



FROM CHAMONIX TO ZERMATT


From one giant to another...





The Haute Route from Chamonix to Zermatt is probably one of the most famous routes in the Alps, connecting two mountain capitals, steeped in history, through high altitude trails.


But seven days are not enough!

This route focuses on the Swiss landscapes. The trail leads us to the "Land of the 4000m", ending in Zermatt at the foot of the legendary Matterhorn (4478m), a pyramid of a rare elegance, the most iconic summit of the Alps.


 7 days

 Guided / with a guide

 With or without baggage transport

 Accommodation : Classic (dormitory)

 Level : ***

 From : 1265€

You will like

- The most remarkable part of the Swiss Haute Route itinerary
- The proximity to vast glaciers throughout the trek
- 'The land of the 4000m', an incredible area of high peaks including the Matterhorn and the Pointe Dufour the highest summit in Switzerland at 4634m
- Discovering traditional villages and mountain life in Switzerland

The route

Day 1

Meet at the train station in Le Châble at 1.45pm on Sunday (please have lunch before meeting)

LE CHABLE - LA LOUVIE

Short transfer to Fionnay village. Climb through forest and pastures to Lake Louvie. Stunning views over the Combins mountain range, the Corbassière Glacier and in the distance the Mont Blanc massif. Night in refuge **without luggage**.
3 hour walk / Elevation: +750m

Day 2

THE GRAND DESERT - PRAFLEURI

Beautiful day at altitude. Climb to Louvie pass (2921m) at the foot of "La Rosa Blanche" summit. Cross the rocky flats of the Grand Désert, passing by mountain lakes to reach the Prafleuri pass (2987m). Descend to the Prafleuri refuge. Night in refuge **without luggage**.
6 hour walk / Elevation: +950m -600m

Day 3

GRANDE DIXENCE - PAS DE CHEVRE - AROLLA

Climb to the Col des Roux (2804 m). The path then skirts the Grande Dixence dam, the highest gravity dam in the world. Climb alongside the Cheillon glacier to the Pas de Chèvre (2855 m) and descent to the village of Arolla. Night in a gîte.
6 hour walk / Elevation: +630m -1200m

Day 4

COL TORRENT - VAL D'ANNIVIERS

Short transfer to the village of Les Haudères. Climb through the pastures passing mountain chalets up to Torrent pass (2915m). A day to encounter "nomadic" shepherds, making local cheese. Descend to Moiry dam. Night in a refuge in Val d'Anniviers.
7 hour walk / Elevation: +1200m -700m

Day 5

MEIDPASS - GRUBEN

Another day in a high mountain environment. Transfer to St Luc then climb to the Meidpass (2790m) via the Roua pastures and the Lake Armina. Descend to the pretty alpine hamlet of Gruben in the Turmanntal valley. Night in a gîte.
6.5 hour walk / Elevation: +1090m -1000m

Day 6

AUGSTBORDPASS - TASCHALP

Climb to the Augstbordpass (2900m) and descent to the village of St Niklaus. With a little luck, it's possible to spot a large number of chamois, which are not very shy in these areas. Descent via the cable car and transfer to Zermatt. Night in hotel.
7 hour walk / Elevation: +1100m -950m

Day 7

ZERMATT - AT THE FOOT OF THE "4000"

Balcony trail at the foot of the Matterhorn to get closer to that giant of the Alps. Surrounded by summits over 4000m, passing by small shepherd villages overlooking Zermatt, an authentic and enchanting scenery.

3.5 hour walk / Elevation: +800m -800m

End point Saturday at 2pm in Zermatt.

The itinerary is established according to the latest information available, the possibility of unknown factors affecting this itinerary is possible including situations beyond our control which may change the route, timings etc.

Personalised tour available, contact us...

The trip

LEVEL ***

Elevation: +/- 600 to 1250m average per day.

Walking time: 6-7 hours average per day.

Type of trek: mountain route on marked, often stony paths. There are a few well maintained aerial passages secured by cables. On day 3, a 40m ladder can be bypassed by another route.

Fitness level: general good fitness level is required. Please practice a cardio sport as hiking, running, cycling, from 3 to 4 hours a week. Your physical preparation will enable you to enjoy your trek to the maximum.

Please find the description of the levels by clicking here: [levels of difficulty](#)

WHY NOT STARTING IN CHAMONIX?

This is a legitimate question for a route called "Chamonix Zermatt".

We favored a departure from Le Châble, near the Swiss resort of Verbier, for several reasons:

- The complete route linking these two alpine capitals is too long to be done in just 7 days (except for very trained hikers).
- The first stages starting from Chamonix (Col de Balme, Fenêtre d'Arpette/Bovine) are beautiful hikes but also particularly crowded and every hiker who has previously been on the Tour of Mont Blanc, is already familiar with them.
- Starting directly from Le Châble allows you to avoid a long transfer, usually necessary to cross the Val d'Entremont, but also to be able to do the superb high-altitude hike above the Louvie and Prafleuri passes.

GUIDING

Group between 6 and 14 people supervised by a qualified mountain leader.

To thank your guide, it is usual to tip him at the end of the trek, according to your satisfaction. It is not mandatory but, it is very appreciated.

ACCOMMODATION

5 nights in gites or mountain refuges in dormitories of 8 to 10 persons.

1 night in a hotel in Zermatt in bedroom of 2/3 people.

All accommodation offers hot showers.

RESPONSIBLE TOURISM

Nights 1 and 2 are without luggage, you will have to take with you a toiletries set and a change of clothes for the night (maximum 1 or 2 kg). We made that choice to favour an enchanting route but also to lower the cost and limit the environmental impact. Please let us know your thoughts!

MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are included and are carefully prepared daily by your guide, comprising a variety of healthy salads and local products.

Please inform us about any food allergies and special diets **at the time of booking**.

We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring some additional products for your own picnics.

MAPS

Federal Office of Topography: Grand St Bernard 5027 T, Monté Rosa 5028 T.

Practical information

ACCESS TO DEPARTURE POINT

Meeting at 1.45pm in front of the train station in Le Châble (Valais, Switzerland).

BY TRAIN

Inbound: departure from Paris - Gare de Lyon to Lausanne or Geneva. Then take the train to Le Châble SBB station.

Return: departure from Zermatt for Lausanne or Geneva, then Paris Gare de Lyon.

Times should be verified in a train station or on www.oui.sncf and www.cff.ch

BY CAR

Direction Geneva, Chamonix, Martigny, Le Châble towards Verbier.

Large free outdoor [car park](#) at the cable car opposite Le Châble CCF station.

End point around 2pm in Zermatt.

RETURN TO DEPARTURE POINT

The return journey from Zermatt to Le Châble is organised by your guide at the lowest cost with a taxi (allow €50 to €60 per person and a 2-hour journey, minimum 6 people).

Return by train from Zermatt to Le Châble, approx. €60 per person (3-hour journey).

ACCOMMODATION BEFORE AND AFTER

Le Châble - Hôtel Le Gietroz: +41 (0)2 77 76 11 84

[Tourist Office Verbier](#): +41 (0)2 77 75 38 88

[Tourist Office Zermatt](#): +41 (0)2 79 66 81 00

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability.

The repatriation insurance EUROP ASSISTANCE that we offer is dedicated to French speaking people living in Europe. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

If you chose to take out repatriation insurance with EUROP ASSISTANCE whom we propose, Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You are responsible for compliance with the reporting procedures of any incident.

Before making any decision, contact EUROP ASSISTANCE.

CONTACT US

If you are late please contact the agency as soon as possible on: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Dates & prices

From 23/06/24 to 29/06/24	Last places available	1320 €
From 07/07/24 to 13/07/24	Guaranteed departure	1320 €
From 14/07/24 to 20/07/24	Guaranteed departure	1320 €
From 28/07/24 to 03/08/24	Guaranteed departure	1320 €
From 04/08/24 to 10/08/24	Last places available	1320 €
From 11/08/24 to 17/08/24	Open departure	1320 €
From 18/08/24 to 24/08/24	Guaranteed departure	1320 €
From 25/08/24 to 31/08/24	Open departure	1320 €
From 01/09/24 to 07/09/24	Last places available	1265 €
From 08/09/24 to 14/09/24	Open departure	1265 €

THE PRICE

The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- All meals including picnic lunch and snacks during the day;
- Accommodation in gites, refuges and small hotels;
- Baggage transport between accommodation (except nights 1 and 2);
- Bus transfers and skilifts as indicated in the itinerary.

The price does not include:

- Personal expenses (drinks, etc.), touristic visits;
- Cancellation insurance;
- Your return journey from home to the point of departure/end point.
- Purchase of mineral water is not included for night 2 at Cabane de Prafleuri.

The price is all inclusive from departure to end point.

Equipment and baggage

EQUIPMENT LIST

Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

Other Equipment

- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- Identity card or passport

BACKPACK

Bring a comfortable backpack of 30 to 40 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity documents) and please keep a little room to carry a picnic and snacks.

BAGGAGE TRANSPORT

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person**. Your baggage will be transported daily, except day 1 and 2, between accommodation by our logistics vehicle where access is not always easy.

Baggage which is too big and too heavy won't be accepted by the drivers, please think of their backs!

BACKPACK FOR THE NIGHTS WITHOUT LUGGAGE

For the nights 1 and 2, when you don't have your luggage at your accommodation, here are a few tips on what to add to your backpack (around 2 kg is enough!):

- a small toiletries bag
- your sleeping bag liner
- a change of clothes (just the bare essentials!) and comfortable shoes/clothes for the evening

HOW TO REGISTER

- Online: www.altitude-montblanc.com

- By telephone: +33 (0)4 50 79 09 16

- By post: Please provide your details

- Surname, First Name, Date of birth
- Address
- Email
- Telephone
- Mobile

If you wish to register by post, please complete the form below and return it to:

Altitude Mont-Blanc
62 passage du Nant Devant
74110 MONTRIOND
FRANCE

Please specify whether you wish to take out an optional cancellation insurance (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% in association with your account details at Altitude Mont-Blanc ('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.
The balance must be paid one month before departure without a reminder from us.
For self-guided tours, we will then send your tour pack (includes maps, descriptive book etc.)

Our [Terms & Conditions](#) can be found on our website.

Do not hesitate to contact us if you have any questions.



Registration by mail form

Last name:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

A large, light gray rectangular box intended for the user's signature.

Return with your deposit to:
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE