FROM CHAMONIX-ZERMATT TO THE TOUR OF THE MATTERHORN

The unusual tour

Reference · 309

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DURATION	TRAVEL STYLE	LUGGAGE
6 days	**Accompanied / guided**	**With luggage transfer**

ACCOMMODATION	LEVEL	FROM
On request	**3/4 ★★★☆**	**1 570 €**

Are you fond of unusuals days, changing landscapes, beautiful atmospheres near the glacial peaks? Here is the "ChamZermattCervin", a high route specially designed for its alpine atmosphere.
Departing from Verbier, we follow the summits through mythical passes, via some escarpments and ladders, to finally approach the Matterhorn from its Italian side (A good opportunity to enjoy pasta at the refuge!) and to descend to Zermatt along the famous North face...

You will love

- The best days of the two trekking tours (Chamonix to Zermatt and Matterhorn tour)
- The proximity to vast glaciers throughout the trek
- The Matterhorn under every angles
- A nice Italian immersion, on ibex tracks

Day-by-day itinerary

DAY 1

Meet at the train station in Le Châble at 1.45pm on Monday (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 (2921mâ€‹â€‹) 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 - RIEDMATTEN PASS - 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 Riedmatten pass (2855 m) and descent to the village of Arolla. Night in a gîte.

6 hour walk / Elevation: +630m -1200m

DAY 4

GLACIER D'AROLLA - PRARAYER

Depart towards Col Collon at 3074m, ascending via the Arolla Glacier accompanied by a high mountain guide. In this high mountain and glacial world reaching the mountain pass is not too challenging. Descend into Italy through the Oren valley overlooking the dam Lac des Places de Moulin. Night in Prarayer **(*without luggage).**

7 hour walk / Elevation: +1200m -1200m

DAY 5

COL DE VALCOURNERA - VALTOURNENCHE

Beautiful climb towards Col de Valcournera at 3072m, then descend to lake Cignana with its magnificent reflections and waterfalls, followed by a short climb to reach Col de Cignana (2445m). Descend towards Valtournenche unveiling the Matterhorn and Monte Rosa summits.

7 hour walk / Elevation: +1350m -1400m

DAY 6

MATTERHORN PARADISE - SCHWARZSEE - ZERMATT

The day begins with a ride on the Matterhorn Paradise lifts. A majestic traverse between the legendary peaks of Mont Rose and the Matterhorn, with a short break at Klein Matterhorn, at 3883m! The walk then continues from Trockener Steg or Schwarzsee, at the foot of the imposing North Face of the Matterhorn, through the traditional villages of Biel, Zmutt and Hubel, to Zermatt.

5.30 hour walk / Elevation: +100m -1100m / 11km

End of the hike Saturday aound 5pm at the train station in Zermatt.

OPTIONAL ASCENSION OF THE BREITHORN (4164m) DAY 6

Depart from Cervinia. Ascend to Testa Grigia with the cable car with your guide for an easy roped climb to the Breithorn at 4164m. Descend the Theodul Glacier to Trockener-Steg (2939m) or cross to Klein Mattherhorn (3883m). Descend to Zermatt with the cable car. End point in Zermatt.

6 hour walk / Elevation: +870m -1230m (or -300m)

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.

Dates and prices

On request for your private group.

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, 2 and 4);
- 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.

The journey

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 2, 3, 4 and 5. A few off trail passages are possible. The two hike on the glacier are easy and do not require technical skills.

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 4 to 10 persons.
All accommodation offers hot showers.

RESPONSIBLE TOURISM

Nights 1, 2 and 4 are without luggage, you will have to take with you a toilettries 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 5pm 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**

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
- 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

Details

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.

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 (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.

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-ZERMATT TO THE TOUR OF THE MATTERHORN**
Number of days	**6**
Insurance	
Trip price	**1 570 €**
Estimated deposit (30%)	**471 €**
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