

France, Italy, & Switzerland

TOUR DU MONT BLANC

ALPINE HIKING ADVENTURE | 9 DAYS

June 26-July 3, 2022

July 9-17, 2022

July 23-31, 2022

August 13-21, 2022

August 27-September 4, 2022

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**.

France, Italy, & Switzerland | TOUR DU MONT BLANC

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 specialties 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 specialties such as raclette, Roblechon, and Beaufort cheeses
- Spend two nights in both Chamonix and Courmayeur, the most vibrant Alpine towns along our route

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TOUR OVERVIEW



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 Easy Strenuous (See page 12 for more information)
Land cost:	\$4,795 per person
Single supplement:	First single per departure: \$75* Additional: \$575 (*Must reserve at least 120 days ahead)



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 & 6) 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.



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

Today we enjoy all of what the "Italian" side has to offer, with an option for a full day hike along the "TMB", or the option to rest and explore Courmayeur's bustling town, or relax and rejuvenate at the hotel's spa.

DAY 7

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 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.

THE JOURNEY



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: Lac Blanc

Activity Overview: Hiking

Activity Level: Moderate with 1,700' elevation gain and loss

Activity Length: 4-5 hours (about 6 miles)

Today, we join our guide for an introductory hike up to the Aiguilles Rouges, with Lac Blanc as our destination. As we hike along the Grand Balcony trail, we get a dazzling view of many of the highest peaks in the Alps, with spectacular vistas over the entire Chamonix Valley and the massif, which we will hike around in the week ahead. We then return by cable car from La Flégère for the scenic ride back down to the valley. 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

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



"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 4: Les Contamines–Bourg St. Maurice

Activity Overview: Hiking

Activity Level: Strenuous with 4,400' elevation gain and 3,200' loss

Activity Length: 7-8 hours (about 12 miles)

Today is the "double Col" (mountain pass) 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 and 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. This evening, we enjoy a fine regional dinner at a charming, local restaurant.

Accommodation: Hotel L'Autantic, Bourg Saint Maurice, France

Meals: B, L, D

DAY 5: Bourg St. Maurice–Courmayeur

Activity Overview: Hiking

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. Enjoy the evening to explore this bustling small town with many fine restaurants to choose from for a delectable Italian dinner on your own.

Accommodation: Hotel Berthod, Courmayeur, Italy

Meals: B, L

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 6: Mont de la Saxe to Refugios

Activity Overview: Hiking

Activity Level: Moderate to strenuous with about 1000' elevation gain and up to 3000' loss with several options

Activity Length: 4-6 hours (about 6-10 miles)

Today, we experience the Tour du Mont Blanc route above Courmayeur overlooking the Val Ferret. We enjoy the stunning landscape of the massif from the Italian side, which is more dramatic and rugged than the French side. The peaks are closer allowing great views of the Dent du Géant, Grandes Jorasses, and others.

We take a local bus up the valley to start our hike along a balcony trail on the Italian side of Val Ferret, where we have panoramic views along the way to Refugio Bonatti. We parallel the full mountain range and its steep and impressive south faces. After a lunch break, we continue our hike along the footsteps of the famous Ultra Trail of Mont Blanc and to Refuge Bertone before descending back to the valley to return to Courmayeur for some time to explore this charming town.

You may also choose to relax at our hotel's new spa, soak in the hot tub or warm your muscles in the steam room or sauna before heading out to dinner Italian style at one of our guides' favorite restaurants.

Accommodation: Hotel Berthod, Courmayeur, Italy

Meals: B, L, D

DAY 7: Courmayeur–Champex

Activity Overview: Hiking

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



"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



DAY 8: Trient–Le Tour

Activity Overview: Hiking

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. After a transfer to the village of Trient at the base of a spectacular glacier, 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 over the massif we've circumnavigated, 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 at one of the best restaurants in Chamonix.

Accommodations: Hotel L'Oustalet, Chamonix, France

Meals: B, L, D

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.

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

ACCOMMODATIONS

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.



NIGHTS 1, 2, & 8

Hotel L'Oustalet

330 Rue du Lyret

Chamonix, France

Tel 011-33-450-55-54-99

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

info@chemenaz.com | www.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

bonjour@hotel-autantic.fr | www.autantic.fr/english

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.



NIGHTS 5 & 6

Hotel Berthod

11 Via Mario Puchoz

Courmayeur, Italy

Tel 011-39-0165-84-28-35

info@hotelberthod.com | www.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 7

Hotel Du Glacier

Champex, Switzerland

Tel 011-41-27-782-61-51

info@hotelglacier.ch | www.hotelglacier.ch

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

WHAT TO EXPECT



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 our 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 with limited “down” time. Although we are on the trail most of the day, we will experience Mont Blanc mountain culture embodied in our 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 typically begin 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.

AVERAGE TEMPERATURE		
CHAMONIX	HIGH	LOW
June	77°F	55°F
July	76°F	58°F
August	75°F	57°F
September	72°F	48°F

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

TRAVELER’S RESPONSIBILITY

As a trip participant, you have responsibilities to Boundless Journeys, your fellow travelers and guide, and the local people you encounter. This includes understanding and preparing for the conditions described in the itinerary, ensuring it meets your interests and abilities, and following

the health and safety guidelines of Boundless Journeys, local authorities, and/or the CDC. At their discretion, a guide may ask a guest to leave the trip if further participation may be detrimental to the individual or other participants.

We strongly urge any guest feeling ill shortly before departure to cancel their trip. To help cover your investment, we highly recommend purchasing travel insurance with supplemental “Cancel for Any Reason” coverage. If you feel unwell during the tour, please immediately inform your guide, who can help take the appropriate next steps. We appreciate your cooperation.

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. A substantial variety of hiking snacks are offered each morning to carry in your own pack. 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.



OUR ALPS TEAM

TRIP MANAGER



Michelle Cournoyer

Originally from Rhode Island, Michelle spent many years guiding cycling tours in Vermont and France before moving into a Destination Manager role. She joined Boundless Journeys in 2014 and her portfolio includes Slovenia, Scotland, the Dolomites, the Haute Route, the Tour du Mont Blanc, and Argentina. Michelle is our office Francophile and speaks fluent French. She is most at home in the mountains (no matter the continent) and runs, skis, hikes, and cycles with her family.

GUIDES

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.



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.



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.

NEXT STEPS



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.

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.

CANCELLATION & REFUND POLICY

Please check our Terms & Conditions page on our website for our comprehensive cancellation and refund policies: www.boundlessjourneys.com/terms-and-conditions.

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.

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

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- CROATIA: Dalmatian Coast
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- SCOTLAND: Highlands & Islands Hiking
- ITALY: The Dolomites Traverse

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.

BOUNDLESS BEYOND



RESPONSIBLE TRAVEL

At Boundless Journeys, our goal is to create meaningful experiences that protect the delicate ecosystems and attributes of every location we visit. We aim to educate our guests on the best responsible travel practices for each destination.

WE ARE COMMITTED TO

Making connections. Our local guides offer insider knowledge of their country, including tips on etiquette and customs. They facilitate meaningful interactions with the people and places we visit, such as dinner at the home of a local family. While you may arrive in a destination as a visitor, you leave with a deeper understanding and connection to each place.

Going local. Boundless Journeys' small group size stems from a desire to provide a more intimate traveler experience, giving us the freedom to move through the tight alleys of old towns on foot, eat and sleep at traditional guesthouses, participate in immersive cultural exchanges, and leave a smaller footprint on all of the locales we visit. This mobility allows us to support local economies directly, forging strong relationships with our partners and friends abroad as we return year after year.

Respecting people and the environment. We support organizations working to protect ecosystems and improve the livelihoods of local communities. On many of our trips, we explore stunning natural landscapes where conservation is of the utmost importance. As visitors, we practice Leave No Trace ethics and actively contribute to the conservation of parks and protected areas.

HOW YOU CAN HELP

Give back. Instead of receiving a Boundless Journeys t-shirt or water bottle, you can opt to donate the value of your gift to our travel scholarship fund, which will be awarded to a local student for an educational or service-based travel opportunity.

Learn more. Visit boundlessjourneys.com/responsible-travel to read more about how our values are reflected in our trip offerings. We also offer a selection of Resources for the Responsible Traveler, which suggests ways to tread lightly and ensure your journey has a positive impact.

Join us. 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 at travelersagainstplastic.org.

CONSERVATION IN ACTION

Boundless Journeys is a proud member of the Adventure Travel and Trade Association, a global network of adventure seekers who believe in the protection and promotion of local communities and wilderness areas.

