

### Day 4: La Ville des Glaciers - Col de la Seigne - val Vény – Refugio Elisabetta - Courmayeur

If you have stayed in Les Chapieux you can either walk the 5km up the road or catch the local shuttle to La Ville des Glaciers, which saves a 1-hour 5km uphill hike on the road. The Col de la Seigne (2516m) and lies a steep 750m above the Refuge des Mottets and is where you leave France for Italy. Just wait until you see the view! Stupendous! The trail descends through high alpine meadows past refuge Elisabetta into the Val Veni.

Here you must choose either the tough option which climbs via Col Chécrouit to Courmayeur or the easy option of continuing past the snout of the huge Glacier du Miage to Visaille, where you catch the shuttle bus into Courmayeur or continue to walk on valley trails to Courmayeur.

**Overnight:** Courmayeur hotel

**Meals included:** Breakfast

<b>Recommended Route</b>	La Ville des Glaciers - Col de la Seigne - val Vény – Refugio Elisabetta – Visaille – bus to Courmayeur
<b>Distance</b>	15 km
<b>Duration</b>	5 – 5.5 hrs
<b>Ascent / Descent</b>	800m / 790 m
<b>Map</b>	IGN 3531 ET ST-GERVAIS
<b>Guidebook</b>	Page 58: STAGE 3: Les Chapieux – Col de la Seigne – Rifugio Elisabetta (starting from la Ville des Glaciers on page 61) Page 64: STAGE 4: Rifugio Elisabetta – Courmayeur (as far as page 67 – TMB bad weather option: Val Veni to Courmayeur) Bus from Visaille to Courmayeur.
<b>Notes</b>	The above distances are from La Ville des Glaciers. If you decide to walk from Les Chapieux instead of taking the shuttle bus add an extra 5km and 1 hour.
<b>Transport</b>	<b>Shuttle bus from Les Chapieux to Les Mottets</b> From the first Monday in July until the last Sunday in August a shuttle service operates between Les Chapieux and Vallee des Glaciers. It runs from 08:30 about every 30 minutes until 17:45 and a one-way ticket is €3. The morning start time may be slightly later at the start/end of the season.  <b>Bus from La Visaille to Courmayeur</b> From the third Saturday in June until the second Sunday in September a shuttle bus service operates between La Visaille and Courmayeur every day. Buses leave every hour from 7:40 – 21:40. You can purchase a ticket from the driver, which costs a few Euro.

<b>Extended Recommended Route</b>	La Ville des Glaciers - Col de la Seigne - val Vény – Refugio Elisabetta – Visaille – walk to Courmayeur
<b>Distance</b>	24.5 km
<b>Duration</b>	7-8 hrs
<b>Ascent / Descent</b>	850m / 1302 m
<b>Map</b>	IGN 3531 ET ST-GERVAIS
<b>Guidebook</b>	Page 58: STAGE 3: Les Chapieux – Col de la Seigne – Rifugio Elisabetta (starting from la Ville des Glaciers on page 61) Page 64: STAGE 4: Rifugio Elisabetta – Courmayeur (as far as page 67 – TMB bad weather option: Val Veni to Courmayeur)

**Emergency Contact Details:**

Macs Adventure: (Office Hours) +44 141 530 8886 / +33 1 70 709 063  
Macs Adventure Emergency Out of Hours: (Mob) +44 (0) 7500 718 081

<b>Notes</b>	<ol style="list-style-type: none"> <li>1. The above distances are from La Ville des Glaciers. If you decide to walk from Les Chapieux instead of taking the shuttle bus add an extra 5km and 1 hour.</li> <li>2. This is the same route as the recommended route above but you walk into Courmayeur from Visaille rather than catch the bus. A good option if you prefer a longer walk as it is a pleasant and mainly downhill walk from Visaille to Courmayeur.</li> </ol>
<b>Transport</b>	<b>Shuttle bus from Les Chapieux to Les Mottets</b> (see above)

<b>Tough Variant</b>	La Ville des Glaciers - Col de la Seigne - val Vény – Refugio Elisabetta – Col Chécrouit – Courmayeur
<b>Distance</b>	27.5 km
<b>Duration</b>	8 - 9 hrs
<b>Ascent / Descent</b>	1160m / 1820 m
<b>Map</b>	IGN 3531 ET ST-GERVAIS
<b>Guidebook</b>	Page 58: STAGE 3: Les Chapieux – Col de la Seigne – Rifugio Elisabetta (starting from la Ville des Glaciers on page 61) Page 64: STAGE 4: Rifugio Elisabetta – Courmayeur
<b>Notes</b>	<ol style="list-style-type: none"> <li>1. The above distances are from La Ville des Glaciers. If you decide to walk from Les Chapieux instead of taking the shuttle bus add an extra 5km and 1 hour.</li> <li>2. This is a <b>very tough day</b> and only the strongest walkers should consider this option via Col Chécrouit.</li> <li>3. It may be possible to use the chair &amp; cable car to descend from Col Chécrouit to Courmayeur, which reduces the final descent by 900m.</li> </ol>
<b>Transport</b>	<p><b>Shuttle bus from Les Chapieux to Les Mottets</b> (see above)  <b>Cable Car / Chairlift from Col Chécrouit to Courmayeur</b>          You can avoid the long steep descent from Col Chécrouit to Courmayeur by taking the chairlift and cable car.          In 2014 the lifts run from the 13 July – 1<sup>st</sup> of September          The Cable Car to Dolonne runs between 09:30 to 17:50          The chairlift to Col Chécrouit runs between 09:50 &amp; 17:20          A one way ticket costs €10 for the cable car and €5 for the chairlift</p>