FROM CHAMONIX TO ZERMATT

From Chamonix to Zermatt via the glaciers in summer

Reference · 94

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DURATION	TRAVEL STYLE	LUGGAGE
6 days	**Accompanied / guided**	**Without luggage transfer**

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**4/4 ★★★★**	**1 890 €**

The international reputation of this route from Chamonix to Zermatt is well justified: it crosses the most beautiful high mountain landscapes in the Alps. Starting in Chamonix, a French mountaineering mecca, it crosses several passes, passes at the foot of the famous Matterhorn's north face and ends in Zermatt, once the centre of all exploration in the Swiss Alps.

You will love

- The world's most famous Haute Route
- The link between the two mountaineering capitals of the world
- The last night at the Schönbiel hut "at the foot" of the Matterhorn's North Face
- Groups limited to a maximum of 6 people per mountain guide

Dates and prices

Guaranteed departure from 3 people. Maximum 6 people.
AVAILABLE À LA CARTE FOR YOUR LITTLE GROUP > PLEASE CONTACT US !

THE PRICE

Includes :

Organisational costs ;
Half-board in a dormitory for 5 nights;
Supervision by a high mountain guide;
Loan of technical equipment: ice axe, crampons, harness, helmet

Does not include :

Picnics;
Personal expenses (drinks, ATTENTION water is not included in the huts, snacks...);
The return journey from your home to the meeting point and dispersion;
The return journey Zermatt-Chamonix (possible on request);
Cancellation assistance insurance (4.2% of the total cost of the trip).

Supplements to be paid on site:

- Ski lifts: about 40€.
- Cold and hot water in the refuges: 50 to 60€.

The price is from the meeting point to the dispersal point.

The journey

LEVEL ****

Physical level :
Used to outdoor sports. Regular practice of endurance sports (cross-country skiing or hiking, running, swimming). Otherwise, 3 times a week, do 1 hour of jogging, 2 to 3 months before the departure (10 km/h).

Technical level :
Learning basic mountaineering techniques, mainly in snow and ice. Easy routes. In the vertical world of the via ferrata, you will belay along the cables.

As a prerequisite for all our discovery trips, such as glacier trekking, or for learning mountaineering, you need to be a good hiker, including off-piste, and be used to walking 8 hours a day. A sporty background is recommended and a taste for effort is essential. It is necessary to be well rested and fit for any high mountain tour.

Number of participants
4 to 6 participants with a mountain guide.

ACCOMMODATION

5 nights in a refuge in dormitory.

MEALS

Breakfast and dinner are served in the accommodation.
Picnics and lunches are provided on site.

CARTOGRAPHY

- Map of the Swiss Office of Topography at 1/50.000e n° 283 "Arolla".
- IGN map at 1:25,000 - Mt Blanc Massif

Practical information

ACCESS TO THE STARTING POINT

Meeting point at 1.30 pm at the Tour village, at the end of the Chamonix Valley, large free car park

BY CAR

Motorway A40 to Chamonix, then follow the main road to Argentière and Switzerland to the village of Montroc (1km after Argentière).
There is a large car park at the meeting point in the Tour village 1km away.
If you wish to leave your car in a covered car park: Chamonix Park auto in Chamonix: 04 50 53 65 71 (40 to 50€ per week).
In order to plan your journey, we advise you to get information about your itinerary from the different websites:
www.viamichelin.fr
www.mappy.fr

BY TRAIN

PARIS - ST GERVAIS then take the train to Chamonix from Saint-Gervais les Bains and get off at the Montroc stop.
https://www.oui.sncf/
Return journey: Train Zermatt/Chamonix - arrival in Chamonix around 8pm.

END OF STAY

In Zermatt in the afternoon.
To leave Zermatt and reach Täsch, it is possible to take the train (about 5€ per person). The return journey from Täsch to Chamonix can be booked as an extra, to be booked before leaving and paid directly on site: 90€ per person.
For this trip, the train costs around 80€ (for a duration of 3-4h with 1 or 2 changes instead of 2h by private minibus).

ACCOMMODATION BEFORE AND AFTER THE TRIP

Chalet Alpin du Tour: +33 (0)4 50 54 04 16
Chamonix - Hôtel de l'Arve: +33 (0)4 50 53 02 31
Vallée Blanche Hotel: +33 (0)4 50 53 04 50
Chamonix Tourist Office: +33 (0)4 50 53 00 24
www.chamonix.com

TO CONTACT US

If you are late, contact the agency +33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07.

Equipment and luggage

RECOMMENDED EQUIPMENT

Clothing

- 1 pair of warm gloves
- 1 pair of light gloves made of polar fur or wool
- 1 hat or cap + scarf
- 2 short-sleeved T-shirts => avoid cotton, which takes a long time to dry; prefer Capilene (Patagonia), Dryflo (Lowe Alpine), Light Effect (Odlo) etc...
- 2 undershirts (same as above)
- 1 pair of tights
- 1 warm jacket in "polar fibre" such as Polartec 200, Windstopper, Windpro or wool jumper.
- 1 waterproof and windproof jacket such as Goretex or equivalent. A ski jacket can be used as well.
- 1 pair of waterproof and windproof mountain trousers (Goretex or equivalent), ski trousers can be used
- 1 pair of warm, cramponable mountain boots in good condition
- 2 or 3 pairs of mountain socks; avoid cotton => long to dry + high risk of blisters; prefer Coolmax socks for example.
- 1 pair of gaiters
- 1 very warm down jacket or 2nd warm jacket is recommended!

Other equipment

- 1 pair of glacier goggles (with side shields) protection level 4
- 1 ski mask (in case of bad weather or strong wind), preferably with a clear screen
- 1 headlamp + new batteries
- 1 multi-purpose knife
- 1 thermos flask (capacity according to your consumption) or insulated water bottle + 1 water bottle or a large solid bottle
- Light toiletries
- Warmers for those who want them
- Anti-noise earplugs
- Camera and charger (charging is often possible in the refuge)
- Valid identity card or passport

Technical equipment

1 x 40/50 litre rucksack with ice axe attachment.
1 classic ice axe, not too short
1 pair of telescopic or folding poles
1 pair of pre-set crampons + compulsory "anti-snow" system (to prevent the snow from sticking)
1 harness that can be put on (preferably) without having to put it on
1 light mountaineering helmet
2 safety carabiners

LUGGAGE TRANSPORT

Carrying personal belongings (avoid excess) and food for several days.

If you extend your holiday, we can take care of your extra luggage at the start of the hike, labelled with your name, which will be returned to you at the end of your stay.

Details

HOW TO REGISTER

- By internet: 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
180, route du lac
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.

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	**FROM CHAMONIX TO ZERMATT**
Number of days	**6**
Insurance	
Trip price	**1 890 €**
Estimated deposit (30%)	**567 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

+33 (0)4 50 79 09 16 · info@altitude-montblanc.com