



## FROM CHAMONIX TO ZERMATT, self-guided 7 days

You, your hiking boots and your map, we take care of the rest...




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 by high altitude trails.


But seven days are not enough!


Up to an altitude of almost three thousand metres, the trail takes us to the land of the "4000's", at the foot of the Mont Blanc of Cheillon, the Pigne d'Arolla, the Weissshorn and their Himalayan-like glaciers. The journey ends in Zermatt, at the feet of the Matterhorn, 4478m high, a pyramid of rare elegance and the symbolic image of Switzerland.

Leave the organisation of the trip with us...

 7 days

 Self-guided / without a guide

 With or without baggage transport

 Accommodation : Classic (dormitory)

 Level : \*\*\*

 From : 805€

### You will like

- The most notorious part of the Swiss Haute Route itinerary
- A "high mountain" route with high passes
- The proximity to vast glaciers throughout the trek
- 'The land of the 4000m', surrounded by an incredible area of high peaks known as the 'Imperial Crown', including the Matterhorn and the Pointe Dufour, the highest summit in Switzerland at 4634m
- Discovering life at altitude in typical and traditional Swiss villages

# The route

## Day 1

Departure from the train station in Le Châble (Verbier, VS, Suisse)

### LE CHABLE - CABANE DE LOUVIE

Take the gondola then traverse on a balcony trail with stunning views over the Combins mountain range, the Corbassière Glacier and the Mont Blanc range in the distance, to arrive at the Cabane de Louvie. Night in a refuge. **Whithout luggage.**

5 hour walk / Elevation: +460m -440m

## Day 2

### COL DE LOUVIE - REFUGE PRAFLEURI

Beautiful day at higher altitude. Climb to the Col de Louvie (2921m) at the foot of the Rosa Blanche summit. Cross the rocky flats of the Grand Désert, passing by mountain lakes to reach the Col de Prafleuri (2987m). Descent to the refuge Prafleuri. Night in refuge. **Whithout luggage.**

6.5 hour walk / Elevation : +1050m -950m

## Day 3

### LAC DES DIX - PAS DE CHÈVRES - LES HAUDERES

Contouring the Grande Dixence dam, highest gravity dam in the world. Climb alongside the Dix Glacier to the thrilling ladder climb at the Pas de Chèvre (2855m) and descent to the village of Arolla. Bus transfer to Les Haudères. Night in a hotel.

7 hour walk / Elevation: +850m -710m

## Day 4

### COL TORRENT - LAC DE MOIRY - ZINAL

Short bus transfer from les Haudères to Villaz. Climb through the pastures among the "mayens" (mountain chalets) to arrive to the Col Torrent (2915m). Descent to the Moiry dam. Bus transfer to Zinal.

6 hour walk / Elevation: +1220m -700m

## Day 5

### COL DE LA FORCLETTAZ - GRUBEN

Climb across the pastures above the Anniviers valley to the Col de la Forclettaz, on the linguistic border of the Valais. Descent to the pretty alpine hamlet Gruben in the Turmanntal valley. Night in a gîte in dormitory.

6 hour walk / Elevation: +1200m -1100m

## Day 6

### AUGSBORDPASS - ST NIKLAUS - ZERMATT

Climb to the Augstbordpass (2900m) and descent to the village of Saint Niklaus. With a little luck, it is possible to see many chamois in this area. Descent by cable car and transfer to Zermatt. Night in a gîte or a hotel.

7 hour walk / Elevation: +1100m -950m

## Day 7

**SENTIER DE L'EUROPE**

A loop climb to the upper heights of Zermatt, along a superb balcony path at the foot of the Matterhorn and the other 4000m peaks, surrounded by small shepherd's villages. Descent to the village of Zermatt.

3 hour walk / Elevation: +350m -350m

**End point in Zermatt during the afternoon.**

**We can offer a full 9 or 10-day tour from the Chamonix valley on request. Please contact us for details.**

# The trip

## LEVEL \*\*\*

Elevation: +600 to 1250 m average per day.

Walking time: 5 to 7 hours average per day.

Type of trek: mountain paths with no particular technical difficulty. On Day 3, a 40m ladder can be avoided by another route.

You have to be in a general good fitness level. Please practice a cardio sport such 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 START 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 hikers who have previously hiked the Tour of Mont Blanc are 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.

**We can offer a full 9 or 10-day tour from the Chamonix valley on request. Please contact us for details.**

## ROAD BOOK

One month prior to departure, we will send you your travel documents. We offer two roadbook versions:

The "paper" version we send by post:

- 2 maps (1/50 000) with route layout.
- 1 road book with all the necessary information for the hike.
- 1 card holder.
- The list of accommodations.

The "digital" version is an application to download on your smartphone, accessible to each of the participants of the file. The information for downloading and using it is sent by e-mail.

## SIGNPOSTS AND WAYMARKS ALONG THE TREK

The tour is very well indicated by black diamond on a yellow background in the valleys and red and white at higher altitude.

It is preferable to know how to read a topographical map at 1/50000.

## ACCOMMODATION

4 nights in dormitory in gite or mountain refuge.

2 nights in a small mountain hotel in a 2 to 4-person bedroom.

All accommodation offers hot showers.

## MEALS

Breakfast and dinner are provided in each accommodation.  
Picnics are not included and can be pre-ordered at each accommodation in the evening.  
Possibility to buy picnic supplies in small local shops (days 3, 4 and 6).

Please inform us about your 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.*

## CURRENCY

It is essential to carry Swiss Francs for the bus and cable car transfers as well as for your personal expenses.

## PERSONALISED TOURS

We can personalise a tour according to your requirements (number of days, participants, level of route, accommodation, etc.)

## MAPS

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

## Practical information

### DEPART

From end of June to mid September.  
Departures every day.

### ACCESS TO DEPARTURE POINT

**Departure from the train station in Le Châble VS (Switzerland).**

#### BY TRAIN

Inbound: depart Gare de Lyon (Paris) at 8.18am arriving in Le Châble at 2.15pm.

Return: depart Zermatt at 2.37pm arrive (Paris) Gare de Lyon at 9.42pm.

*Times given are indicative and should be verified at a train station or at [www.oui.sncf](http://www.oui.sncf) and [cff.ch](http://cff.ch)*

#### BY CAR

Take the A40 motorway to Genève, Chamonix, follow direction Martigny (Switzerland), continue direction Italy and follow signs Verbier. Please note the mandatory sticker on Swiss motorways, to be bought at the border and at petrol stations. Big and free parking at the cable car, opposite the meeting point in Le Châble.

**End of the hike in the afternoon in Zermatt.**

### RETURN TO DEPARTURE POINT

At the end of the tour the return from Zermatt to the departure point in Le Châble is possible by train or taxi (by taxi is the cheapest and quickest option).

### ACCOMMODATION BEFORE AND AFTER

[Hôtel Le Gietroz](#), Le Châble : +41 (0)2 77 76 11 84

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

Office du Tourisme de [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

## DEPARTURES AND PRICES

Departure from the end of June to mid-September 2024

### **Without baggage transport**

**805€** per person, classic accommodation

Single departure supplement : **130€**

### **With baggage transport (except night 1 and 2)**

On request

### **Extras (indicative price per person)**

- Cable car from Le Châble/Ruinette Day 1 (22.00 CHF) > free
- Bus transfer Day 3 from Arolla to Les Haudères (7.80 CHF)
- Bus transfer on Day 4 from les Haudères to Villaz (4.40 CHF)
- Bus transfers Day 4 from Moiry to Zinal (18 CHF)
- The cable car from Jungu Day 6 (13 CHF)
- Train transfer from St Niklaus to Zermatt Day 6 (26 CHF)
- The eventual return to the departure point by train (70 CHF)

**Information and bookings by telephone or e-mail.**

## THE PRICE

### The price includes:

- Accommodation with half board formula (except the night in Zermatt on B&B);
- A road book: description and IGN maps (1 road book per registration up to 4 people. A supplementary road book for groups of 5 or more. Extra road book supplement 10-25€);
- Daily baggage transport (except night 1 and 2), if you have chosen this option;
- Tourist taxes;
- Organisation and booking fees.

### The price does not include:

- Picnic lunches;
- Personal expenses, drinks, touristic visits, etc.;
- Bus and train transfers and cable cars;
- Cancellation insurance;
- You will need to buy mineral water on Day 2 in the Cabane Präfleuri;
- Your return journey from home to the point of departure/end point.

**The price applies 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

Pack a comfortable rucksack of 50 to 60 litres, large enough to hold your belongings (warm clothing, rain cape, water bottle, picnic box and cutlery, sun protection and identity papers), with room for a picnic and snacks and for days without luggage.

## BAGGAGE TRANSPORT

On request.

## HOW TO REGISTER

- Online: [www.altitude-montblanc.com](http://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 and conditions of sale 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