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Valid for departures: From January 1, 2017 to January 1, 2022



Mont Blanc Highlights Trip Notes

Ways to Travel: Guided Group
Destinations: France, Italy, Switzerland
Programmes: Walking & Trekking

Trip Code:
TWN



8 Days Flight Inclusive
8 Days Land only
Min age: 16

Trip Overview

The circuit of Mont Blanc is one of the finest walking routes in the Alps. It is in reality a series of paths linking the seven valleys that surround the highest mountain in Western Europe, Mont Blanc. It normally takes a fortnight to complete the whole circuit, but for those with less time this one-week Exodus tour takes in the most outstanding sections with beautiful mountain highlights each day. Throughout this walking holiday we are based in the delightful chalet with dramatic views of Mont Blanc, and use a mix of private bus and local trains and buses to travel out each day to re-join the next stage of our walk covering beautiful sections of the famous circuit. At the end of each day we return home for afternoon tea, or for those who wish, a dip in the chalet's bubbling Jacuzzi.

At a Glance

- 5 days centre-based walking; 1 free day
- Travel by minibus, local train and cable car
- Altitude maximum 2352m, average 1525m
- Group normally 4 to 14, plus UK leader
- 7 nights in comfortable chalet, all rooms with private bathrooms
- Countries visited: France, Italy, Switzerland

Trip Highlights

- Walk surrounded by dramatic mountain scenery
- Stay in a comfortable chalet with outdoor hot tub
- Enjoy the shops, bars, restaurants and cafes of Chamonix

Is This Trip for You?

This itinerary includes 5 days hill walking with transport to and from start/end points of walks. The maximum altitude is 2350m, with an average of 1525m. Some of the days are quite long, sometimes involving an ascent of 900/950m (3000/3120ft) followed by a similar descent. This will mean steadily walking uphill for 2 to 4 hours and then the same down again. The paths are rocky and steep in sections but generally well maintained. Due to the quality of the trails, the general 'civilisation' of the area and the relative shortness of the trek, we rate it as an Activity level 3, Moderate. That said for those new to hill walking or not walking fit the trekking may feel quite tough.

Walking hours stated are given as approximates only and include lunch and photo stops and will vary depending on the pace of your group. However, in general, days average about six to seven hours and up to nine miles in distance. The trek should be within the capabilities of anyone good health and is reasonably fit. We will be walking mountain paths throughout however and this trip is not advised for severe vertigo sufferers.

Spring and Autumn departures: Late spring and early autumn is a great time to visit Chamonix and walk in the mountains. The air is clear, the views are stunning and paths are quiet and tranquil. Chamonix itself is still open for business but the bustle of the high season is replaced by a more laid back vibe. Although the itinerary will be similar and we will continue to walk spectacular sections of the TMB, we will need to alter some of the days. This will be due to the cable car not running (pre the 15th of June and post 17th September) or (especially in spring time) to snow on the paths or due to river crossings not being possible. Cafes on the mountain may well be closed for some departures too. We try to make sure that any alterations stay within the grading and overall theme of the trip but some days may be a little longer and a little harder. We will always make sure that all walks still show off the best this area has to offer. The lift schedule can occasionally change which means they may actually be running for the spring/autumn on the last/first departures. If this is the case the may be lift costs that are payable locally.

The itinerary for all departures may also be altered or modified from time to time depending on the weather, the conditions of the route, the abilities and/or wishes of the group, or other local factors. The leader will discuss these changes with you if and when they occur.

Due to the popularity of this tour, on some weeks we may use more than one chalet. If we do, the groups will be completely separate (although will share the airport bus transfer). Please note we may adjust your itinerary order to ensure the groups are following different walks each day.

You may find our Fitness Training Guide a useful reference: http://www.exodus.co.uk/assets/pdf/Exodus_WT_Fitness_Training_Guide.pdf
http://www.exodus.co.uk/assets/pdf/Exodus_WT_Fitness_Training_Guide.pdf

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Please note: On this trip it is essential to have helicopter evacuation cover within your travel insurance.

Following a review of all our trips we have categorised this trip as generally not suitable for persons of reduced mobility. However if you are a regular traveller on such trips, please contact customer services to discuss the trip and your personal condition.

Group

We provide a qualified International Mountain Leader to escort the group on each walking day. Our walking leaders are true mountain professionals. As well as being skilled group leaders there to help assure safety on the mountain, they also impart their knowledge of the wider mountain environment such as flora and fauna, geology, weather and local customs.

Adult min age: 16

Min group size: 4

Max group size: 14

Itinerary

Land Only Itinerary

Day 1

Start Chalet Chamonix or Chocolat.

Your holiday begins at your comfortable alpine chalet. Those making their own way to the chalet should aim to arrive early afternoon for introductions. There is plenty of time to walk into Chamonix in the afternoon before a pre-dinner briefing from the walking leader.

Meals included: Dinner

Day 2

Drive to the head of the Chamonix Valley; walking towards Switzerland via the trekking peak L'Aiguillette des Posettes and onto Col du Posettes and then descend back towards La Tour.

Our first walk of the week is on the slopes of the Col du Balme from where we will have stunning views back to Mont Blanc as well as into Switzerland. From the small hamlet of Montroc (1380m - 4400ft) we have a short warm-up walk before the trail turns uphill on a steady zigzag path. As the trees thin out, the views get ever better and by late morning we reach Aiguillette des Posettes (2200m - 7220 ft). This is a stunning peak from where we are rewarded with a superb panoramic view over the Chamonix Valley, the Aiguille Rouge national park and around to Switzerland. The path continues down to the Col du Posettes and then on a steady trail becoming ever more winding and finally down to La Tour. (1450m - 4750ft).

6 hours walking. 820m - 2700ft up, 730m - 2400ft down

Meals included: Breakfast, Lunch, Dinner

Distance covered: 9 km / 6 miles

Day 3

Transfer above Les Houches; ascend to the Bel Lachat Refuge, before crossing the Carlaveyron Natural Reserve and summiting the Aiguillette des Houches and the Aiguillette du Brevent.

Today we have a spectacular walk from (1370m - 4450ft) up to the Bel Lachat refuge on the classic TMB and GR5 routes. Crossing the beautiful Carlaveyron Natural Reserve, we summit the Aiguillette des Houches (2285m - 7500ft) for one of the finest views in the Alps - looking directly across the Chamonix Valley to the Mont Blanc summit. Passing through alpine meadows we descend by a different route to La Flatière (1370m - 4500ft).

7 hours walking. 900m - 2950ft up, 930m - 3050ft down

Meals included: Breakfast, Lunch, Dinner

Distance covered: 11 km / 7 miles

Day 4**Starting from the Les Contamines. Valley we cross the Col de Voza and continue towards Les Houches.**

Approximately a 35-minute transfer from our chalet brings us to the les Contamines valley which is where we start our walk back towards the Chamonix Valley. The day starts on a valley path that narrows and steepens as we climb up towards the Passerelle de Bionnassay, a dramatic suspension bridge spanning a white-water stream that tumbles from the Bionnassay glacier a few 100 meters higher up. The route then brings us round to the Col de Voza (1653m - 5360ft) with an expansive view up the Chamonix Valley. During the afternoon we trek down to the valley floor although there is a cable car option (payable locally) for those with tired legs.

7 hours walking, 11km - 7 miles, 560m -1840ft up, 610m - 2000ft down

Meals included: Breakfast, Lunch, Dinner

Distance covered: 11 km / 6 miles

Day 5**Free day for optional walks, activities or sightseeing.**

Today is a free day for optional walks or sightseeing. Your leader will be able to advise you of possible walking routes or you may choose to visit the bustling alpine resort town of Chamonix, which has numerous shops, bars, restaurants and cafés. There are several cablecar excursions you can make from Chamonix, of which the most spectacular is the ascent to the Aiguille du Midi (3842m - 12600ft), offering fantastic views of Mont Blanc and surrounding peaks. It should also be possible to take the mountain train up to Montenvers for close up views of the glacier, Mer de Glace or if you are feeling adventurous you could enjoy a tandem Paragliding flight.

Meals included: Breakfast

Day 6**Drive through the Mont Blanc tunnel to Italy; climb to Bonatti refuge and traverse high above the spectacular Ferret Valley to Courmayeur.**

We drive through the Mont Blanc tunnel to Italy for a chance to soak up some Italian atmosphere! From Arp Nouva (1770m - 5805ft) we climb up and along to the Bonatti refuge. At just over (2000m - 6560ft), the view from here is one of the finest on the tour. Mont Blanc itself, the towering rocky peak of Grandes Jorasses and the glaciers that crowd the northern flank of Val Ferret are there to be admired. Following a dramatic traversing path we contour high above the valley before descending towards the valley floor. Time allowing, we head off to Courmayeur, the perfect spot for a well-deserved Italian ice-cream.

7 hours walking, 450m - 1500ft up, 550m - 1804ft down

Meals included: Breakfast, Lunch, Dinner

Distance covered: 15 km / 9 miles

Day 7**Starting from Argentiere; walk up to and along the Grand Balcon Sud to Plan Praz then descend by cable car.**

From Argentiere (1250m - 4100ft) we start our day following the petit Balcon Sud before changing tack and climbing to the Grand Balcon Sud that contours the Chamonix valley to Plan Praz (2000m - 6560ft) from where we descend by cable car back to Chamonix. The Grand Balcon Sud is a stunning must do walk in the valley and looks over to Mont Blanc and the Mont Blanc massif. The views of snowy peaks, soaring cliffs, fractured glaciers and lush green forests ensures this trek is not just a highlight in the valley but the whole of the Alps.

(Due to maintenance on the Flegere cablecar this walk has been amended from our previously advertised walk to Lac Blanc. This trek is a little longer than the original and is equally beautiful).

7 hours walking, 800m - 1690ft up, 100m - 330ft down

Spring and Autumn departures - The Plan Praz cablecar is open for trips starting between 15th June and 7th Sep. Outside of this time the cablecar is due to be closed and its cost is no longer included in the price of the holiday. If the timetable changes, and the lift is open, then the cable cost will be paid locally. Approx 20 euro. Alternatively we will follow a Spring and Autumn itinerary which is the same as above but instead of walking from Flegere to Plan Praz we will walk off the mountain from Flegere via the charming Chalet Floria where we will have time for a cup of tea. Due to the added decent this is a little harder than the summer itinerary but the views are equally stunning.

8 hours walking, 740 m - 2430ft up, 950m - 3120ft down - Distance covered: 12 km / 7.5 miles

Meals included: Breakfast, Lunch, Dinner

Distance covered: 9 km / 6 miles

Day 8**End Chalet Chamonix or Chocolat.**

Following breakfast we say our goodbyes.

Meals included: Breakfast

All ascents, descents and distances listed above have been measured by our local partners or tour leaders. Please note that different GPS measuring devices can give differing results dependent on the barometric pressures at the time. Measurements stated throughout these trips notes are given to help you understand the types of terrain and distances you will encounter.

Accommodation**Chalet Chamonix or Chocolat**

These delightful alpine chalets both have 7 rooms with private bathrooms and are surrounded by large gardens with a Jacuzzi and Mont Blanc views. Both have comfortable lounges and dining rooms with a large table where delicious home cooked meals will be served and scrumptious cakes will be provided daily for afternoon tea. Located between 15-25 minutes from the heart of Chamonix they provide the perfect base for walking the best of the Tour du Mont Blanc and a relaxing week in the Alps. Due to the natural layout of a chalet build, bedrooms vary in size and shape and some, but not all, have access to a balcony. In Chalet Chocolat one bedroom on the top floor has a Velux window as opposed to a wall mounted window and a large private bathroom on the floor below. This room will usually be allocated to the last 2 people to book *. In Chalet Chamonix, two bedrooms on the top floor have Velux windows set into a gradually sloping roof. Half the room has a full height ceiling while the beds are positioned under the sloping section these two rooms will usually be allocated to the last 4 people to book *. Both chalets offer complementary Wi-Fi in the communal areas.

*Very occasionally these rooms may need to be allocated to those other than the last 6 people to book to enable us to match up independent travellers with a same sex roommate. On weeks where we are not full we will allocate these rooms to the first independent travellers as single rooms.

If you are booking and not on the same booking reference as a friend/s that you wish to share a chalet with please let your sales consultant know at the time of booking. Equally if you have a preference for one chalet over the other, please let us know at the time of booking and we will do our best to fulfil your request. Otherwise we will select a chalet for you automatically. The walking itinerary will be the same for both chalets however the order of the walks may differ slightly.

Please note: on booking your confirmation documents will name Chalet Chamonix however you may be allocated to Chalet Chocolat. This will be confirmed on your Final Joining Instructions sent 4 weeks before your departure date.

A Chalet is different from a hotel and provides open and social spaces ideal for group holidays. The atmosphere is homely and welcoming and we hope you will enjoy the chalet as much as the stunning local walks. Outside of the bedrooms both chalets have living rooms with sofas and comfortable chairs and a client kitchen which is not for preparing food but has unlimited tea and coffee making facilities and a honesty bar. Outside there is a large and scenic decking area with more seating, a grassy garden which we encourage you to go out and enjoy as well as an outdoor hot tub. In the dining room meals are taken together around a communal table and are prepared by your two resident chalet hosts. There is no reception in the chalet. Chalet hosts live on site and can be contacted in an emergency.

Generally we don't enter your rooms at all during the week to make beds or clean, however, if you feel your room needs to be serviced mid-week then please ask your chalet hosts and they will be happy to help. None of the rooms have air-conditioning but we do provide electric fans. A hair dryer is also available to borrow but we suggest you bring your own.

Towels: In order to look after the environment we only change towels mid-week on request. If you feel that you need a change mid-week please just ask your chalet host.

Laundry: Unfortunately there are no client laundry facilities in the chalet.

Where a single supplement is available, paying for a single only guarantees a room for single use. It does not always mean a twin or double room will be provided for sole occupancy.

Food & Transport

Eating & Drinking

All breakfasts, 5 picnic lunches and 6 dinners are included in the price of the trip. All food is home cooked in the chalet using local ingredients.

Typical Meals:

Breakfast: Buffet style breakfast will usually consist of cereal, eggs, orange juice, croissant, fresh French bread, butter, jam, tea or coffee.

Lunch: Picnic style lunches will normally include bread, fresh salad vegetables, cold meats or tinned fish, cheese and fresh fruit.

Evening meal: This will normally consist of a first course of soup, salad or charcuterie, a main course of meat or fish with rice, potatoes or pasta and vegetables, followed by dessert or fruit and tea or coffee. The price of the evening meal does not include wine, beer, bottled water or soft drinks.

Vegetarians and Gluten-free diets: We happily cater for vegetarian and gluten free diets but please inform us at the time of booking.

Transportation

All transport mentioned in the itinerary is included, except for optional excursions or where a client may choose to curtail a group walk. For the transfers to and from Geneva airport we normally use a private coach, other Exodus groups heading out to trek in the Alps may share this transfer. Daily transport to and from the chalet will be by the chalet's own minibus or public transport when convenient.

Weather & Seasonality

Weather Information

From late May to late October fair weather is to be expected, but all mountain ranges create their own weather patterns and the Alps are no exception. It can and does rain and especially at higher altitudes can be surprisingly cold at times. Expected daytime temperatures are in the range of 15 to 25°C in the valleys (although it can sometimes reach 30°C in July/August), 5 to 20°C at altitude (though it will feel colder if wet and windy) and 5 to 15°C in the valley at night; possibly a little lower early and late in the season. There is always the possibility of snow, even in August.

Weather Charts

Chamonix



Joining Instructions

Travelling flight inclusive from London: 8 days

The group flight from London is a daytime flight departing on Day 1 of the itinerary.

Flights from London

We normally use the scheduled services of Swiss International Airlines (depending on availability). As flight timings and schedules change regularly we recommend you call one of our specialist sales staff or your agent to confirm up-to-date timings. Please note timings may change at a later date and cannot be confirmed until approximately two weeks before departure.

Travelling land only: 8 days starting and ending in Chamonix

Your trip normally starts in our accommodation in Chamonix on Day 1 of the itinerary. Details of how to reach the start point and confirmation of your chalet (either Chalet Chocolat or Chalet Chamonix) are provided in the Final Joining Instructions - sent approximately two weeks before departure.

Full joining instructions including local emergency numbers will be sent to you as part of our Final Joining Instructions. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

Transfers Details

Airport transfers are included for those on the group flights. Please note that transfers are not included for clients arriving on any other flight, even if Exodus has booked it.

If you require airport transfers, you may (by prior arrangement only) be able to join the group transfer. Transfers are arranged to coincide with the arrival time of the group flight - please check the group flight details 2 weeks before departure. If you do not take this transfer, or miss it, you must make your own way to the joining point at your own expense.

Low cost airlines

It is possible to fly direct to Geneva with some budget airlines. It is likely that flights from regional airports will arrive at different times to the group flight from London; where this is the case a wait at the airport for the group transfer, or alternative transfer arrangements at your own cost, may be necessary (see below).

Alternative flight options: Bristol, Manchester, Gatwick, Luton, Liverpool, Edinburgh - Easyjet. East Midlands - BMI baby. Heathrow - BA. City, Heathrow - Swiss Air.

Airport Transfers for land only itinerary

Those arriving/departing on non-group flights can join the group transfer free of charge (by prior arrangement only) if your flight arrives before or, at the end of the holiday, departs after the group flight. Please note that transfers are not included for clients arriving on any other flight, even if it has been booked for you by Exodus. Please check with the Exodus office if you are unsure whether or not a transfer is included. As mentioned group flights can be rescheduled, so you must check the group flight details 2 weeks before departure. If you do not take this transfer, or miss it, you must make your own way to the joining point at your own expense.

For those arriving at different times to the group flight it is very easy to book a bus transfer with a local company and you should do this at least a week before your departure date. A shared transfer (with others who have booked with them also) will cost approximately €31 one way if booked in advance with our partner Mountain Drop Offs. Book on their website - www.mountaindropoffs.com (<http://www.mountaindropoffs.com>) and quote the following promotional code EXOCHX. Unfortunately the discounted rates only run from 16 June to 09 September. Outside this time the full price will be charged.

Take The Train

Both Geneva Airport and Chamonix are easy to reach by train. If you book a train to coincide with the group flight timings there is a station inside Geneva airport itself. You are then welcome to join our free group transfer to your chalet (by prior arrangement only). Alternatively it is possible to get a train direct to Chamonix and then take 15 - 25 minute walk to the chalet or 5-10 minute taxi ride. We recommend that you allow at least 1 hour for travel across Paris by Metro. It is only possible to reserve train seats 3 months before your departure date and our sales team will be happy to book this for you in cooperation with Rail Europe.

Location start: Chamonix

Location end: Chamonix

What to Take

Essential Equipment

In addition to your 'normal' daily clothes, you will need the following:

Traditional or lightweight walking boots with good ankle support and a strong sole

Waterproof/windproof jacket (preferably Gortex) and waterproof trousers

Hat and gloves (even in August)

A warm 2 season jacket or sweater/fleece

Water containers or Thermos Flask to contain 2 litres of liquid

Day sack of 25/30 litre capacity

Sun hat (the sun in the Alps has a very high UV factor and is very intensive), sun screen and lip salve

Sandals or slippers for indoors (outdoor shoes aren't permitted inside the chalet)

We also advise using dry flow wicking clothing rather than cotton as it dries much quicker and is more comfortable when trekking

Shower gel

Walking poles (highly recommended). - there are some available in the chalet should you wish to borrow these.

If you are a UK citizen and travelling in Europe you should obtain the European Health Insurance Card (EHIC) from your Post Office. This gives free medical care in many European countries, but should not be considered a substitute for adequate insurance.

Optional Equipment

Swimming costume/trunks for the hot tub

Earplugs

Hairdryer

Tupperware if you prefer a bit more protection for your packed lunch and to reduce plastic waste

Reading List

Chamonix Mont Blanc, A Walking Guide, by Martin Collins. Published by the Cicerone Press.

Maps

For maps the best single sheet for this area is the IGN / Libris 1:50000 'Massif et tour du Mont-Blanc'. More detailed sheets for the area are the two IGN sheets at 1:25000 3531 ET St Gervais and 3630 OT Chamonix.

Practical Information

Passport

All nationalities require a full passport that must be valid beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Certain European nationalities may be able to travel within Europe on their national identity card. Check carefully with the relevant authorities if you intend to do this.

Visa

No visa required for British passport holders.

For further Brexit travel advice please visit www.abta.com/tips-and-advice/brexit-advice-for-travellers (/au/www.abta.com/tips-and-advice/brexit-advice-for-travellers)

Visa regulations can change without notice: please check the current regulations in good time to obtain a visa if one is required.

Vaccination

There are no specific health risks.

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information. Please note: vaccinations that are routinely recommended to residents of the UK, North America or Australasia are not considered to form part of the travel health advice, and you should ensure these are kept up to date where necessary.

For additional information please visit: <https://travelhealthpro.org.uk/countries> (<https://travelhealthpro.org.uk/countries>)

Insurance - are you adequately covered?

It is a condition of joining any of our holidays that you must be fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). On arrival in destination for your trip, you will be asked to present details to your leader or local representative of your policy.

If you are resident in the UK we strongly recommend the **Exodus travel insurance policy (/au/insurance)**, this is specifically designed to cover all activities on your trip. If arranging your own policy please ensure that you are covered for all activities that are part of the trip, optional activities that you intend to take part in and/or on high altitude itineraries, that you are covered up to the maximum altitude of the trip.

Please note: On this trip it is essential to have helicopter evacuation cover.

Local Time

France's Timezone: Europe/Paris CEST (GMT +02:00)

Italy's Timezone: Europe/Rome CEST (GMT +02:00)

Switzerland's Timezone: Europe/Zurich CEST (GMT +02:00)

Electricity

France's Electricity: European plug - 2 round pins. 230 Volts AC.

Italy's Electricity: European plug - 2 round pins.

Switzerland's Electricity: European plug - 2 round pins. 230 Volts AC. Switzerland also has a 3 round pin plug, which includes a grounding pin (type J).

230 Volts AC, standard European adapter required.

Money

France's Currency

The national currency of France is the Euro (EUR), with an exchange rate at the time of publication (October 2017) of approximately 1.1 to the GBP, 0.84 to the USD, 0.67 to the CAD, 0.66 to the AUD and 0.59 to the NZD.

Italy's Currency

The national currency of Italy is the Euro (EUR), with an exchange rate at the time of publication of approximately 1.2 to the UK£ and 0.9 to the US\$.

Exchange rates are correct at the time of publication.

Switzerland's Currency

The national currency of Switzerland is the Swiss Franc (CHF), with an exchange rate at the time of publication (June 2017) of approximately 1.2 to the GBP, 0.96 to the USD, 0.74 to the CAD, 1.1 to the EUR, 0.73 to the AUD and 0.69 to the NZD.

ATM Availability

We recommend you bring your spending money in cash, but credit or debit cards may be useful for shopping/extra excursions. Cash points are available in Geneva and Chamonix.

Extra Expenses & Spending Money

There are a number of extra excursions available - exact prices and details will be confirmed locally, but the following provides a guide to what is normally available:

Tandem paragliding flight: €130 from Brevent or Aiguille du Midi middle stations.

Return ride on Aiguille du Midi cable car: €60 per person.

Tipping

Although optional, a tip for the leader and chalet staff at the end of the trip is greatly appreciated. The sum you choose to give is entirely personal, but as a reasonable starting point, we suggest a contribution from €20 (US\$22) per guest. Smaller groups may wish to give a little more per person.

Responsible Tourism

Tourism can be a real help to local communities, providing income, positive cultural exchanges and a financial incentive to protect their natural environment. Ours is a 'total approach' to responsible tourism, covering everything from the way we plan and operate our trips to the practices of Exodus as a company.

On this trip, we spend the week in a traditional alpine style chalet that is in close proximity to the centre of Chamonix, reducing our carbon footprint as travel to the start point of the walks is reduced. The chalet staff recycle waste as appropriate and use local produce where possible for food and cleaning products.

As a walking holiday, we actively encourage clients to visit local mountain huts, cafes and bars. Additionally, walking trips like this have very little detrimental impact on the environment and the locals as it is a quiet, low impact activity requiring comparatively little resources to support. Unlike other trekking sites which have National Park status and regulations to protect it, Mont Blanc does not have such regulations. Therefore, it is our responsibility to keep our impact neutral and ensure that our staff are trained on environmental stewardship and protective guidelines to be passed on during briefings on the trip.

In March 2019, Exodus Travels launched the Exodus Travels Foundation ([https://www.exodus.co.uk/foundation?](https://www.exodus.co.uk/foundation?__hstc=173457148.54af21c7415c562c45136efa0f63971f.1561705245580.1561705245580.1562203980521.2&__hssc=173457148.16.1563333725675&__hsfp=378341315)

[we support initiatives all around the world. But it cannot exist without travellers who care. Get involved or learn more about what Responsible Travel means to Exodus here](https://www.exodus.co.uk/responsible-travel?__hstc=173457148.54af21c7415c562c45136efa0f63971f.1561705245580.1561705245580.1562203980521.2&__hssc=173457148.16.1563333725675&__hsfp=378341315)

[https://www.exodus.co.uk/responsible-travel?](https://www.exodus.co.uk/responsible-travel?__hstc=173457148.54af21c7415c562c45136efa0f63971f.1561705245580.1561705245580.1562203980521.2&__hssc=173457148.16.1563333725675&__hsfp=378341315)

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Exodus Community

Join the Exodus online community

Don't forget to visit the Community area on our website. You can view the range of Exodus videos and podcasts, read trip write-ups which have featured in the national media and take advantage of some special deals on travel gear and equipment.

In the Community Travel Forum you'll find the Departure Lounge where you can discuss your trip with fellow travellers before you depart. When you get back from your holiday remember to upload your images to the relevant trip page on our website. This helps other people see what our holidays are really like and you'll be entered automatically into our monthly photo competition.

To make full use of the **Community (/au/community)** you'll need to join My Exodus. It's free, registration is simple and easy, so what are you waiting for?

Important Information

On all guided trips

Although our leaders are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorise them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.

Although rarely enforced, by booking this trip you agree to section 16 of our Booking Conditions which clearly states that our leaders have the authority to do this. In these circumstances we will ensure anyone sitting out is safely provided for and offered alternative options where possible. Refunds will not be provided for activities missed and customers may be liable for additional costs incurred.

On all trips

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call the Exodus office and ask to speak to one of the experts on this itinerary.

In an emergency, please contact our 24 hour out of hours service on +44 (0) 844 326 7041.

Every time that you travel abroad you should take the time to read the warnings in the **essential information (/au/about-exodus/essential-information)** in the brochure.

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure or website, the Trip Notes supersede the brochure and website. All holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary. Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best possible alternative arrangements that maintain the integrity of the original itinerary.

As fuel prices, airport taxes and exchange rates fluctuate, and airlines manage their rates to match demand, it is proving harder than ever to guarantee our Flight Inclusive prices. Although we endeavour to keep our website as accurate as possible, daily fluctuations mean that our Flight Inclusive price may be out of date. For accurate prices we recommend that you contact one of our Travel Experts, or your Travel Agent.

TRAVEL AWARE -STAY SAFE & HEALTHY ABROAD

The Foreign & Commonwealth Office and the NHS have up-to-date advice on staying safe and healthy abroad. For more on security, local laws, plus passport and visa information, see <https://travelaware.campaign.gov.uk/> (<https://travelaware.campaign.gov.uk/>)

Keep informed of current travel health news by visiting <https://travelhealthpro.org.uk/> (<https://travelhealthpro.org.uk/>)

Advice can change so check regularly for updates.

For all latest travel information about your holiday, please visit our **Travel Safety Advice (/au/travel-safety-advice)** page.



Important Notes

Insurance - are you adequately covered? It is a condition of joining any of our holidays that you must be insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services). If taking an alternative policy you must be sure that you are covered for any activities that are part of this trip or optional activities that you intend to take part in. You must have adequate travel insurance, and as you are joining a trip which goes to altitude you must check that you are covered up to the maximum altitude of the trip. If you are resident in the UK we strongly recommend Exodus travel insurance, which is specifically designed to cover all activities on your trip. If you are a UK citizen and travelling in Europe you should obtain the European Health Insurance Card (EHIC) from your Post Office. This gives free medical care in many European countries, but should not be considered a substitute for adequate insurance.

How to Book

1. Check availability

Go online to check availability, or contact us by phone or email.

2. Secure your place

You can provisionally hold a place on this trip, usually for between three and seven days.

3. Complete your booking and payment

When you're ready to book, go to www.exodus.co.uk ([/au/homepage](http://www.exodus.co.uk)) for online booking, book over the phone or you can complete a booking form (available online or on request by calling us). We accept all major credit and debit cards, or you can pay by cheque. Book with confidence: Exodus is fully licensed and bonded as a tour operator. We hold Air Traffic Organisers Licence (ATOL) number 2582 issued and bonded with the Civil Aviation Authority (CAA). We are also bonded to the International Air Transport Association (IATA) and we are members of the Federation of Tour Operators (FTO) and ABTA - The Travel Association. This means you can book your Exodus holiday with confidence, as all monies paid to us for your trip are fully protected.

TRIP NOTE VALIDITY

These Trip Notes are valid from the "Current as" date on page one. They will occasionally be updated post booking and pre-departure; if there are any updates that significantly impact the inclusions or itinerary bookers will be written to separately. All customers will also receive a link to the most up-to-date version of the Trip Notes with their Final Joining Instructions pre-travel.

Version 1