the refuge/auberge/hotel with any relevant information you may need to know for your stay. Along with the contact details, if you are running late and expect to arrive at the refuge later than 18:00pm please call them to let them know. You can also pin point them on the map and have a direct link to their website.



Chemin du Truc 74170 ST. GERVAIS LES BAINS

Phone: 33450931248

aubergedutruc@hotmail.fr

<https://goo.gl/maps/96KvEBVVXyrTXe2cA>

L'Auberge du Truc is located on a plateau 1750m above sea level on the Col du Tricot section of the Tour du Mont-Blanc. The panoramic view spans 360 degrees across the Domes de Miage and the Aravis mountain range. Le Truc is all about alpine pastures and has been run by the same family for the last 75 years ! You can try a tasty cold glass of milk at the inn and fromage blanc for a pure gourmet moment! The dormitory has 28 beds. The hiker's dinner is served in the evening and at lunchtime on the terrace or by the fire. Picnics cannot be ordered the day of arrival. We suggest stopping at Les Contamines the following day instead. No showers available.

- In this rural and tranquil setting, Le Truc is a little corner of paradise!

-
- By clicking on the track you will be able to see all of the information for your days hike. Along the top underneath you can see the statistics such as the ascent, descent and daily trekking times. You will be able to see the potential shortcuts and variants of the day. You can see the timetables for these shortcuts via the shortcuts and logistics page mentioned above. All of the 'Points of Interests' are listed below with the refuges you will pass, water points, toilet stops, restaurants, towns and bus stops/gondola stations.



Kick off the day by catching the Chamonix Valley bus to Les Houches. For those who want to stop at the Archway and official starting point, hop off at the Les Houches Marie stop. If you'd rather start with the Bellevue gondola, get off at the Bellevue stop instead.

Today's potential shortcuts:

Les Houches - Bellevue Gondola

* Distance saved: 5.2kms / 818m ascent

* June - September

Today's potential variants:

Col du Tricot (7.2kms / 596m+ / 675m- / 3 hours)

* The distances shown are for the variant trail between its junctions only, not the full main trail.

*We recommend taking the Col du Tricot variant **ONLY** in good weather conditions as it is very exposed. In bad weather/ early season follow the main TMB Route via Bionnassay and Le Champel.[Read less](#)

Best places nearby

Accommodation

Auberge de Bionnassay

10m at the foot of Mont Blanc, the Auberge de Bionnassay is originally an old

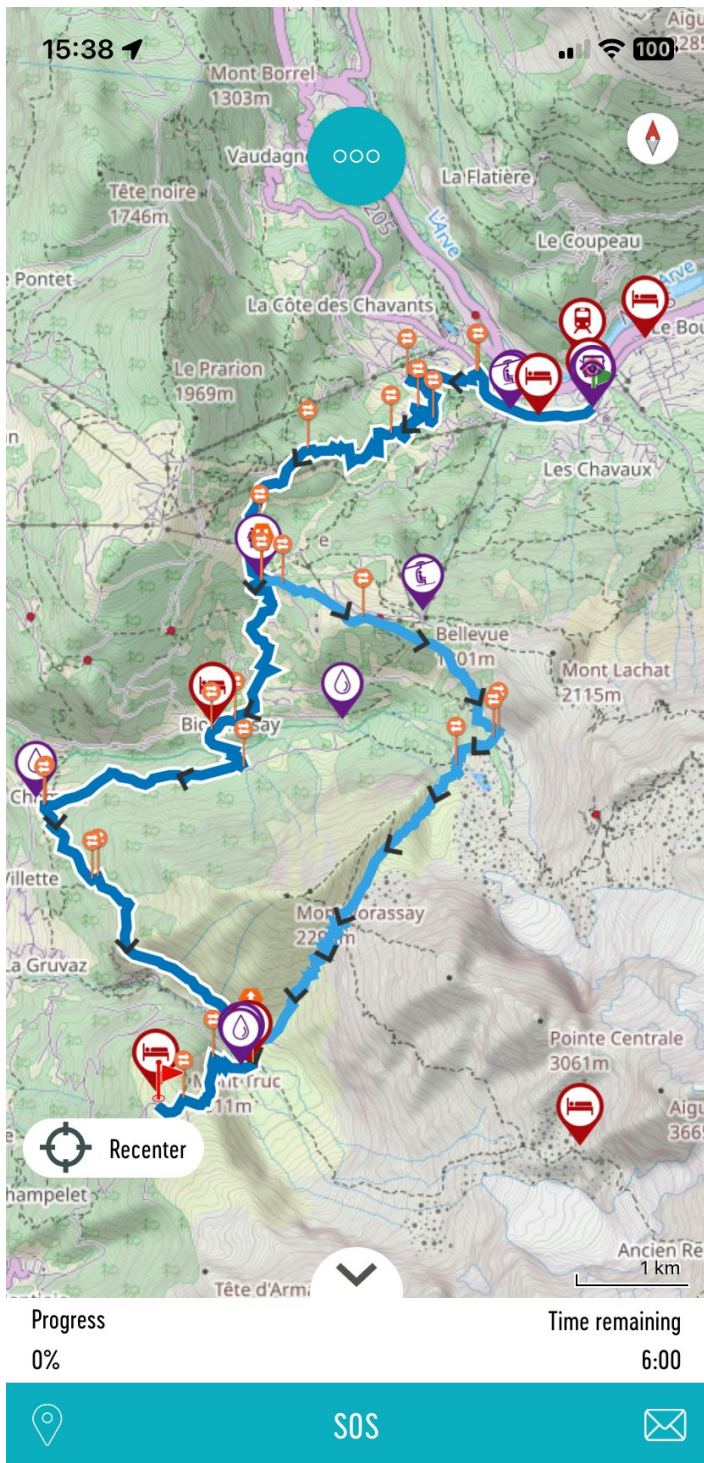
3084 Route de Bionnassay

74170 ST. GERVAIS LES BAINS

33450934523

Contact us

- By clicking the flag icon you can see your track. The lighter blue line is the variant that is available, you will have the choice to take it or not at the intersection. This one below for example is the Col du Tricot. The icons represent the 'Points of Interest' which you can click on to see more information. The green flag is your starting point and the red flag is your end point for the day.



- SOS will allow you to send your exact location via SMS. Or if you need to call the emergency services you can tell them your exact location.

10:43

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SOS



Security information



My location is \approx 6,6 m

E 6,869842

N 45,92543

Lock my location

Send my location via SMS

France 112



Call 112

- By clicking the circle with three dots at the top of the screen you can access your application settings too. Check the settings for sound, sleep, guidance and connection mode (online / offline). You can also set the distance at which directional POIs (points of interest) and track exit alerts are triggered.

10:44

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SETTINGS



Disable auto-lock



Play audio notifications



Time limit before closing notifications

10"

Off-track alert distance

30

Off



100m

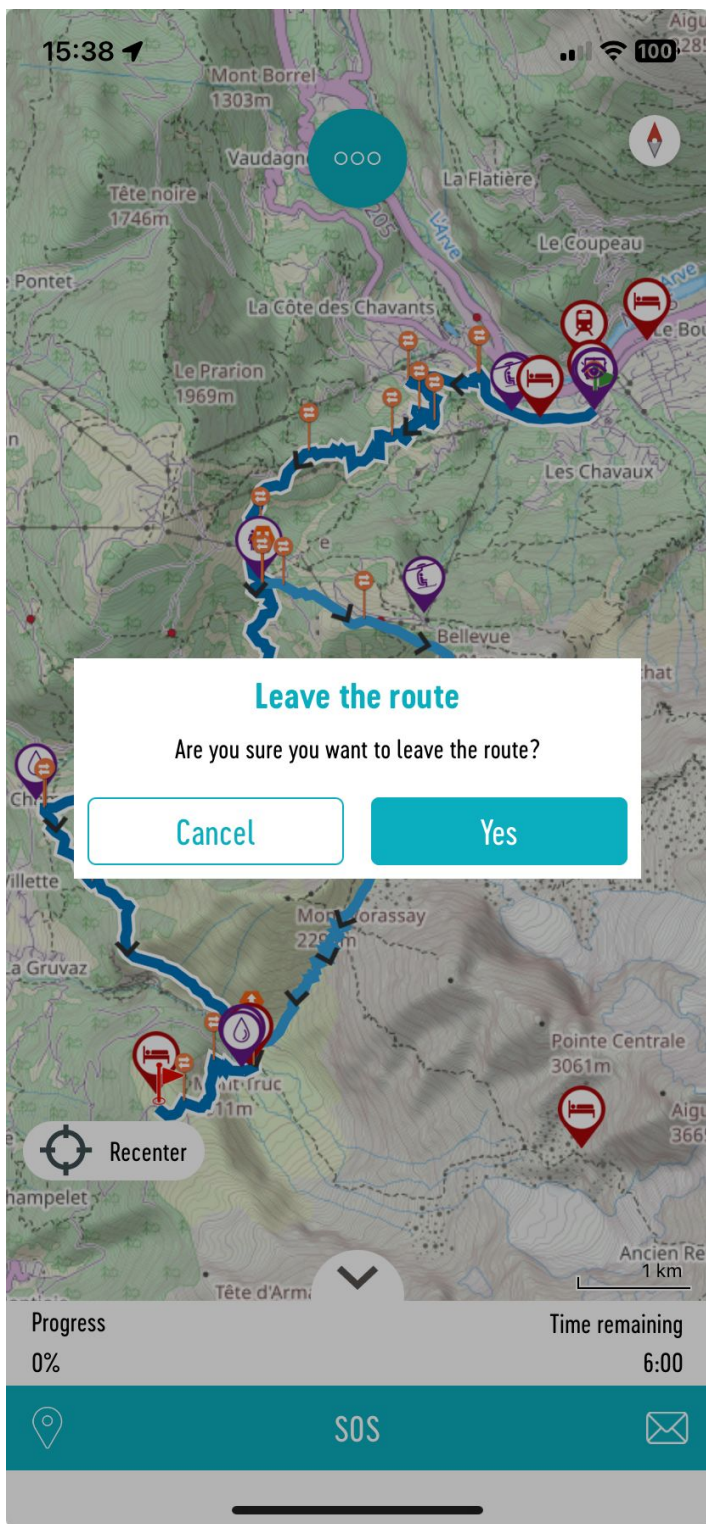


[Terms of Use](#)

Save

Version: 5.4.4 en

- Finally to exit the route you click the cross button inside the blue circle with three dots to return to the stage.



0 DAY - OFF YOU GO!

In the main menu, select the first stage and then the first route.

- To be guided to the starting point of the hike, click on the 'pin location' icon .
- If you're at the start of the hike, press the 'flag icon', walk a few meters and the GPS will locate you and magnetise you to the track. An audible alert tells you that guidance is starting: let yourself be guided!

TIPS AND TRICKS:

- Being magnetised to the track: Once you're on the track, voice guidance shows you the directions to take: you're magnetised to the track. If you leave the track, an audible and visual alert tells you that you've left the trail, and takes you back to it.
- POI's: directional points of interest to guide you along the trail by voice, e.g. "turn right". – Points of interest to discover the destination. They are triggered when you pass near them.
- Partners: Routes can include partners. By clicking on them, you can consult their description (address, telephone number, etc.). You can also be guided to them.
- Use an external battery for long trips.
- A sturdy case for your mobile is recommended.
- When your trip is downloaded, you can switch to airplane mode to save battery power.
- During the trip, you can put your phone in a pocket of your backpack or clothing to be guided by voice instructions only.
- In standby mode, the visuals of the direction and discovery POIs will only be displayed if you unlock your phone. On Android, to take full advantage of the application's features, remember to turn off the power-saving mode.

You can find answers to login and access questions in our Travel App FAQ journal. If you still need help, feel free to email us at hello@adventurebase.com.

Happy trekking.