

Le Tour

Montroc

Chamonix

Les Houches

Courmayeur

THIS PAGE WILL BE UPDATED IN 2025 ONCE THE NEW SEASON TIMETABLES ARE RELEASED

# TOUR DU MONT BLANC TREK

## LOGISTICS + SHORTCUTS

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## GETTING TO CHAMONIX-MONT-BLANC, FRANCE

Chamonix, known as the alpine adventure capital of the world, is very accessible.

- **Nearest airport:** Geneva, which operates regular flights from all major cities (We recommend using [Sky Scanner](#) to help plan your flights). The airport is roughly 1.5 hours from Chamonix
- **Shared transfer:** Approximately €55 each way for a direct door to door service with our partners Mountain Drop Offs. We recommend booking your transfers in advance directly with Mountain Drop Offs by [clicking here](#).
- **Bus options:** we recommend checking out [SwissTours](#) or [FlixBus](#).

**Note:** Shared transfer options may be limited during early-to-mid June and mid-to-late September. Private transfers can be pricey for solo travellers or small groups, so plan ahead to match transport availability with your flights.

## LES HOUCHES DIRECTIONS ('DOWN THE VALLEY')

- *Starting point for:* Western Route, 4 Day Turbo, 6 Day Family, 7 Day, 6 Day Fastpacking, 9 Day Adventurous and the 11 Day classic and hotels itineraries.
- *Ending point for:* Epic 3 Day, 6 Day Fastpacking, 9 Day Adventurous and the 11 Day classic & hotels only itineraries.

### Transportation:

- Bus no.1 to Les Houches (Price €1.50 pay to driver): The buses from Chamonix to Les Houches run every 30 minutes and the journey from Chamonix centre to the Bellevue stop (the téléphérique is directly opposite the bus stop) takes about 20-25 minutes, depending on traffic and how many stops the bus makes.
- The Bellevue téléphérique departs about every 15-20 minutes (they don't have a timetable) and takes about 5-10 minutes to get to the top, so we recommend factoring in up to 30 minutes for this. You begin your trek from the top of the Bellevue téléphérique.
  - Summer 2024 Timetable [here](#)

**Tip:** The famous TMB archway and the official start point of the TMB is located in the centre of Les Houches (bus stop Les Houches Mairie); it is a 5 minute walk from here to the Bellevue téléphérique.

## LE TOUR DIRECTIONS ['UP THE VALLEY']

- *Ending point for:* 4 Day Turbo itinerary

### Transportation:

- Bus no.2 to Le Tour (Price €1.50 pay to driver): The buses from Le Tour to Chamonix run every 30 minutes and the journey is around 30-35 minutes, depending on traffic and how many stops the bus makes.
- You can also take the Chamonix Valley train (the Mont Blanc Express) from Montroc which is a 20 minute walk from Le Tour.
  - Summer 2024 Timetable [here](#)

## MONTROC DIRECTIONS ['UP THE VALLEY']

- *Starting point for:* Epic 3 Day itinerary
- *Ending point for:* Eastern Route and 7 Day itinerary

### Transportation:

- Bus no.2 to Le Tour (Price €1.50 pay to driver): The buses from Chamonix to Montroc run every 30 minutes and the journey is around 30-35 minutes, depending on traffic and how many stops the bus makes.
- You can take the Chamonix Valley train (the Mont Blanc Express) to Montroc Le Planet.
  - Summer 2024 Timetable [here](#)

## COURMAYEUR DIRECTIONS ['THROUGH THE MOUNTAIN']

- *Starting point for:* Eastern Route itinerary
- *Ending point for:* Western Route and 6 Day Family itinerary

### Transportation:



- From either Geneva Airport or Chamonix you can get a private transfer with our transport partners [Mountain Drop Offs](#). We recommend booking your transfers in advance directly [here](#).
- If you would prefer to take a bus from Chamonix to Courmayeur check out [Arriva](#), [FlixBus](#) or [AlpyBus](#).
- For those looking for a more novel and scenic form of transportation, the [SkyWay Monte Bianco](#) gondola goes from Courmayeur up and over the Glacier du Géant and Vallée Blanche to the Aiguille du Midi before descending down into Chamonix. Please note this option is only possible in good weather and booking in advance is recommended.

**Tip:** Please bear in mind that during peak season and on weekends and holidays there can be long delays at the Tunnel du Mont Blanc with potential wait times of several hours – we recommend allowing extra time in your planning to account for this.

## SHORTCUTS ON THE TRAIL:

Along the route there are various parts that allow you to take either a bus, a train or a gondola/chairlift. Some of these tend to only run from July to early September.

**Tip:** Bear in mind that they don't always run to schedule so be prepared that these might not always be an option and that you will need to power through under your own steam.

***In order along the trail:***

### LES HOUCHES BELLEVUE

There is the option to start your trek at the top of Bellevue gondola in Les Houches. From the centre of Les Houches follow the main road in the direction of Bellevue.

- Timetable: [here](#)
- **2024 DATES:**  
From 8th June – 15th September  
07:30am – 17:30pm
- Distance saved: 5.2kms / 818 m+ / 2683ft+ / 2hrs trekking.
- Price: €17.50 one way

- Duration: 5 minutes, Frequency: Every 20-30 minutes



## LES CONTAMINES-MONTJOIE TO NOTRE DAME DE LA GORGE NAVETTE

There is the option to take a shuttle bus from Les Contamines Tourist Office – Notre Dame de la Gorge.

- 2024 Dates 29 June – 01 September
- Timetable: [here](#)
- Distance saved 5kms / 1-2 hrs road walking
- Price: Free shuttle
- Duration: 15 minutes, Frequency: Every 30-45 Minutes



## LES CHAPIEUX TO VILLE DES GLACIERS/ PARKING DES MOTTETS NAVETTE

There is the option to take a shuttle bus from Les Contamines – La Ville des Glaciers – Parking des Mottets

- **2024 DATES:**  
From 15th June – 15th September
- Timetable: [here](#)
- Distance saved: From Les Chapieux to Ville des Glaciers: 4.5km; to Parking des Mottets: 6km
- €4.00pp (Children under 12 free)
- Buy tickets from information centre Les Chapieux near the main shop.



## LES CHAPIEUX - BOURG ST MAURICE NAVETTE

There is the option to take a shuttle bus from Les Chapieux – Bourg St Maurice

- **2024 DATES:**  
From 15th June – 15th September
- Timetable: [here](#)
- For anyone with accommodation booked at Base Camp Lodge due to unavailability at Les Chapieux.
- Price: €6.00 pp

OR:

Taxi Aarthur (Bourg St. Maurice – Les Chapieux) / Phone : +33614182611

<https://www.taxibourgsaintmaurice.com>

- Price: €60 from Chapieux to Bourg St Maurice, €75 from Bourg to Ville des Glaciers the following morning – as this is where the shuttle bus from Les Chapieux stops. It saves around 1.5 hours of walking.





## VAL VENY (LA VISAILLE TO COURMAYEUR) SHUTTLE BUS

Option to get the bus to Courmayeur from La Visaille bus stop: 50 minutes' walk from Cabane Combal.

- 2024 Dates 07 June – 29 September
- Timetable: 07/28 June [here](#)
- Timetable: 29 June – 01st September [here](#)
- Timetable: 02-29 September [here](#)
- Distance saved: 8.9kms / 526m+ / 1843ft + / 2-3hrs trekking
- Price: Free bus





## PLAN CHECROUT TO DOLONNE (COURMAYEUR) GONDOLA

There is the option to take the gondola down into Courmayeur.

- Timetable: [here](#)
- **2025 DATES:**  
Open from 28th June to 31st August 2025  
09:30am – 17:50pm
- Distance saved: 2.5kms and 495m descent
- Price: €10.50 Dolonne Gondola only

## Option to take Maison Vielle chairlift to Plan Checrouit

- **2025 DATES:**  
Open from 28th June to 31st August 2025
- 09:30am – 17:20pm
- Distance saved: 1.5kms and 279m descent
- Price: €16 Dolonne Gondola and Chair lift, €6.00 just the chair lift



## CHAMONIX - COURMAYEUR

### **2024 TUNNEL CLOSED FROM 02ND SEPTEMBER 2024 17:00H**

- From Chamonix you can get a private transfer with our transport partners [Mountain Drop Offs](#). We recommend booking your transfers in advance directly [here](#).
- If you would prefer to take a bus from Chamonix to Courmayeur check out [Arriva](#), [FlixBus](#) or [AlpyBus](#).
- Please bear in mind that during peak season and on weekends and holidays there can be long delays at the Tunnel du Mont Blanc with potential wait times of several hours – we recommend allowing extra time in your planning to account for this.
- For those looking for a more novel and scenic form of transportation, the [SkyWay Monte Bianco](#) gondola goes from Courmayeur up and over the Glacier du Géant and Vallée Blanche to the Aiguille du Midi before descending down into Chamonix. Please note this option is only possible in good weather and booking in advance is recommended.

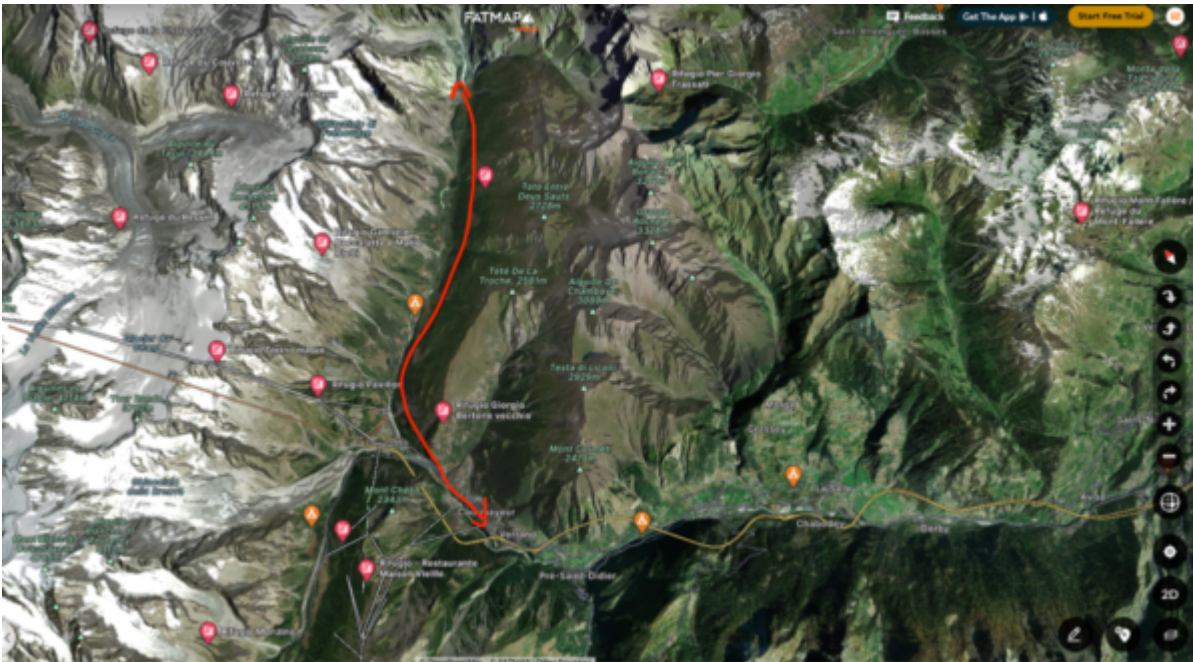


## VAL FERRET (COURMAYEUR TO ARP NOUVAZ) SHUTTLE BUS

There is the option to take the Val Ferret bus (there are many stops along the valley, most commonly Bonatti, La Vachey and Arp Nouvaz.)

- 2024 Dates 07 June – 29 September
- Timetable: 07/28 June [here](#)
- Timetable: 29 June – 12 July [here](#)
- Timetable: 13 July – 01st September [here](#)
- Timetable: 02-29 September [here](#)
- Distance saved: 17.5kms, 1236m+, 4054ft+ / 5-6 hrs
- Price: Free bus
- Duration: 40 minutes, Frequency: Every 15-30 minutes

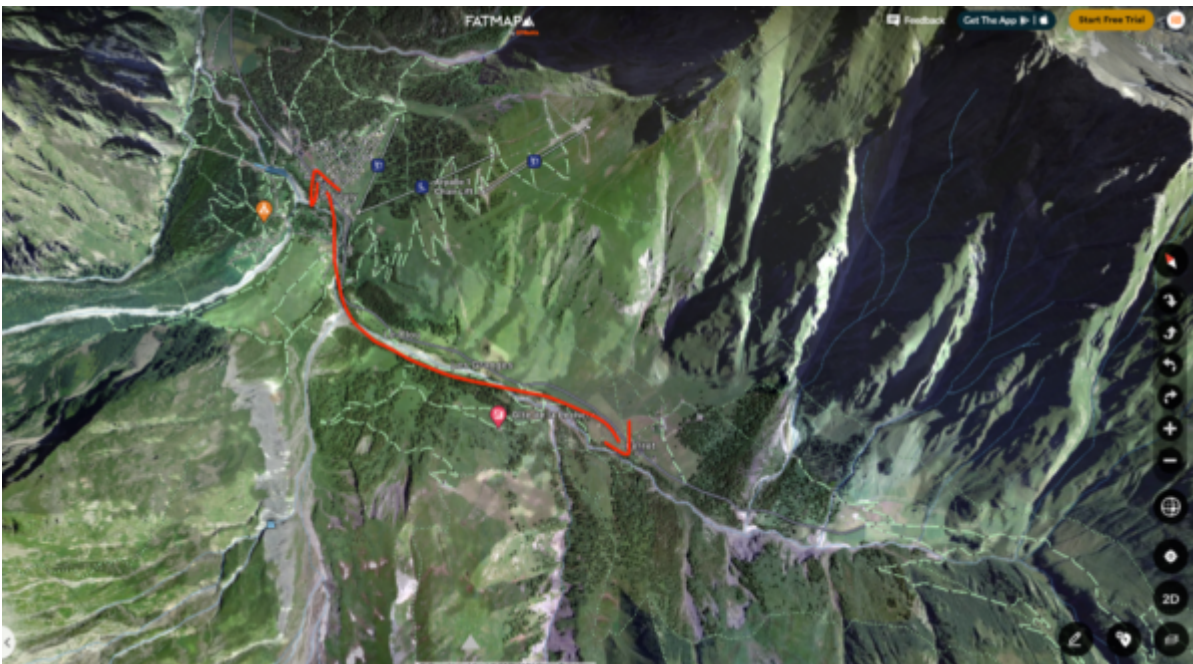




## FERRET - LA FOULY BUS

Option to take bus from Ferret – La Fouly (same bus if going on to Champex).

- Timetable: [here](#)
- Distance saved: 2.2kms / 45 minutes trekking



## LA FOULY - CHAMPEX BUS

Option to take bus from La Fouly – Champex. This requires a change in Orsieres from Bus 1 to Bus 2.

- Timetable : [here](#)



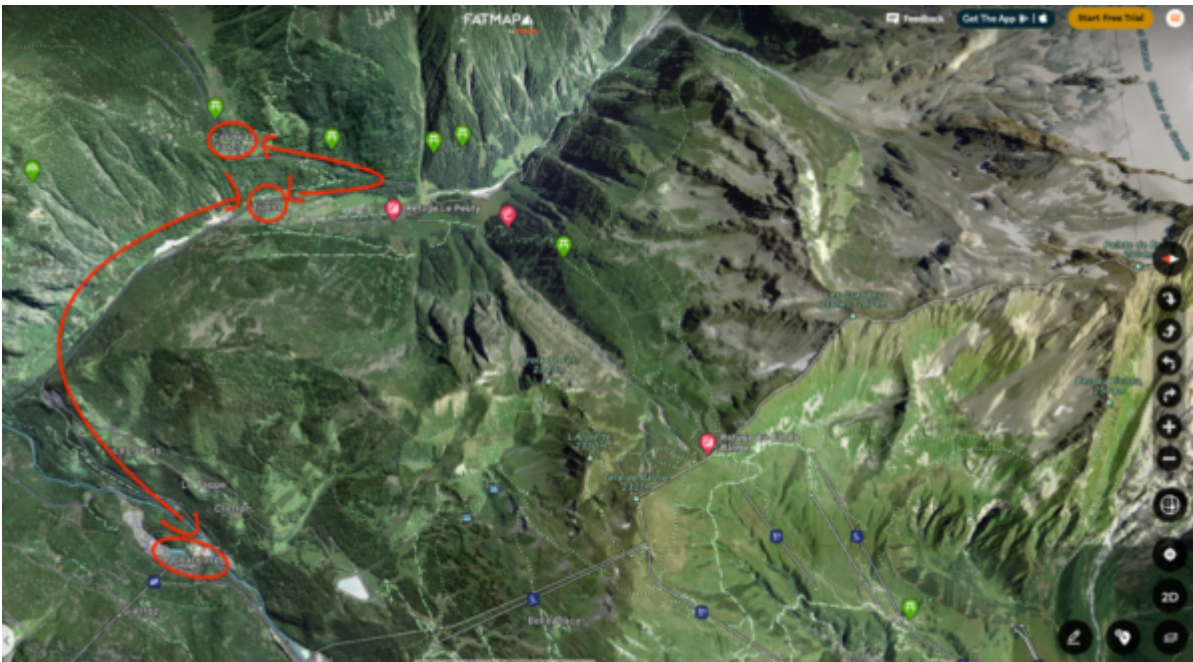
- Distance saved 14.8kms/ 578m+ / 1895ft+ / 3-4hrs trekking.
- Price: €12



### COL DE LA FORCLAZ/ TRIENT / LE CHATELARD

Option to take the bus from Col de la Forclaz – Trient – Le Chatelard (swiss boarder). From Le Chatelard you can continue via train to Vallorcine and the Chamonix Valley.

- Timetable : [here](#)



### LE TOUR - AUTANNES / CHARAMILLION LIFT

- Timetable: [here](#)

- **2025 DATES**

- **From 14/06 to 13/07/2025**

Opening hours daily between 9 am and 5 pm.

Last ascent Return journey 16.30

Last descent 17:00.**From 14/07 to 24/08/2025**

Opening hours daily between 8.30 am and 5.30 pm.

Last ascent Return journey 17.00

Last descent 17:30.

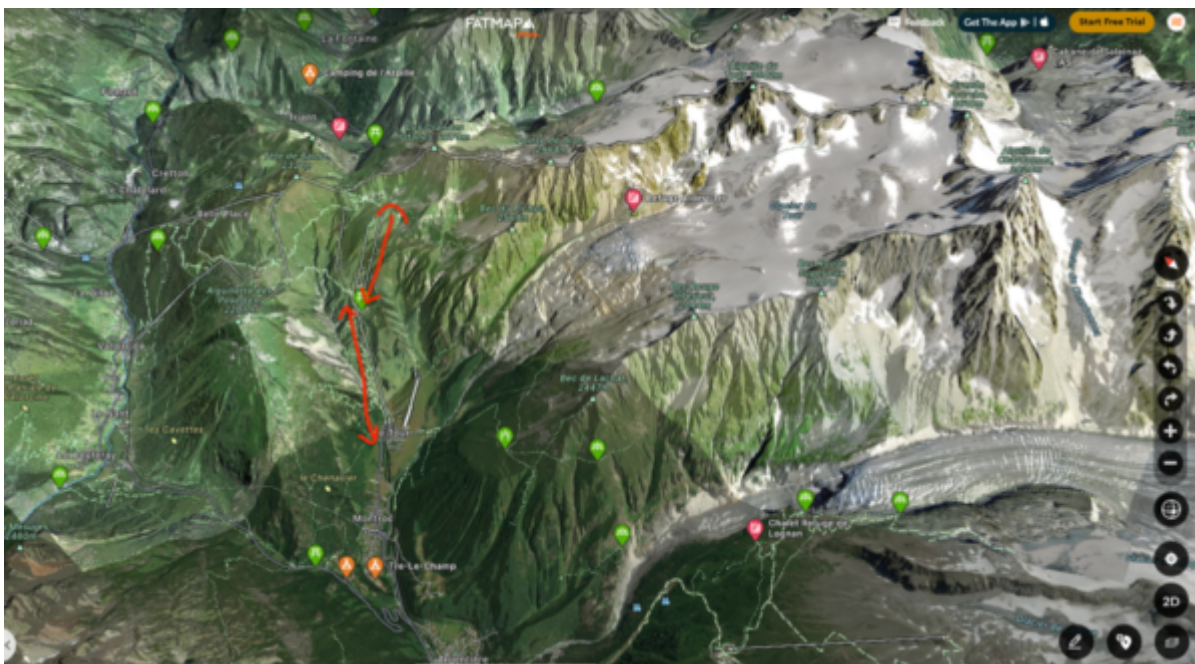
- **From 25/08 to 14/09/2025**

Opening hours daily between 9 am and 5 pm.

Last ascent Return journey 16.30

Last descent 17:00.

- Distance saved: saves 3.5kms / 649m- / 2129ft- / 1 hr trekking
- Price: €18.00 / €29 for both lifts one way
- If you take this there will be a 20 minute walk along the road from Le Tour – Montroc/Tre le Champs



## LA FLEGERE - LES PRAZ

- Timetable: [here](#)
- **2024 DATES**
- 08 June – 05 July & 18 August – 22 September



- Distance saved: 5kms / 829m- / 2719ft- / 1-2hrs trekking
- Price: €17.50
- Option to walk (30 minutes) along the river to Chamonix, or catch bus to Chamonix (5 minutes)



## PLAN PRAZ/ LE BREVENT

- Timetable: [here](#)
- 2025 DATES

- **From 14/06 to 13/07/2025**

Opening hours daily between 8.30 am and 5 pm.

Last ascent Return trip Planpraz 16:30 / Brévent 16:00

Last descent Planpraz 17:00 / Brévent 16:45.

- **From 14/07 to 24/08/2025**

Opening hours daily between 8.15 am and 6 pm.

Last Return trip Planpraz 5:30 pm / Brévent 5:00 pm

Last descent Planpraz 6.00 pm / Brévent 5.45 pm.

- **From 25/08 to 14/09/2025**

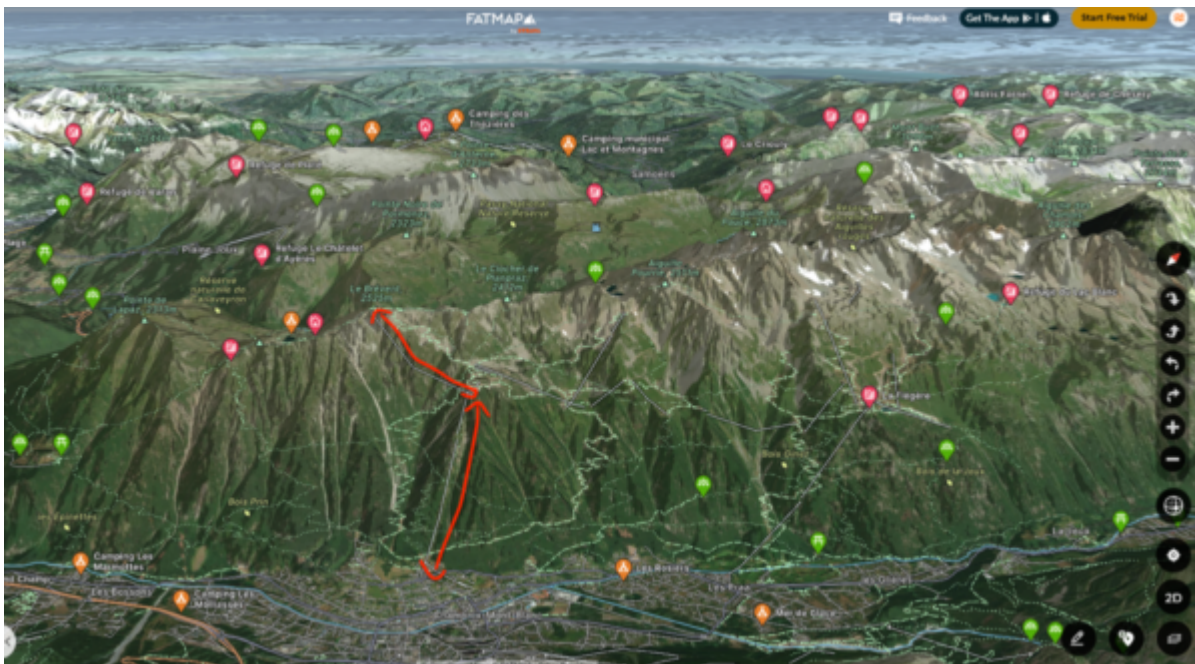
Opening hours daily between 8.30 am and 5 pm.

Last Return trip Planpraz 16:30 / Brévent 16:00

Last descent Planpraz 17:00 / Brévent 16:45.

Subject to favorable weather.

- Distance saved: Plan Praz – Brevent (3.3kms / 550m+ / 1804ft+ / 1-2 hrs trekking), Brevent – Chamonix (10.1kms / 1546m-/ 5070ft- / 2-3hrs trekking)
- Price: €30 One way



## HOW TO SKIP SECTIONS OF THE TOUR DU MONT BLANC

When trekking the Tour du Mont Blanc (TMB), there may be times when you need to skip entire sections due to injury, adverse weather, or other unforeseen circumstances. While some areas of the trail are remote and difficult to bypass, others offer easier transportation options. Below is a guide on how to skip specific sections of the TMB, along with transportation tips.

### General Advice

- **Plan Ahead:** Research the availability of transportation in advance to avoid being stranded.
- **Communicate with Your Accommodation:** Many refuges or hotels can provide advice or assist with arranging local transport.
- **Consider Backtracking:** In some cases, you might be able to travel forward and then backtrack to your refuge for the night.

### LES HOUCHES TO LES CONTAMINES

- **Train / Bus Option:** Take the Mont Blanc Express train from Chamonix or Les Houches down the valley to Le Fayet, then take the Y84 St-Gervais (Gare Le Fayet) – Les Contamines bus.
- **Taxi Option:** Taxis are available but can be expensive, especially for solo travellers. Approximately €150 (upto 8 people in taxi van).

### LES CONTAMINES TO LES CHAPIEUX

- **Taxi:** Taxis from Les Contamines to Les Chapieux via Bourg-Saint-Maurice are an option, though costly. Approximately €250 (upto 8 people in taxi van).

### LES CHAPIEUX VIA BOURG-SAINT-AURICE TO COURMAYEUR

- **Public Bus:** From Les Chapieux, take the shuttle bus to Bourg-Saint-Maurice, then you will require a taxi to Courmayeur.
- **Taxi:** Taxis from Les Chapieux via Bourg-Saint-Maurice (or directly from Bourg-St-Maurice) to Courmayeur are an option, though costly. Approximately €250 (upto 8 people in taxi van).

### COURMAYEUR TO LA FOULY/CHAMPEX

- **Bus:** Bus from Courmayeur to Aosta, then from Aosta take the bus to La Fouly/Champex via Osieres. Details for Courmayeur busses can be found at the Tourist information centre located in Place Monte Bianco. For the Swiss busses use [sbb.ch](https://www.sbb.ch) website.
- **Taxi:** Taxis from Courmayeur – La Fouly / Champex are an option, though costly. Approximately €250 (upto 8 people in taxi van).

### LA FOULY TO CHAMPEX



- **Public Bus:** A bus operates between La Fouly and Champex. To plan this trip use the [sbb.ch](https://www.sbb.ch) website.

## CHAMPEX TO TRIENT VIA MARTIGNY

- **Train and Bus Option:** From Champex, take a bus to Orsières. From there, catch a train to Martigny via Sembrancher and a connecting bus to Trient. To plan this trip use the [sbb.ch](https://www.sbb.ch) website.
- **Taxi:** Taxis are available, especially if bus schedules do not align with your timing. Approximately €200 (upto 8 people in taxi van).

## TRIENT TO MONTROC

- **Bus Option:** From Trient, catch a bus heading toward Le Chatelard and transfer to the Mont Blanc Express train line to Montroc via Vallorcine.
- **Taxi:** Taxis are available, especially if bus schedules do not align with your timing. Approximately €150 (upto 8 people in taxi van).

## MONTROC TO CHAMONIX

- **Train:** The Mont Blanc Express train connects Montroc to Chamonix with a travel time of approximately 30 minutes.
- **Bus:** Alternatively, take Bus No. 2 from Montroc to Chamonix, which runs frequently during the summer.
- **Taxi:** Taxis are available, especially if bus schedules do not align with your timing. Approximately €75 (upto 8 people in taxi van).

## Important Notes

- **Seasonal Availability:** Many of these transportation options are only available during the summer trekking season (mid June to mid September).
- **Weather and Delays:** Inclement weather can disrupt schedules, so always allow extra time when planning.
- **Costs:** Prices for buses and shuttles are usually reasonable, but taxis and private transfers can be expensive. Consider sharing with other trekkers to split costs.

With proper preparation, skipping sections of the Tour du Mont Blanc can be manageable, ensuring your safety and enjoyment of the trail.

## TAXI'S AROUND THE TMB

Cham Van (Chamonix Valley/Swiss Border – Geneva) <https://www.cham-van.com/> Phone number: 0480806188

Mountain Drop Offs (Chamonix Valley/Swiss Border – Geneva) <https://www.mountaindropoffs.com/> Phone number: 0450471773

Taxi Aarthur (Bourg St. Maurice – Les Chapieux Area) <https://www.taxibourgsaintmaurice.com> Phone number: 0033614182611

Airport Transfers (Courmayeur Area) [www.airporttransfers.it](http://www.airporttransfers.it). Phone number: 00393385648400

Taxi Fenxy (Champex/La Fouly – Trient Area) <https://en.taxifenyx.ch> Phone number: +41797737740 (Jika – prefers WhatsApp communication)