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TOUR DU MONT BLANC TREK: FREQUENTLY ASKED QUESTIONS

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We've compiled a list of the most commonly asked questions about this trip.

Hopefully you find some of these useful but if you have a specific question that isn't covered in the FAQ's, then please do not hesitate to get in touch.

For more information please head over to our Tour du Mont Blanc page [here](#).

WHAT IS THE TOUR DU MONT BLANC?

The Tour du Mont Blanc is a popular long-distance trek that circles the Mont Blanc massif, passing through France, Italy, and Switzerland.

WHAT IS THE DIFFICULTY LEVEL OF THE TOUR DU MONT BLANC TREK?

The Tour du Mont Blanc trek is considered a moderate to challenging trek, with a variety of terrains and altitude changes, and requiring a good level of fitness and experience in long-distance trekking.

WHAT EQUIPMENT AND GEAR DO I NEED FOR THE TOUR DU MONT BLANC TREK?

You can find a full kit list [here](#).

CAN I ACCESS INTERNET AND COMMUNICATION DURING THE TOUR DU MONT BLANC TREK?

Access to internet and communication during the Tour du Mont Blanc trek may be limited in remote areas. It is recommended to bring a mobile phone for emergency communication.

HOW DO I GET TO THE STARTING POINT OF THE TOUR DU MONT BLANC TREK?

The starting point of the Tour du Mont Blanc trek varies depending on the route you take, but the most common starting points are Les Houches (France), Courmayeur (Italy), or Chamonix (France). The nearest major airport to the starting point is Geneva Airport, from which you can take a rental car or a train to reach the starting point.

WHAT'S THE FOOD LIKE ON THE TOUR DU MONT BLANC HIKE?

One of the great things about tackling the Tour du Mont Blanc trek is the variety of food you will be able to sample. Each country has its own specialities and each accommodation does things a little differently. The typical menu is likely to follow a Haute-Savoie feel with options like Raclettes, Tartifettes and Rostis but in certain locations, like Courmayeur (Italy) we recommend going for the pizza, naturally.

When in the huts you will often be seated with everyone staying that evening and treated to a three course meal. That's likely to consist of a starter like soup, a main course of meat and pasta and some sort of dessert.

The accommodation often offers a packed lunch option to take on the trails which will consist of a sandwich, fruit and snacks. If you know you get hungry or like a little pick me up then we recommend stocking up on snacks where possible. Having a chocolate bar or bag of nuts stashed away for that final push up a Col is always welcomed. You will also be able to enjoy local wines or beers as you enjoy your trip. Depending on how brave you are feeling you can always venture in the liqueurs and experience the local Génépi.

WHAT'S THE WEATHER LIKE ON THE TOUR DU MONT BLANC TREK?

On the whole you are likely to experience temperatures in the mid 20's during July to September. However, you will be in the mountains so there is always a chance it can drop to freezing or go as high as the early 30's, so come prepared. By prepared, we mean having lots of layers and plenty of suncream.

WHAT SORT OF CULTURE SHOULD I EXPECT?

You will experience the French, Italian and Swiss cultures on this trip. Think wine and croissants in France, coffee and pizza in Italy and cheese and efficiency in Switzerland. Although all separated by different mountain peaks you can see the nuances that each country contains.

You are also likely to encounter many different nationalities enjoying the tour alongside you. People come from all over the world to experience the Tour du Mont Blanc, which is also what makes this trip so special.

WHEN WILL YOU CONFIRM THE BOOKING?

We need a minimum of four trekkers to run this course. Your booking will remain pending if you are the first to book onto a course and we will send you a confirmation as soon as the course is confirmed. We recommend not booking flights till the course is confirmed. We will confirm the course at the latest 10 weeks before the start date. In order to increase the chance of confirming trips as soon as possible we team up with other small suppliers, so you may be on the trip with trekkers who have booked from a similar company.

WHAT INSURANCE DO I NEED?

Let's face it, these types of trips don't come risk free. We're putting ourselves in amazing environments but also environments that carry an element of risk with them. In order to protect yourself adequately you will need a specialist travel insurance that caters for the types of activities you will be undertaking. It is a condition of our agreement that you are covered by adequate travel insurance for your arrangements. [Click here](#) to understand which one is for you.

DO I NEED TO HAVE PREVIOUS EXPERIENCE:

You don't need any previous trekking experience but it is worth having some hill walking experience behind you. This will help prepare you for the amount of walking we'll be doing on this trek. You must be able to walk comfortably on mixed ground for long periods of time.

IS THERE WIFI ALONG THE WAY?

Mostly yes. Not all lodges will have WIFI but most will, especially in the bigger towns like Chamonix, Courmayeur and Champex.

WHAT ARE THE GUIDES LIKE?

Our guides are all fully qualified, certified International Mountain Leaders. They are super friendly and knowledgeable and know the routes like the back of their hand.

WHAT ARE THE MOUNTAIN HUTS LIKE?

We stay for one night in a mountain hut on this trip. They are fairly basic but comfortable. You will sleep in dormitories on a shared basis, sometimes up to 6-8 per room. The lodges offer breakfast and dinner as well as options for buying snacks.

WILL I DEFINITELY MAKE IT FROM BEGINNING TO THE END?

In short, no. Whilst we will always strive to get you along the trek, sometimes the weather or other factors like your personal fitness will prevent you from completing the trek. The lead guide will always conduct a meeting with the clients each evening to check how everyone is doing and to field any questions or concerns. All decisions will have client well being in mind.

WHAT WILL WE DO IF THE WEATHER IS BAD?

This depends on a few factors and how bad the weather is. We'll always aim to continue the trek even if it's raining/snowing as long as it's safe to do so.