SELFGUIDED TOUR OF THE BERNINA

Between sparkling glaciers and majestic peaks

Reference · 348

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

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**4/4 ★★★★**	**990 €**

Straddling the Swiss canton of Graubünden and Italian Lombardy, this six-day trek reveals sparkling glaciers, deep-colored mountain lakes, larch forests, and hanging valleys. Piz Bernina, the easternmost of the Alpine 4,000-meter peaks, dominates the route. Between grandiose panoramas and gentler atmospheres, this tour combines the warmth of the Italian slopes with the immensity of the Swiss horizons, offering a complete panorama of a unique massif, rich in contrasts and emotions.

You will love

- The Multicultural discoveries in Lombardy and Romansh
- Breathtaking views of the glaciers and high peaks of the Bernina range
- Varied hikes through alpine pastures, forests, and rocky moorland
- Le départ et l'arrivée sur Saint-Moritz, l'une des perles des Alpes

Day-by-day itinerary

DAY 1

Meet at 9.00 am at St-Moritz terminal station

ST-MORITZ - VAL FORNO

Bus from St. Moritz station to the small town of Maloja, the starting point for your hike. Ascent of Val Forno via the magnificent Lake Cavloc. The Forno glacier can be admired throughout the climb to the refuge.

Overnight stay in a refuge, in dormitory, **without luggage**.

4.5 hour walk / Elevation: + 830 m ; - 70 m / 12 km

DAY 2

SELLA DEL FORNO - LAGO PALU

Continuation of the previous day's climb to the wild Forno Pass, the border between Switzerland and Italy. Descent into Valmalenco on alpine paths bordering the southern slope of the Bernina massif, among larch forests, vast meadows, and gentle scree slopes.

Night in a refuge, in a dormitory.

8.5 hour walk / Elevation: + 1080 m ; - 1710 m / 20 km

DAY 3

LAGO PALU - RIFUGIO BIGNAMI

Another beautiful day in Valmalenco. Pass through the Torno or Campolungo pass at the foot of Monte Roggione, then climb through the mountain pastures to the Mitta refuge and then higher to the Carate Brianza refuge. Pass through the Fellaria pass and finally descend to the Bignami refuge.

Overnight stay in a refuge, in dormitory, **without luggage**.

6 hour walk / Elevation: + 1250 m ; - 820 m / 12 km

DAY 4

PASS DE CANFINAL - CAVAGLIA

Early morning round trip to Lake Fellaria, a glacial lake and one of the wonders of Italy's Bernina region. Today, we cross into Switzerland via the Pass da Canfinal, descending into Val Poschiavo through alpine pastures and forests to reach Cavaglia station.

Transfer by the famous Bernina Express panoramic train to our accommodation.

Overnight stay in a hotel, in a room.

6 hour walk / Elevation: + 610 m ; - 1300 m / 15 km

DAY 5

DIAVOLEZZA

Departure from accommodation to Diavolezza station via an open climb overlooking the beautiful lakes of Val Bernina. Breathtaking panoramic view from the summit of the northern Bernina glaciers, sparkling jewels of the canton of Graubünden. Descent via Lake Pers to Morteratsch. Transfer to accommodation by train and shuttle bus.

Overnight stay in a hotel, in dormitory.

6 hour walk / Elevation: + 850 m ; - 1060 m / 15 km

DAY 6

VAL ROSEG - FUORCLA SURLEJ - ST-MORITZ

Discover the wild Val Roseg with the glacier of the same name as a backdrop. Climb up to Fuorcla Surlej for a final, unmissable glimpse of the stone and light cathedrals of the Bernina. Descend to St. Moritz with a magnificent view of the lakes bordering the pearl of the Engadine.

6 hour walk / Elevation: + 780 m ; - 1010 m / 15 km

End of the hike around 4 pm in St-Moritz.

The programme has been drawn up on the basis of the latest information available at the time of writing; imponderables are always possible and situations beyond our control may alter its course.

Dates and prices

DEPARTURES AND PRICES
Departure of your choice between July 15 and September 6, 2026

Without luggage transport, departure of your choice
990 € / person in standard accommodation

With luggage transport (except D1, D3, and D5)
2 to 3 people: **1790 € / person** in standard accommodation
4 to 5 people: **1360 € / person** in standard accommodation
6 to 7 people: **1220 € / person** in standard accommodation
8 people and more: **1140 € / person** in standard accommodation

Information and reservations by phone or email.

THE PRICE

The price includes:

- Half board from dinner on the first day to breakfast on the last day;
- 1 paper road book for your group and a digital version for each participant to download; additional paper road books available on request;
- Luggage transport between accommodations, if you have chosen this option, except on days 1, 3, and 5;
- Any shower tokens in the refuges and tourist taxes;
- Shower tokens in accommodation if required;
- Daily luggage transport between accommodation (except on day 1, 3 and 5);

The price does not include:

- Lunch picnics;
- Road and rail transfers as specified in the itinerary;
- Personal expenses (drinks, etc.), touristic visits;
- Supervision by a mountain guide;
- Cancellation insurance (6% of the total cost of the trip);
- The luggage transportation on days 1, 3 and 5;

The price is all inclusive from departure to end point.

- Bus transfers and lift passes as mentionned on the route.

The journey

LEVEL ****

Elevation: +/- 950m approximately per day. +1250 m on day 3.
Walking time: 5 to 6 hours per day.
Type of trek: Stony paths that cross passes at altitudes of between 2800m and 3000m on a daily basis. Some pass crossings are steep, as are several aerial or technical paths, mainly at the start of the season with the crossing of residual snow. The paths are relatively well marked, except on the approach to certain passes.

You need to be in a good overall physical condition. Regularly practise an endurance sport such as walking, running, swimming or cycling, 3 to 4 hours a week. Your fitness training will make your walk easier and make it all the more enjoyable. Click here for a description of the different levels: Level of difficulty

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:
- 1 map,
- 1 road book with all the necessary information for the hike,
- 1 card holder
- The list of accommodation.

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 route is marked with red and white or red and yellow arrows regularly painted on the ground . The trails are identified with numbers.
It is preferable to know how to read a topographical map at 1/25000.

LUGGAGE TRANSFER

Two options:
without luggage transfer: you carry all your luggage.
with luggage transfer: your luggage is delivered on day 2 and 4.

ACCOMMODATION

3 nights in refuges, in dormitory.
2 nights in hôtels, in dormitory.
All accommodation offers 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.
Picnics are included and are carefully prepared daily by your guide, comprising a variety of healthy salads and local products.
For the day without luggage, picnic is ordered in the refuge.

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.

MAPS

Italian maps: L'ESCURSIONISTA n°21 BERNINA VALMALENCO - SONDRIO

Practical information

ACCESS TO DEPARTURE POINT

Start of the hike in St-Moritz.

BY TRAIN
Access: Gare de Lyon (Paris) - Basel - Zurich
Return : depart from St-Moritz the evening or the next day.
Times given are indicative and should be verified at a train station or at www.oui.sncf *and* www.cff.ch

BY CAR
Highway Geneva, Bern, Zurich, Chur, then follow signs for St. Moritz (you can purchase the Swiss motorway tax online Vignette Shop)
Meet at St-Moritz terminal station.
You can leave your car in the San Gian car park. For more informations, contact the St. Moritz police station (+41 81 833 30 17).

End of the tour Saturday at 4 pm in Zermatt.

ACCOMMODATION BEFORE AND AFTER

St-Moritz tourist information dorf : +41 81 837 33 33

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 EUROP ASSISTANCE / IMPACT EVASION.

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
- 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 papers) and please keep a little room to carry a picnic and snacks.

LUGGAGE 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 between accommodation, except on days 1, 3 and 5, 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!

YOUR BACKPACK FOR THE NIGHT WITHOUT YOUR BAGGAGE

On nights 2 and 4, your luggage won't be dropped off at your accommodation (you will get it back the day after). Here are the things to add to your backpack (about 2 kilos are enough!):

- small toilet bag
- sleeping bag liner sheet
- change of clothes (bare necessities!)

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 (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	**SELFGUIDED TOUR OF THE BERNINA**
Number of days	**6**
Insurance	
Trip price	**990 €**
Estimated deposit (30%)	**297 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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