

# TRAIL RUNNING - CHAMONIX AND THE MONT BLANC REGION

40 routes in the Chamonix Valley, Italy and Switzerland

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The growth of Alpine trail running has been phenomenal in recent years, and the Mont Blanc massif offers a range of running routes to suit varying levels of experience. This guidebook explores the area in 40 runs in France, Switzerland and Italy, featuring both classic and more remote routes.

The guidebook describes 35 day routes, from the Chamonix vertical km, a Skyrunning challenge which climbs 1000m in just 3.8km, to the 42km Marathon Mont Blanc: other highlights include above the Mer de Glace, the summit of Mont Buet and above the Col du Grand Saint Bernard. The guidebook also describes five longer routes, from the 2-day 80km Marathon du Mont Blanc to the 4-day, 168km Ultra Trail du Mont Blanc.

The key season for the majority of routes is the Alpine summer season, between early June and late September. Each route has been carefully graded to indicate the style of running terrain, from wide trails to single track to technical skyrunning. Centres are at Chamonix, Courmayeur, Champex, Martigny, Orsieres, St Gervais, Servoz, Les Houches, Le Buet, Vallorcine, Trient, Bourg St Pierre and Les Contamines.

## Key marketing points

- 40 trail running routes from 3.8km to 168km
- Covers Chamonix, the Italian and Swiss valleys of Mont Blanc massif
- Includes the Ultra Trail du Mont Blanc

## About the author

Kingsley Jones has climbed the north faces of the Eiger, Matterhorn and Grandes Jorasses in the Alps, and led expeditions to mountains all over the world. His passion for minimalist mountain travel led him to discover trail running as an ultimate form of fast and light travel. He runs a mountain running and guiding company ([www.icycle.co.uk](http://www.icycle.co.uk)), dividing his time between the Alps and the Lake District.

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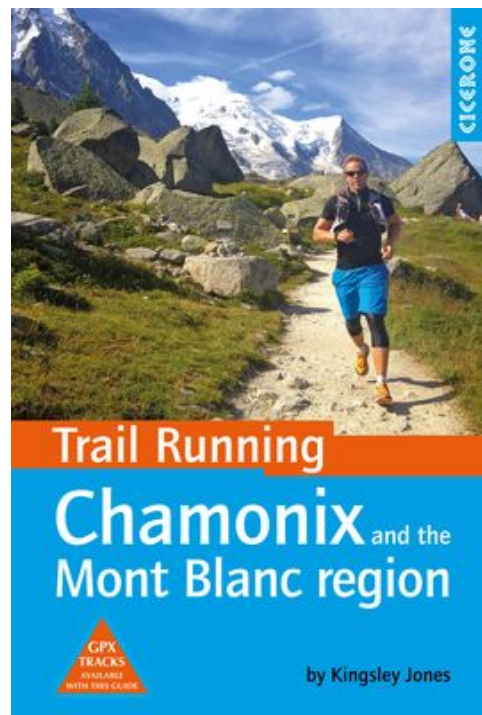
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