France, Italy, & Switzerland
TOUR DU MONT BLANC

ALPINE HIKING ADVENTURE | 9 DAYS
June 29 - July 7, 2019
July 13 - 21, 2019
July 27 - August 4, 2019
August 17 - 25, 2019
August 31 - September 8, 2019

TRIP ITINERARY

Boundless Journeys
1.800.941.8010 | www.boundlessjourneys.com
How we deliver

THE WORLD’S GREAT ADVENTURES

A passion for travel. Simply put, we love to travel, and that infectious spirit is woven into every one of our journeys. Our staff travels the globe searching out hidden-gem inns and lodges, taste testing bistros, trattorias, and noodle stalls, and discovering the trails and plying the waterways of each remarkable destination. When we come home, we separate wheat from chaff, creating memorable adventures that will connect you with the very best qualities of each destination.

Unique, award-winning itineraries. Our flexible, hand-crafted journeys have received accolades from the world’s most revered travel publications. Beginning from our appreciation for the world’s most breathtaking and interesting destinations, we infuse our journeys with the elements of adventure and exploration that stimulate our souls and enliven our minds. Whether you are looking for a challenging physical expedition or a leisurely cultural exploration, Boundless Journeys has exceptional itineraries to match your sense of adventure.

Insider connections. There is simply no substitute for traveling with a knowledgeable insider, and our expert local guides will open doors for you that other travelers miss, like dinner with their extended family in Peru’s Sacred Valley, or meeting an art scholar in Florence. Relationships developed over many years allow you to experience our destinations through a well-connected friend.

Small groups. Although the camaraderie of a group of like-minded travelers often enhances the journey, there can be too much of a good thing! We tread softly, and our average group size is just 8–10 guests, allowing us access to opportunities that would be unthinkable with a larger group.

Flexibility to suit your travel style. We offer both scheduled, small-group departures and custom journeys so that you can choose which works best for you. Not finding exactly what you are looking for? Let us customize a journey to fulfill your travel dreams.

Customer service that goes the extra mile. Having trouble finding flights that work for you? Want to surprise your traveling companion with a bottle of champagne at a tented camp in the Serengeti to celebrate an important milestone? There is no request that is too big—or too small—for our staff to handle. From your first call, we guide you through choosing your trip, provide advice on preparing for your adventure, and hold your hand until you return home.

Multi-year recipient of Travel + Leisure magazine’s “World's Best Tour Operator”; and recognized by the editors of National Geographic ADVENTURE magazine as one of the Best Adventure Travel Companies on Earth.
Thank you for your interest in this fantastic journey to the European Alps. We have hand-crafted this tour from our own experience and hope you fall in love with the area—as we have!

THE INSPIRATION FOR THIS JOURNEY
The Tour du Mont Blanc is undeniably one of the world’s greatest inn-to-inn hikes, and a classic mountain adventure. This circuit around Mont Blanc, western Europe’s highest peak at 15,770 feet, is the perfect mix of awe-inspiring mountain views and the vibrant influence of three distinct European cultures: French, Italian, and Swiss.

Our route wanders through alpine meadows, over barren passes, into small hamlets, and beneath gigantic glaciers as we hike in the French, Italian, and Swiss Alps. Our expert guides lead us from village to village as we dip down into a new valley each day, savoring changes in language, landscape, architecture, and cuisine. Our cultural delights range from the French valley of Chamonix; to the medieval town of Courmayeur, Italy; to quaint alpine villages in Switzerland. After rewarding days on one of our most rigorous hikes, we fully earn and savor the hearty specialities of the Alp’s Savoyard cuisine.

HIGHLIGHTS
- Hike through classic scenery, magnificent views, and fresh alpine air
- Challenging circuit around western Europe’s highest peak, Mont Blanc (15,770’)
- Old-world ambiance, charming architecture, and colorful customs
- Experience three distinct alpine cultures, while hiking through France, Italy, and Switzerland
- Wonderful fresh, local foods and regional Savoyard specialities such as raclette, Roblechon, and Beaufort cheeses
**THE BASICS**

Duration: 9 days / 8 nights  
Tour start: Chamonix, France  
Tour end: Chamonix, France  
Accommodations: 3-star inns and hotels  
Trip rating: 1 2 3 4 5  
Land cost: $4,495 per person  
Single Supplement: First single per departure: $0*  
Additional: $455 (*Must reserve at least 120 days ahead)

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**WHAT'S INCLUDED**

Just pack your bags—we've got you covered! When you're on a Boundless Journeys adventure, every detail is taken care of for you, so you can relax and truly experience each moment. Put your wallet away, leave your travel books behind, fold up your maps, and BE there. Your Boundless Journeys adventure includes:

- Expert leadership  
- All accommodations  
- All meals (except two dinners, nights 2 & 5) and daily hiking snacks  
- All activities as noted in the itinerary  
- Local wine and beer with included dinners  
- All on-tour transportation  
- All gratuities except for those for your guide(s) and driver, which are at your discretion  
- Explorers Club savings on your next scheduled, small-group trip (conditions apply)

International airfare is not included in the price of your trip. Please contact your local travel agency or the airlines directly to make any arrangements you may need. If you would like assistance with booking your flights or other travel plans, please contact Boundless Journeys directly at 1.800.941.8010 for a referral to our partners who will best fulfill your needs.

Transportation to and from the tour’s arrival and departure locations is not included. Please see Arrival & Departure section for more information.
ITINERARY AT-A-GLANCE

DAYS 1 & 2
Meet in the mountain resort town of Chamonix, France. From Chamonix, our first hike brings us up to the Aiguilles Rouges and Le Brevent.

DAY 3
Hike along the foot of the huge Glacier de Bionnassay, through lush meadows to the Col du Tricot (7,000’) and into Les Contamines, an unspoiled traditional French village.

DAY 4
We make our way over the Col de la Croix-de-Bonhomme (8,200’) and down through rich, open pastures to the remote summer village of Chapieux. Transfer to Bourg St. Maurice.

DAY 5
Leaving France, we hike into Italy via grassy trails and old Roman roads. We cross the Col de la Seigne (8,245’), with views of Mont Blanc’s massive southern face, and descend into the mountain resort town of Courmayeur.

DAY 6
We hike from Italy into the mountain wonderland of Switzerland via the Grand Col Ferret (8,400’) and continue hiking to the Swiss-lake resort of Champex.

DAY 7
Today we hike through the high Alpine pastures of the Bovine Way with expansive views of the Rhone Valley and the majestic Swiss Alps. We conclude our day at a Swiss family-run inn.

DAY 8
Today we complete our circuit, departing from Trient and hiking back into France over the Col du Balme (7,230’) with glorious views of Mont Blanc. We celebrate our accomplishments tonight in Chamonix.

DAY 9
Departure from Chamonix, France.
DAY 1: Arrival in Chamonix

We meet at our mountain hotel in Chamonix, France, a pretty village nestled under the flanks of snow-covered Mont Blanc (15,770’), the highest mountain in western Europe. Chamonix is the “mountaineering capital” of Europe, and has been a climbing and skiing center for more than 100 years. This wonderful town has a charming atmosphere and is well-preserved with cobbled streets full of lively sidewalk cafés. This evening, we have a trip briefing and welcome dinner.

Accommodation: Hôtel L’Oustalet, Chamonix, France
Meals: D

DAY 2: Le Brevent and the Aiguilles Rouges

Activity Overview: Hiking on trails
Activity Level: Moderate to strenuous, with 495’ elevation gain and 4040’ loss
Activity Length: 4-5 hours (about 6 miles)

Today we join our guide for our first mountain hike along the “TMB” route in the Aiguilles Rouges, with Aiguillette des Houches as our destination. After a cable car to the nearby summit of Le Brevent, we enjoy a spectacular ridge hike above treeline along the Grand Balcony trail to the next summit of Aiguillette des Houches. This section of the Tour du Mont Blanc route presents a dazzling panoramic view of many of the highest peaks in the Alps, with spectacular vistas over the entire Chamonix Valley. We then descend along the gradually sloped trail to short transfer back to Chamonix to celebrate our first day’s accomplishments.

You are free to enjoy local fare this evening in one of Chamonix’s many wonderful Savoyard (regional) restaurants.

Accommodation: Hôtel L’Oustalet, Chamonix, France
Meals: B, L

DAY 3: Les Houches–Les Contamines-Montjoie

Activity Overview: Hiking on trails
Activity Level: Strenuous with 2,400’ elevation gain and 4,400’ loss
Activity Length: 5-6 hours (about 8 miles)

The Mont Blanc circuit starts a few miles outside of Chamonix at the village of Les Houches, where we take a cable car up to Bellevue. The hiking begins here, with fantastic views of the Chamonix Valley’s peaks and surroundings. We first hike along the foot of the huge Glacier de Bionnassay, and then up to the Col de Tricot (6,955’), with sight of the Dômes de Miage. A steep descent brings us to the Chalets de Miage, where we enjoy a picnic lunch with the beauty of the Alps around us. Following lunch, we climb up the hill known as Truc, and then descend through a lovely forest to the charming resort village of Les Contamines-Montjoie, once a town of chamois hunters and smugglers, and today a popular mountaineering and ski area. If there is time, we may stop for a refreshment in town before checking in at our hotel.

Accommodation: Hôtel La Chemenaz, Les Contamines-Montjoie, France
Meals: B, L, D
**DAY 4: Les Contamines–Bourg St. Maurice**

Activity Overview: Hiking on trails  
Activity Level: Strenuous with 4,400’ elevation gain and 3,200’ loss  
Activity Length: 7-8 hours (about 12 miles)

Today is the big day of the week! In the morning we make our way to the end of the valley and our trailhead at the pilgrimage chapel of Notre Dame de la Gorge – a church of unique baroque architecture. From the church we walk along an old Roman road that climbs steadily through a beautiful forest, broad alpine pastures, and passes rustic chalets as we make our way to the Col du Bonhomme (7,600’), our first pass. After lunch at the Col du Bonhomme, a short, gradual uphill traverse takes us across Col de la Croix-du-Bonhomme (8,200’), with superb vistas overlooking the Tarantaise region. After a brief rest, we have a long and sometimes steep descent through rich, open pastures to the remote summer village of Les Chapieux (5,200’). A brief twenty-minute transfer will take us to our truly authentic Savoie hotel for tonight’s stay. We’ll enjoy a fine regional dinner at our guides’ favorite local restaurant.

Accommodation: Hotel L’Autantic, Bourg Saint Maurice, France  
Meals: B, L, D

**DAY 5: Bourg St. Maurice–Courmayeur**

Activity Overview: Hiking on trails  
Activity Level: Moderate to strenuous with 1,600’ elevation gain and 2855’ loss  
Activity Length: 4-5 hours (about 10 miles)

We begin our day with a short transfer to the end of the Vallée des Glaciers. Leaving France, we hike into the Aosta region of Italy via grassy trails and ancient passages. We climb eastward and enjoy a relatively easy hike over the Col de la Seigne (8,245’). The views are dramatic from the pass, encompassing the Aiguille Noire and the Italian face of Mont Blanc that dominates the Val Veni.

An easy descent brings us farther into Italy, and from the very first mountain refuge we pass, the cultural difference between France and Italy is striking. At the end of our day of hiking, we transfer to the resort town of Courmayeur, spectacularly settled beneath the Grand Jorasses and the Brenva Glacier. You are free to explore town and enjoy dinner this evening at one of Courmayeur’s many fine restaurants.

Accommodation: Hotel Berthod, Courmayeur, Italy  
Meals: B, L

“Friends and family kept asking me why I would go back to do the Tour du Mont Blanc again. ‘Go somewhere new!’ To keep it short and simple, all I could think to say was, ‘It’s kind of like a really good movie you want to see again. I’m going back because I need to and I can.’”  
- N.F., Akron, OH
DAY 6: Courmayeur–Champex
Activity Overview: Hiking on trails
Activity Level: Moderate to strenuous with 2,450’ elevation gain and 2,750’ loss
Activity Length: 5-6 hours (about 9 miles)

After a short transfer from Courmayeur, we hike from Italy into the mountain wonderland of Switzerland via the Grand Col Ferret (8,400’), and pass beneath the massive granite peaks of Mont Dolent, the Dent du Geant, and the Grandes Jorasses. We hike through alpine meadows and past fast-flowing mountain streams on our moderate but spectacular climb towards the pass, enjoying amazing views of the icy southern flanks of the Mont Blanc massif.

The Grand Col Ferret has been in use for several centuries and serves as the Italian-Swiss border between Val D’Aosta and the canton of Valais. The landscape in the Swiss Val Ferret is gentler, with enticing streams and woodlands, and an extraordinary abundance of wildflowers.

Our arrival in Switzerland is greeted by the sound of Swiss cow bells, and rustic chalets with geraniums spilling from window boxes. We descend to the village of Ferret, and transfer to the mountain-ringed lake resort of Champex. There is time to relax before dinner at our comfortable hotel.

Accommodations: Hotel du Glacier, Champex, Switzerland
Meals: B, L, D

DAY 7: Champex–Col de la Forclaz
Activity Overview: Hiking on trails
Activity Level: Moderate with 1,850’ elevation gain and 1,715’ loss
Activity Length: 6-7 hours (about 10 miles)

Our hike today begins in the town of Champex along Bovine Way, an old trail used to access summer cow pastures high above the valley. After enjoying the morning light over the lake, we continue with a gentle walk through a spruce forest, which eventually brings us to Plan d’Au, where we may stop for a short rest.

We then continue up the valley and, after crossing a number of streams, climb steeply to arrive at the flower-filled meadows of the Bovine Way. From here we have an expansive view of the Rhone Valley, the Muveran Mountain range, and mountains of Switzerland, reaching into the distance. A perfect place for a midday picnic, we enjoy a delicious spread prepared by our guide while taking in the beautiful alpine scenery.

Following lunch, we continue on through the forest and up along the side of the valley, eventually reaching Col de la Forclaz (5,000’). From here, we walk upstream following a bisse, one of the famous Swiss irrigation canals indicative of the area’s rich farming history. We then drop down to the village of Trient (4,200’) to our hotel. Our more simple hikers’ lodging is superbly situated at the foot of the Trient glacier, and will have a hearty dinner awaiting.

Accommodations: Hotel La Grande Ourse, Trient, Switzerland
Meals: B, L, D

A BOUNDLESS MOMENT IN THE FRENCH ALPS
For days we’ve heard the distant clang of the cow bells—clarines—as they’re known here, echoing across the valleys of Chamonix and Les Contamines-Montjoie. We’ve even seen the cows, cropping the sweet mountain grass along our trail. And when we finally have our first taste of Haute-Savoie’s delicately nutty Roblechon cheese, it does not disappoint; managing to capture the essence of this landscape that we’ve come to know so intimately.
DAY 8: Trient–Le Tour

Activity Overview: Hiking on trails
Activity Level: Moderate to strenuous with 3,050' elevation gain and 3,000' loss
Activity Length: 5-6 hours (about 9 miles)

Today we complete the Tour du Mont Blanc circuit on one of its most beautiful stages. Departing from Trient, we hike through high pastures and back into France over the Col du Balme (7,230’), with glorious views of Mont Blanc and the Chamonix Valley below. We have lunch at the pass, enjoying the sweeping views, and then descend by foot or gondola to the village of Le Tour, from which we head back to Chamonix. We gather to celebrate our accomplishments tonight with a farewell dinner in town.

Accommodations: Hotel L'Oustalet, Chamonix, France
Meals: B, L, D

DAY 9: Departure from Chamonix

Our trip ends after breakfast, and you are free to continue your exploration of Chamonix, or depart for your next destination.

Meals: B

“The confidence I had with Eric, our guide, made the difference. Each day was more beautiful than the day before. We worked hard but had fun. Each town was unique and the inns were great as well as the managers. They made us feel warm and welcome. I fell in love with the country and I’m going back.”

- P.E., Goffstown, NH

PLEASE NOTE: This is a typical itinerary, and actual activities may vary to take advantage of weather conditions, local events and to allow serendipity to play a hand in your experience. Accommodations are as outlined in the itinerary, although we reserve the right to change these should the need arise. See our booking terms and conditions for more information about our change policy.
ACCOMMODATIONS

Charming small inns and hotels, 7 nights with private bath and 1 night with shared bath. These accommodations are equivalent to a three-star rating, well-located for hikers, and busy in the summer season. We have chosen them for their proximity to hikes, quality of service and accommodation, and reflection of local culture. The rooms are clean and comfortable, but are not always of uniform size, and amenities can vary. Please note that Hotel La Grande Ourse offers shared dormitory-style bathrooms (no private baths), yet offers excellent service and clean, modern rooms (see hotel below*). Single rooms are limited here, and those who reserve a single room may be matched with another guest of the same gender.

NIGHTS 1, 2, & 8
Hotel L’Oustalet
330 Rue du Lyret
Chamonix, France
Tel 011-33-450-55-54-99 | Fax 011-33-450-55-54-98
infos@hotel-oustalet.com | www.hotel-oustalet.com

Located next to the pedestrian center of Chamonix, this charming inn offers hearty breakfasts, incredible views, and a great swimming pool.

NIGHT 3
Hotel La Chemenaz
Les Contamines-Montjoie, France
Tel 011-33 450 47 02 44 | Fax 011-33-479-41-04-87
info@chemenaz.com

The Chemenaz offers beautiful views of the neighboring mountains, comfortable and cozy accommodations, great alpine service, and a heated swimming pool, sauna, and hot tub.

NIGHT 4
Hotel L’Autantic
69 Route d’Hauteville
73700 Bourg Saint Maurice, France
Tel 011-33-479-07-01-70 | Fax 011-33-479-07-51-55

A beautiful stone lodge located in the small mountain resort town of Bourg St. Maurice. Located in a tranquil setting, offering mountain views, pool and sauna, and authentic Savoie style and hospitality.
NIGHT 5
Hotel Berthod
11 Via Mario Puchoz
Courmayeur, Italy
info@hotelberthod.com

A beautifully converted country house in the center of town with views of Mont Blanc with a sauna and hot tub. Owned by a friendly, welcoming Italian family.

NIGHT 6
Hotel Du Glacier
Champex, Switzerland
Tel 011-41-27-782-61-51 | Fax 011-41-27-782-61-50
info@hotelglacier.ch

A quaint hotel ideally situated on Lake Champex with billiards lounge, sauna, and hot tub. Enjoy an “apéritif” on the patio overlooking beautiful lake and mountain views.

NIGHT 7
Hotel La Grande Ourse
Le Betty 30
1929 Trient, Switzerland
Tel 011-41-27-722-17-54 | contact@la-grande-ourse.ch

A simple alpine hotel (single accommodations limited) located at the foot of Trient glacier with modest rooms, shared baths, and excellent service. *Note: three double rooms (1 bed) per trip have a private shower, and are assigned to the first three requests on each trip. Chosen for its ideal location to our hike’s end and to avoid a long transfer to alternative lodging. Locally owned by a gracious family.
TRIP RATING

Boundless Journeys’ trips are designed for energetic and flexible individuals who like to be active and have a spirit of adventure and a positive attitude. As one of our most challenging tours, Tour du Mont Blanc Hiking is rated 4, strenuous, on a scale of 1-5 (5 being the most strenuous). As this classic route completely encircles the Mont Blanc massif, we trek full days through spectacular mountainous terrain, “inn-to-inn” every day (except for our first hike on Day 2). Each rewarding day includes long elevation gains and losses ranging from 1,700 to 4,400 feet; hiking duration ranging from five to eight hours, and mileage ranging from seven to twelve miles. Most hiking is at altitudes between 5,000 and 8,000 feet, and the maximum elevation reached is 8,800 feet.

Although luggage is transported each day, the hikes have no vehicle access (other than the start and finish), with no shorter options. All trip members should be in strong physical condition and have good hiking experience. No technical climbing experience is necessary. (Limited passenger seats are available in the luggage vehicle in the event a transfer is needed.) We encourage you to call our office for further information to help determine if this trip is right for you.

TERRAIN

Trail conditions vary greatly, including a mix of wide dirt paths, hiking trails with rocks and roots, rough, large rocky steps, loose scree, and shallow stream crossings. Uneven terrain underfoot requires agility and stable footing. We request that you bring hiking boots with full ankle support and two trekking poles, which help provide comfort, stability, and most importantly, enjoyment. Our hikes take us through farmland, forest, rocky glacial terrain, and over mountain passes. Each hike includes sustained climbing and descending, sometimes steeply. The route does not travel through exposed sections with drop-offs, but does include limited sections of trail traversing steep hillsides, which may pose an issue for those with vertigo or a fear of heights. Feel free to call our office for further details.

PREPARING FOR THIS TRIP

It is imperative that you realistically assess your physical condition with regard to the demands of this trip. The more physically prepared you are for the activities, the more you will enjoy yourself. As a general guideline, we suggest that you engage in moderate to strenuous aerobic activities (such as hiking, jogging, or cycling) for at least 45 minutes to one hour 5-6 times a week for at least 6-8 weeks before the trip. Considering this is a strenuous hiking trip, we encourage you to consider adding longer activities on weekends—hiking in hilly or mountainous terrain is ideal, but longer bike rides or other moderately strenuous activities will also be helpful.

For those who do not regularly engage in full day hikes in mountainous terrain, we highly recommend you experience at least two back-to-back full-day hikes before your trip, to best prepare for consecutive days of hiking. If you live in a flat area, try to incorporate some stairs into your workout, or use a treadmill with varying incline capability, in addition to as much outdoor hiking as possible (consult your doctor before undertaking any new fitness program). Please contact us if you have any doubts regarding your physical match with this tour, and/or would like to discuss your fitness level and routines relative to requirements for this trip.
A TYPICAL DAY
This trip includes full days on the trail and limited “down” time, however throughout your trip you will experience much Mont Blanc mountain culture as well, embodied in the experience on the trail, in the charming huts, where we may take a welcome break, and at the hotels. We highly recommend scheduling an extra day or two before or after your trip to rest after your flights, enjoy the city of Chamonix, or wind down after your trip. Each day your guide will brief you on timing of the day’s hike. In general, you may expect to have breakfast in the vicinity of 7:00 am-8:00 am, and to start the day’s hike between 8:00 am-8:30 am. You may expect to arrive at your next hotel in the vicinity of 4:30 pm-6:00 pm. Dinners start typically at 7:00 pm to 7:45 pm. These are full days, providing a sense of accomplishment to fuel the appetite!

WEATHER
In an alpine environment, weather is variable throughout the day and by elevation. A warm, sunny day in the valley can be anywhere from delightfully refreshing to downright brisk at higher elevations. Therefore, dressing in layers will be essential to your comfort throughout the day. Rain and snow are possible at any time, and weather conditions can change rapidly in the mountains, so having rain gear and thermal layers on hand is advisable. At the same time, the sun is strong at higher elevations, and therefore adequate precautions should be taken to prevent sunburn, even on cool days.

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You may obtain more detailed weather information at www.weatherbase.com.

TRAVELER’S RESPONSIBILITY
Trip participants have certain responsibilities to both Boundless Journeys and your fellow travelers. This includes understanding the conditions described in the trip itinerary and making sure it is appropriate for your interests and abilities, based on a review of the trip ratings, consultation with Boundless Journeys’ staff, and perhaps your doctor. In addition, trip participants are responsible for preparing for a trip by undertaking the proper fitness training. At the guide’s discretion, a participant may be asked to leave the trip if the guide feels that the person’s further participation may be detrimental to the individual or to other trip participants. If you have any questions about the difficulty level of the trip you have chosen, please contact Boundless Journeys to speak with one of our Destination Managers.

SMALL GROUP TRAVEL
Small group travel affords us the opportunity to seek out the most remote and exotic destinations on the planet. Often we are exploring these locales with just 6-12 guests. The nature of active group travel is such that not all participants have the same ability level or interests. Traveling at a pace that is comfortable for the entire group, with a spirit of flexibility and adventure, are all part of this shared experience.

DRINKS WITH MEALS
At Boundless Journeys we believe group dinners are a time to celebrate our day, while enjoying the best of local cuisine, and good company. In keeping with this spirit, we typically include local beer and wine with group dinners. If you prefer premium wine, or liquor, please feel free to order what you like, and you may settle your tab at the end of the meal.

DRINKING WATER
We provide purified or bottled water on all trips; however, in an effort to reduce waste, we strongly encourage you to bring a water bottle to refill where safe to do so. This will be the case in much of Europe, as well as a few other destinations, where tap water is safe to drink (please review Immunizations & Health Concerns for more information). In parts of the world where water must be purified, bottled water may be our only option. Here, we do our best to provide purified water from larger containers to refill your bottles, rather than using many small single-use bottles throughout your trip. This is just one small way we strive to travel more responsibly and we appreciate your efforts in helping us to protect the extraordinary places we visit.

Boundless Journeys has taken the Travelers Against Plastic company pledge to promote sustainable travel and encourage travelers to avoid buying bottled water when
they travel. You can take the pledge, too, and learn more about TAP’s efforts at www.travelersagainstplastic.org.

Cuisine
Savoyard cuisine is centered around the incredible bounty of fresh foods available in the Alpine valleys of the region. You’ll enjoy plenty of local cheeses and wines and most menus will feature soups, pasta, fish, meat, and salads. Breakfasts, lunches, and all but two dinners are included; your guide can make recommendations for wonderful local restaurants for those two evenings. Breakfasts include fresh fruit, sliced meats and cheese, yogurt, cereal, and pastries. Picnic lunches usually include fresh fruits and vegetables, cured meats, fresh bread, 2 or 3 local cheeses, and cookies or chocolate for dessert. Most dinners are at our hotels and consist of a good variety of Savoyard choices. Vegetarians can be accommodated with advance notice, though choices tend to be more limited. Please inform us of specific dietary restrictions by completing your Guest Questionnaire.

Transportation
While this trip is primarily an inn-to-inn hiking experience, we do use a variety of transport methods on certain days, including private, passenger vans, local buses, and cable cars.
With a Boundless Journeys guide, your experience is that of friend and local adventurer. We believe strongly in working with local guides, experts in the areas to which we travel, and they hold the keys to unlocking the hidden delights of your chosen destination. Although you will never know they are at work—the mark of a truly great leader—our guides make magical things happen and add a dimension to your trip that you could not experience on your own.

Over the years we have forged bonds with some of the best guides in the world, and we typically work with a small team of guides in each region. You will be informed of the guide for your trip one month prior to your departure. Here are some of the guides we work with in the Alps.

**OUR GUIDES**

**ERIC THIOLIERE**

Born and raised in Chamonix, Eric comes from a long line of mountain guides and has led long-distance hiking trips throughout Europe, especially in the Alps, since he began guiding in 1979. Eric speaks French, English, Italian, and German, is an avid skier, and has developed great relationships with local people along the route.

Eric is also involved heavily with the Valais canton, writing guidebooks and maintaining trail markings. He is very knowledgeable about all food, flora, and fauna in the region and is a great traveling companion with a lot of pride for where his roots have been for generations. Eric is warm and welcoming, and visitors can rest assured they have a fantastic leader who knows all the ins and outs of the routes.

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**SANDRINE GOULMY**

Sandrine came to Chamonix many years ago after being drawn to the dramatic mountains and outdoors lifestyle. She thoroughly enjoys leading trekking in the Alps, as well as organizing nature camps for kids. She has been working as a guide since 2001, and her naturalist’s eye on the trail opens our guests up to understanding the flora and fauna of mountains.

Sandrine’s passion for the region’s culture and easy-going nature make her a great companion on the trail. She is known for her amazing picnic lunches and her individual attention to ensure everyone’s needs are met.
TO MAKE A RESERVATION
You can call Boundless Journeys at 800-941-8010, request a reservation online, or contact your travel agent. We will confirm your spot with a deposit of $500 per person and the payment of internal airfare, payable by check or credit card. The balance for your trip is due 90 days prior to departure.

ONCE YOU RESERVE
As soon as you confirm your adventure, we will provide you with an extensive, detailed trip planner that includes arrival and departure instructions, a complete packing list, regional information, required documents, a reading list, and other details.

TRIP CANCELLATION INSURANCE
In addition to your detailed trip planner, we will email you a quote for Travel Guard trip insurance. Please let us know if you would like us to purchase a policy on your behalf. Boundless Journeys strongly recommends purchasing Trip Insurance.

CANCELLATION & REFUND POLICY
If it becomes necessary to cancel your trip, the following schedule applies to your land cost and is determined by the day that we receive written notification:
- >90 days prior to the trip will be charged $100.
- 90-61 days prior to the start of the trip will be charged 25% of the trip price.
- 60-46 days prior to the start of the trip will be charged 50% of the trip price.
- <45 days prior to the start of the trip will be charged 100% of the trip price.

QUESTIONS? WHICH TRIP IS RIGHT FOR YOU?
Adventure travel may involve exotic destinations, unusual levels of physical exertion, and activities that may be new to you. If you have any questions about the level of comfort, difficulty, or activities included on your trip, please call Boundless Journeys at 800-941-8010, or email us at info@boundlessjourneys.com. Our travel experts look forward to helping you select the perfect adventure.

VISIT US ONLINE
www.boundlessjourneys.com for:
- additional departures
- special promotions
- detailed itineraries
- inspiring photography
- guide bios

ENJOY FOOD & WINE?
Check out . . .
- ITALY: Ancient Sicily Hiking
- CROATIA: Dalmatian Coast Kayaking & Hiking
- SLOVENIA: Julian Alps Hiking

EXTENDING YOUR TRIP?
Consider . . .
- IRELAND: Walking trails of the Emerald Isle
- ITALY: Ancient Sicily Hiking
- THE ALPS: Haute Route

PREFER A PRIVATE TRIP?
The perfect option for alumni and family reunions, birthdays and anniversaries, or just to catch up with friends in fabulous destinations. Mark your calendar and leave the planning to us! Call our travel experts today: 800-941-8010.
RESPONSIBLE TRAVEL
At Boundless Journeys we are committed to exploring the world in a responsible way and continually seek ways to tread lightly across the unique landscapes and diverse cultures on this planet. Here are just some of the ways we aim to travel responsibly:

MAKING CONNECTIONS
On some of our trips, our guests have the opportunity to visit organizations working to protect the environment and improve the livelihoods of local communities. Whether it is bathing elephants at a conservation center in Myanmar, or enjoying a farm-fresh meal at a family-owned organic farm in Costa Rica, our guests form meaningful connections with the people and places they visit.

GOING LOCAL
Whenever possible, we use small, locally operated hotels that have sound environmental practices; groups dine at restaurants that feature fresh and authentic regional cuisine; we choose partners that strive for the highest standard of responsible practices; and we employ local guides and support local economies.

CONSERVING WILD PLACES
On many of our trips, we explore stunning natural landscapes where conservation is of the utmost importance. As visitors, we not only tread lightly, but actively contribute to the conservation of parks and protected areas.

LOOKING FOR INSPIRATION?
Here are just a few examples - one more involved, and one quite simple - of how our travelers give back to the places they have explored with us:

• The Botswana School Project was created in 2012 by Boundless Journeys guests who saw that there was a need for books, supplies, and computers in schools they visited in northern Botswana.
• A Bhutan guest donated baby outfits to families she met on mountain trails and in rural communities and schools.
• Two sisters who traveled to Peru donated school supply kits to a local school we visit on our Sacred Valley & Machu Picchu tour.

Learn more: www.boundlessjourneys.com/responsible-travel/

PROUD MEMBERS
Boundless Journeys is proud to support the following organizations and the important work that they do: