



Hiking Itinerary: Glacier du Tour

Trail Description

Did you know there are 70 glaciers on the Mont Blanc massif? Most of them are high up and difficult to reach without mountaineering equipment and skills, however, Le Tour glacier is within reach of hikers. The route follows well maintained trails up through the Le Tour ski resort, while avoiding the downhill mountain bike tracks, before branching off at the mid station to cross an alpine plateau to reach the valley wall. The climb resumes as the trail becomes a balcony, offering stunning views of Mont Blanc and Aiguilles Rouges down the Chamonix Valley, with some exposed and cable/ladder assisted sections. The final 0.6km / 0.4mi ascent is along a rocky path that zig zags its way up to the edge of Glacier du Tour and Albert Premier (ter) which has accommodation, food and refreshments available (tip: try the chocolate brownie if on the menu today. You won't be disappointed!). The descending route detours via Col de Balme (the border between France and Switzerland) before returning to Le Tour through the ski resort.

Shortcut 1: Take the gondola from Le Tour to Charamillion, where you can start the hike. This reduces the overall hiking distance by 2km / 1.2mi, elevation gain of 397m / 1302ft and total hiking time by ~1.3 hours.

Shortcut 2: Take the Autannes chairlift and Charamillon gondola down to Le Tour to end your hike. This reduces the overall hiking distance by 4.7km / 2.9mi, elevation loss by 761m / 2,497ft and total hiking time by ~1.7 hours.

Shortcut 3: Take the Charamillon gondola and Autannes chairlift return from Le Tour and complete an out and back hike from Col de Balme to Refuge Albert Premier (ter). The hiking distance of this route is 8km / 5mi and elevation gain / loss is 567m / 1,860 ft

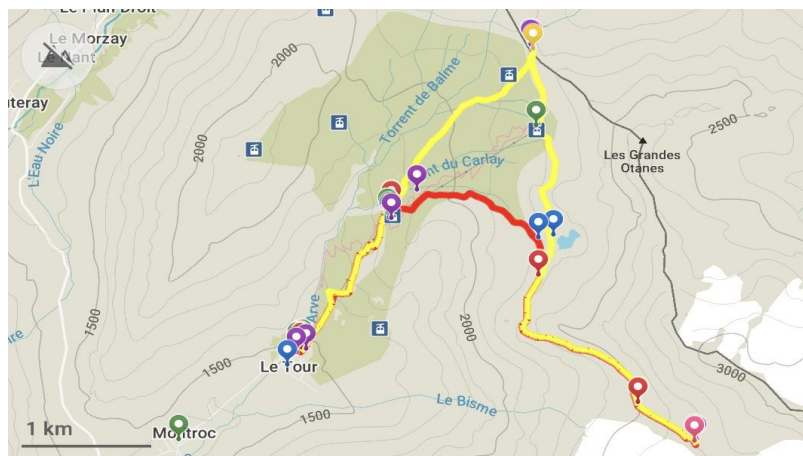


Image: Mobile Map for Glacier du Tour hike on Maps.Me

Logistics

Start Location	Le Tour
End Location	Le Tour
Water availability	Yes
Food availability	Yes
Shortcut Options	Yes
Toilets Available	Yes

Refer to the mobile map for trail markers:

- Blue = Water refill locations
- Purple = Food options
- Pink = Toilet locations
- Green = Transport schedule and prices
- Red / Yellow = Trail section details

Don't have a mobile map yet?
[Download at www.thehiking.club](http://www.thehiking.club)

Key Hiking Stats

	Metric (km/m)	Imperial (mi/ft)
Total Distance:	15.4	9.6
Total Height Gain:	1318	4324
Total Height Loss:	1318	4324

Estimated Time (Hrs): <i>(excludes breaks)</i>	Elite	Speedy	Steady	Wanderer
	5.8	6.5	7.2	7.9



Tips

- Transport: If you are staying in the Chamonix Valley, you receive free transportation within the area. The local bus service is available directly to/from trail head
- Direction: Hike first to Refuge Albert 1er then return via Col de Balme so that you have the option of taking the chairlift and gondola down if tired or running late
- Sun Exposure: The trail is completely exposed so make sure to be sun smart with a hat and sunscreen. If you leave early, you can ascend to the refuge while the trail is in the shadow of the Mont Blanc massif before the sun rises above the valley.
- Snack Break: Refuge Albert 1er doesn't have an outdoor terrace so don't plan a relaxed lunch overlooking the glacier. Best to bring a snack or buy something from the refuge and find a comfy spot outside

Trail Breakdown by Section

Section Start	Section Finish	Distance		Section Finish Elevation		Section Elevation Gain		Section Elevation Loss		Hiking Time Est (decimal hrs)
		(km)	(mi)	(m)	(ft)	(m)	(ft)	(m)	(ft)	
Le Tour	Charamillion	2.0	1.2	1850	6070	397	1302	0	0	*based on steady pace and excludes breaks 1.3
Charamillion	Lac de Charamillion Junction	2.2	1.4	2255	7398	405	1329	0	0	1.0
Lac de Charamillion Junction	Fenetre du Tour Junction	1.9	1.2	2505	8219	270	886	20	66	1.0
Fenetre du Tour Junction	Albert Premier Hut	0.6	0.4	2707	8881	202	663	0	0	0.6
Albert Premier Hut	Fenetre du Tour Junction	0.6	0.4	2505	8219	0	0	202	663	0.3
Fenetre du Tour Junction	Lac de Charamillion Junction	1.9	1.2	2255	7398	20	66	270	886	0.8
Lac de Charamillion Junction	Autannes Chair Top	1.5	0.9	2200	7218	10	33	65	213	0.4
Autannes Chair Top	Col de Balme	0.7	0.4	2204	7231	14	46	10	33	0.2
Col de Balme	Charamillion	2.1	1.3	1850	6070	0	0	354	1161	0.8
Charamillion	Le Tour	2.0	1.2	1453	4767	0	0	397	1302	0.8

Elevation Profile

