



# **Trail Running - Chamonix and the Mont Blanc region: 40 routes in the Chamonix Valley, Italy and Switzerland (Cicerone Trail Running)**

*Kingsley Jones*

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A guidebook describing 40 trail running routes in the Chamonix Valley and around the Mont Blanc massif, visiting France, Switzerland and Italy. The routes, which range from 3.8km (2½ miles) to 168km (104 miles), are graded from 1 to 5 and categorised as trail running, fell running or skyrunning. Starting from Chamonix, Les Houches, Servoz, Champex, Courmayeur, Orsières and Vallorcine among others, and covering classic ultra trail routes as well as shorter day runs, there is something for every runner.

Step-by-step route descriptions are accompanied by 1:100,000 mapping and route profiles, with notes on safety and useful tips for runners. Also included is a comprehensive equipment checklist plus information on running at altitude, adapting to the Alps, navigation, maps and mountain safety. GPX files for all routes are available for download after you have purchased the book by logging in to your Cicerone account.

Renowned as a mecca for trail runners, the Chamonix Valley and Mont Blanc region is home to some of the greatest trail running races in the world, including the Tour des Géants and Ultra Trail du Mont Blanc. The landscape, with its dramatic mountain scenery and ethereal vistas, offers diverse trail options and true adventure - the perfect playground for this exhilarating sport.

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