CHAMONIX - ZERMATT 6 DAYS Comfort self-guided

Self-guided trek... with the added bonus of comfort!

Reference · 82

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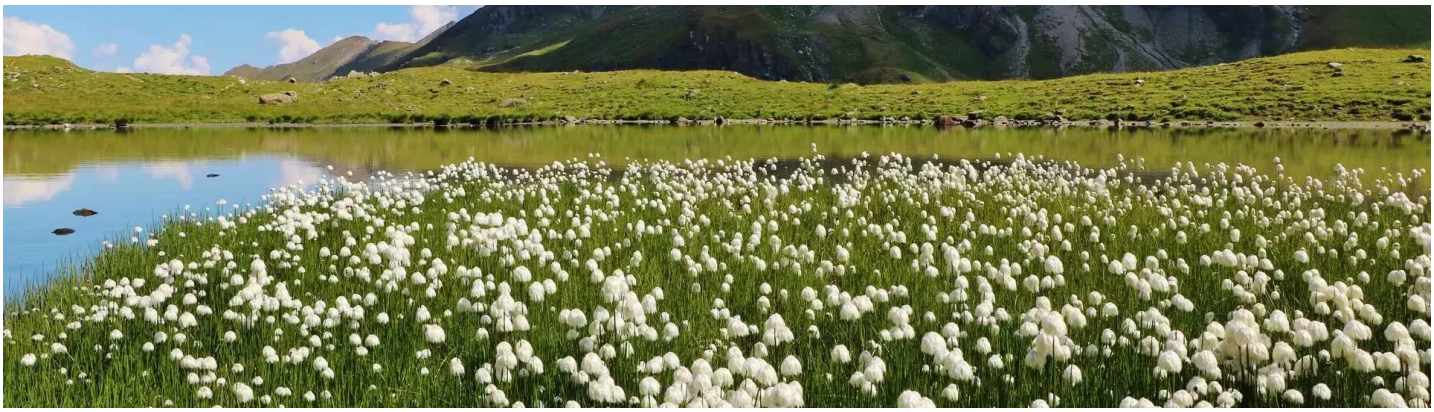


DURATION	TRAVEL STYLE	LUGGAGE
6 days	**Self-guided**	**With luggage transfer**

ACCOMMODATION	LEVEL	FROM
Comfort (room)	**3/4 ★★★☆**	**950 €**

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 six days is not enough!
This proposed route focuses on the Swiss landscapes. The trail leads us to the "Land of the 4000m" surrounded by an incredible panorama of high peaks known as the "Imperial Crown", ending in Zermatt at the foot of the legendary Matterhorn (4478m). A pyramid of rare elegance, the most mythical and most photographed summit of the Alps and the symbolic image of Switzerland.
Go self-guided, let us organise the rest...

You will love

- The most notorious part of the Swiss Haute Route itinerary
- An Alpine route, crossing major passes
- The proximity to vast glaciers throughout the hike
- "Land of the 4000m", surrounded by an incredible panorama 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 traditional Swiss villages

Day-by-day itinerary

DAY 1

Meet infront of Sion train station.

SION - GRANDE DIXENCE DAM

Bus transfer to Thyon 2000.

Depart via a balcony trail overlooking the Val d'Hérémence arriving at one of the largest dams in Europe the Grande Dixence dam. Night in a hotel at the foot of the dam.

5.5 hours walk / Elevation : + 680 m ; - 650 m / 16 km

DAY 2

LAC DES DIX - RIEDMATTEN PASS - LES HAUDÈRES

Hike along the Grande Dixence dam and climb alongside the Dix Glacier to the Riedmatten pass at 2855m. Descend to the village of Arolla.

Bus transfer to Les Haudères. Night in a hotel.

8 hours walk / Elevation : + 940 m ; - 1360 m / 20 km

DAY 3

COL TORRENT - LAC DE MOIRY - ZINAL

Climb along a path dotted with mayens (Swiss pasture chalets) to the Col Torrent at 2915m.

Descend to the beautiful greeny blue Moiry dam. Transfer by bus to Zinal. Night in a hotel or a gite.

6 hours walk / Elevation : + 1200 ; - 700 m / 12 km

DAY 4

COL DE LA FORCLETTA - GRUBEN

Ascend to the Col Forcletta at 2870m. Descend into the tiny alpine hamlet of Gruben. Night in a hotel.

7.5 hours walk / Elevation : + 1250 m ; - 1110 m / 17 km

DAY 5

AUGSTBORDPASS - ZERMATT

Ascend to the Augstbord pass at 2900m and descend to the village of Saint Niklaus.
With a little luck you will see some shy chamois. Transfer by cable car and train to Zermatt. Night in a hotel.
6 hours walk / Elevation : + 1100 m ; - 950 m / 13 km

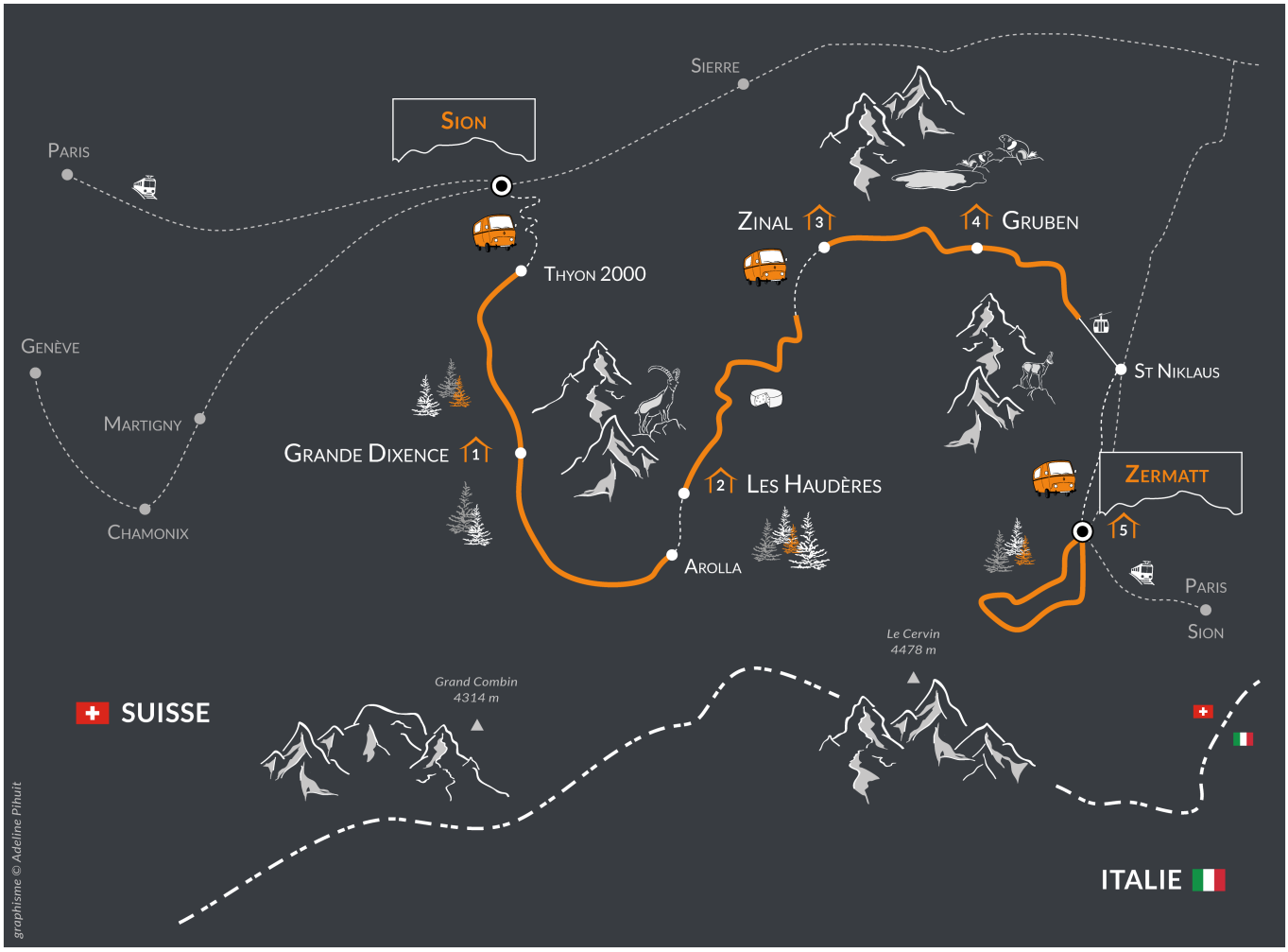
DAY 6

ZERMATT, AT THE FOOT OF MATTERHORN

Circuit hike above Zermatt along a superb balcony trail facing the Matterhorn. Descend into the village of Zermatt to the train station.
5 hours walk / Elevation: +/- 700m / 13 km

End point at the train station in Zermatt during the afternoon.

The program has been drawn up based on the latest information available at the time of writing; unforeseen circumstances are always possible and situations beyond our control may alter the program.



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Capital 6000 EUR - IM 074100150 - APE 7912Z - SIRET 48156356700025 - VAT FR67481563567
Professional insurance MMA SARL SAGA - Groupama guarantee 840,000 EUR

Dates and prices

DEPARTURES AND PRICES

Daily departures from end of June to mid-September 2027

Without baggage transport
950 € per person, 5 nights comfort accommodation in double or twin rooms
300€ single supplement

With luggage transport (minimum of 4 people)
Group of 4 people: **€ 1450** per person

Extras (approximate price 2026 per person)

- Bus transfers Day 1 from Sion to Thyon 2000 (16 CHF)
- Bus transfers Day 2 and Day 3 to Les Haudères and La Sage (11.80 CHF)
- Bus transfers Day 3 to Zinal (25 CHF)
- The cablecar from Jungu Day 5 (13 CHF)
- Train transfer Day 5 (27 CHF)
- Return to the departure point by train (50 CHF)

THE PRICE

Includes:

- Accommodation on a half-board formula (except the last night in Zermatt on B&B);
- A road book: description and maps (1 road book per group and the digital version for each participant);
- Daily baggage transport between accommodation if you have chosen this option;
- Tourist taxes;
- Organisation and booking fees.

Does not include:

- Picnic lunches;
- Personal expenses, drinks, touristic visits, etc.;
- Bus and train transfers and cable cars;
- Travel insurance
- The dinner in Zermatt J5;.

The price applies from departure to end point.

The journey

LEVEL ***

Elevation: +/- 600-1250m average per day.
Walking time: 5 - 7 hours average per day.

The roadbook provides sufficient information on the itinerary of your hike. However, it is essential to be able to read an 1:25,000 map and to be sufficiently autonomous in the mountains to be able to tackle the itinerary with confidence, whatever the weather (fog, snow, etc.). Guiding is not included in the self-guided package. You will be crossing areas with no telephone network. For your own safety, you may wish to bring along a radio of the latest generation telephone with satellite connection.

Please note: some névés will be present on the paths until at least beginning-mid july, in particular on the North slopes.
High mountain boots, gaiters and walking poles are essential. Be prepared!

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

ROAD BOOK

Before departure, we send you a travel folder containing:
- 2 topographical maps (1/50 000) with the route highlighted.
- 1 road-book containing all the information necessary for the trek.
- 1 waterproof map holder.
- Accommodation list.

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.
- a black dot on a yellow diamond in the valleys and red and white stripes at altitude
(in both directions).

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

ACCOMMODATION

5 nights in a hotel or gite in a twin/double bedroom.
All accommodation has hot showers. However, due to increasingly recurrent periods of drought, access to showers is not

guaranteed.

MEALS

Breakfast and dinner are provided in each accommodation (except in Zermatt, where dinner is at your own expense).
Picnics are not included and can be pre-ordered at each accomodation 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 cablecar transfers and for other 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

DEPARTURE

From end of June to mid-September.

ACCESS TO DEPARTURE POINT

Departure at the train station in Sion VS (Switzerland).

BY TRAIN
Inbound: Depart Gare de Lyon (Paris) at 7:56am arriving in Sion at 1:26pm.
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 *and* www.cff.ch

BY CAR
Take the A40 motorway to Chamonix, follow direction Martigny (Switzerland), continue direction Sion. Or from Geneva, take Lausanne direction, then Sion. (*Compulsory Swiss road tax sticker on motorways purchased at the border or in petrol stations).

The town of Sion has a little free long-term car park offer. 40 parking stickers are divided equally between the Marèches and Potences car parks, as well as in the rue Oscar Bilder. Vignettes are valid for a maximum of 21/15 days, and cost CHF 5 per day.
Covered parking fee: Rue du Scex 12, Sion: 35 euros per day (about 10 min walk from Sion station)
Informations : https://www.sion.ch/stationnement/63187
End point during the afternoon in Zermatt.

RETURNING TO DEPARTURE POINT

At the end of the tour the return from Zermatt to the departure point in Sion is possible by train or taxi (by taxi is the best option for groups).

ACCOMMODATION BEFORE AND AFTER

Sion - Hôtel Elite +41 (0)2 73 22 03 www.hotelelitesion.ch
Office du tourisme de Sion +41 (0)2 73 27 77 27 www.valais.ch
Office du Tourisme de Zermatt: +41 (0)2 79 66 81 00 www.zermatt.ch

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 IMPACT EVASION 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 IMPACT EVASION 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 IMPACT EVASION / EUROP ASSISTANCE.

CONTACT US

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

Equipment and luggage

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
- Lightweight down jacket
- 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 (0.40L to 0.50L)
- 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 50 - 60 litres for your personal belongings (clothes, waterproofs, water, etc.).

Details

HOW TO REGISTER

- By internet: 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.

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 35% 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 (inc. 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.

Postal booking form

Complete this form and return it with your deposit.

Last name	
First name	
Birth date	
Address	
Phone	
Mobile phone	
Email	
Requested trip	**CHAMONIX - ZERMATT 6 DAYS Comfort self-guided**
Number of days	**6**
Insurance	
Trip price	**950 €**
Estimated deposit (30%)	**285 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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