TOUR OF THE DENTS DU MIDI self-guided

Wild route above the Portes du soleil !

Reference · 195

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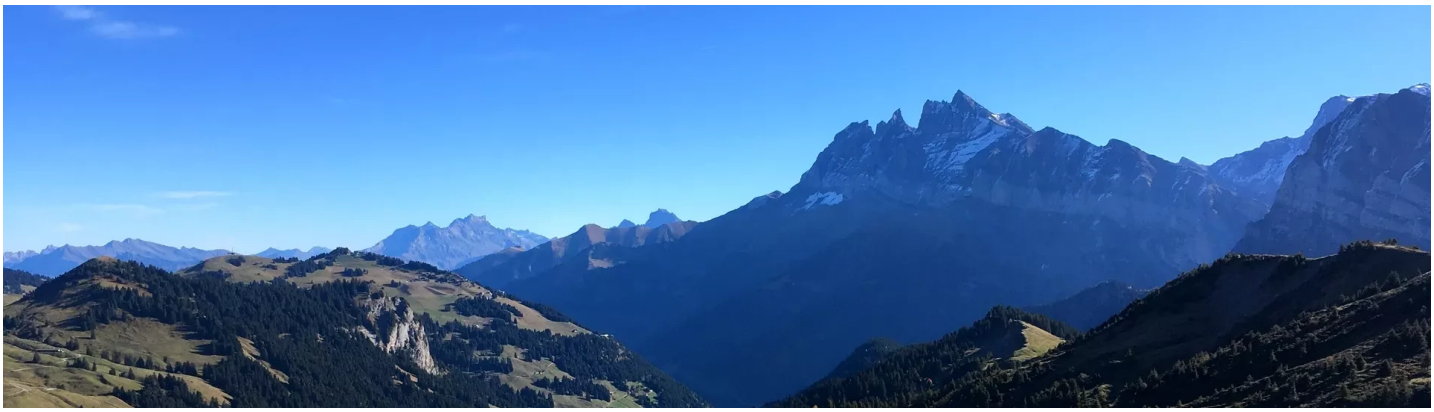

DURATION	TRAVEL STYLE	LUGGAGE
5 days	**Self-guided**	**Without luggage transfer**

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**3/4 ★★★☆**	**435 €**

A few steps from the Franco-Swiss border, in the heart of the Valais Chablais, stands one of the most beautiful mountain ranges in the entire Alpine arc. Recognizable among a thousand, glorified by generations of poets, from Ramuz to Hugo, the Dents du midi form the high point of the panorama of all the regions from which they are observed. From the wine-growing hillsides of Lake Geneva, you can admire the massive dominance of their seven peaks over the Rhone Valley, forming like an old lighthouse attracting the last lights of the evening.

This setting of wild nature remains little known in the Alps, even though the route that goes around it was a pioneer in the history of mountain trekking. Departing from the small village of Mex, overlooking Saint Maurice and the Rhône Valley, the route evolves day by day as it goes around the massif. Bucolic and verdant the first days, it rises gradually through the alpine levels, sees the forest disappear in front of the meadow, then the meadow facing the bare rock. In a then mineral and emaciated decor, the bravest will venture to the top of the highest tooth, the Haute Cime and its 3257 meters, during an unforgettable ascent!

You will love

- A diversified route, from the forests of Val d'Illiez to the rocky slopes of the Haute Cime.
- 3 to 5 days in the mountain without ever going back down to the valley, complete immersion!
- A little known tour in a wild and authentic environment
- The possibility for good hikers to climb an amazing summit at 3257 meters.

Day-by-day itinerary

DAY 1

Starting from Mex village.

MEX – AUBERGE DE CHINDONNE – DENT DE VALERETTE

The trek starts gently from the small village of Mex along a pretty path between forests and mountain pastures. A gradual ascent takes you to the superb Chindonne inn. There is also a more challenging option via the col and the Dent de Valerette.

3.5 hours walk / Elevation : +750 m - 300 m / 9km

5 hours walk / Elevation : +1150 m - 650 m / 11km (Via la Dent de Valerette)

DAY 2

CHINDONNE – SIGNAL DE SOI – CABANE D'ANTHEME

A superb balcony walk through the many valleys on the north face of the Dents du Midi. After the Dent de Valère, cross the Chalin mountain pasture, where it's not unusual to spot deer and chamois. Overnight at 2058 metres above Champéry in Anthème's little perched hut.

4 hours walk / Elevation : +700 m - 300 m / 12km

DAY 3

ANTHEME – PAS D'ENCEL – CABANE DE SUSANFE CAS

We head for the spectacular Pas d'Encel, a narrow and impressive gorge that we climb up on a magnificent path that is sometimes acrobatic but well secured by chains. The path rises to enter the heavenly Vallon de Susanfe, cut off from the rest of the world, in the middle of which stands the 'Cabane du bonheur', a magnificent Swiss Alpine Club refuge.

4 hours walk / Elevation : +700 m - 650 m / 9km

DAY 4

COL DE SUSANFE – HAUTE CIME – REFUGE DE SALANFE

The highest day of the tour! A gradual ascent to the Col de Susanfe, where the landscape becomes lunar-like as the meadows disappear. Conditions permitting, the more courageous leave their heavy rucksacks at the col to climb the majestic Haute Cime, at 3,257 metres, a little lighter. From the summit, you have a commanding view of all the surrounding mountains and an unrivalled panorama from Lake Geneva to Mont Blanc. Descend to the superb Salanfe reservoir and its comfortable refuge.

3 hours walk / Elevation : +400 m - 600 m / 8km

7 hours walk / Elevation : +1150 m - 1330 m / 12km (with the ascent of the Haute Cime)

DAY 5

SALANFE – COL DU JORAT – MEX

A short climb from the refuge to the Col du Jorat and a superb view of the Rhône valley, before starting the long descent back down to the valley for a return to civilisation after a few days cut off from the world!

4 hours walk / Elevation : +300 m – 1100 m / 9km

End of the trek in the afternoon in Mex.

For the 4-day version, days 2 and 3 are completed in a single stage.

A 2 or 3-day version of the itinerary is available on request.

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

Dates and prices

DEPARTURES AND PRICES

Departure from 4 July to mid-September 2027

Without luggage transfer
5 days : 545 €/ person, classic accommodation
4 days : 435 €/ person, classic accommodation

Comfort option : 2 nights in a 2-person room (nights 1 and 4, subject to availability) : **+ 65 € per person**

This trip can also be tailored to your preferences, in 2 or 3 days. It's perfect for experienced hikers looking for a short trek over the weekend or for a first self-guided adventure over 4 or 5 days.
We can create a customized trip based on your request (number of days, number of participants, trail difficulty, accommodation choices, etc.)

THE PRICE

The price includes :

- Organization and booking fees;
- 1 road book file (paper) for a group of 1 to 4 people and the digital version to download for each participant; additional paper road book on request;
- Accommodation with half board formula and tourist tax.

The price does not include:

- Picnic lunches;
- Personal expenses (drinks, etc.);
- Cancellation insurance;
- Your return journey from home to the point of departure/end point.

The price is all inclusive from departure to end point.

The journey

LEVEL ***

Elevation gain: From +400 m to +1250 m on average per day.
Walking time: 4 to 7 hours per day.
Type of hike: Well-maintained mountain trails. Some cable-secured sections may be exposed but are safely secured ("Pas d'Encel").
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: levels of difficulty

The route in general is well indicated, and the Roadbook provided is sufficiently complete to allow you to hike in complete safety. However, it is essential to be able to read an 1:25,000 map and to be autonomous in the mountains to be able to tackle the itinerary with confidence, whatever the weather (fog, snow, etc.). Guiding by a professional mountain guide is not included in the self-guided package.
Be prepared! You will be crossing areas with no telephone network. For your own safety, you may wish to bring along a radio or the latest generation telephone with satellite connection.

Snow will be present on the paths until end of June at least. You may walk on long snowy sections that can make the tour a bit more challenging. High mountain boots, gaiters and walking poles are mandatory.

ROAD-BOOK

Before departure, we give you a travel file containing:
- 2 TOP 25 IGN maps with route trace.
- 1 road-book with all the necessary information for the hike.
- 1 card holder.
- List of accommodation.

TRAIL MARKERS

The trail is well-marked along its entire length with signs indicating directions and estimated walking times. The ascent to the Haute Cime (optional) is not marked and requires good orientation skills. It is recommended to be proficient in reading an IGN map at a 1:25,000 scale.

LUGGAGE TRANSFER

The Dents du Midi tour is a particularly wild route that almost never goes down into the valley and on which the huts are relatively isolated. The majority of them are not accessible by 4x4 vehicle, so for these reasons, we do not offer luggage transfer services.

ACCOMMODATION

4 nights in dormitory refuge or mountain gite (comfort option possible in a 2-person room, on nights 1 and 4, please see price section).
Shower is not available every night (only nights 1 and 4).

MEALS

Breakfasts and dinners are provided in each accommodation. Picnics are not included and can be ordered the day before in each accommodation. 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.

CURRENCIES

Provide Swiss francs for your personal expenses (not all accommodations accept the credit card).

CARTOGRAPHY

National map of Switzerland 1:25 000 : ***Chablais valaisan - Entre Lac Léman et Dents du Midi***

Practical information

ACCESS TO DEPARTURE POINT

Departure from Mex, commune of St-Maurice, Valais.

BY TRAIN AND BUS

Go: Train from Geneva Cornavin to St-Maurice.

Then Postal Bus, departing from the Post Office of St-Maurice, arriving in Mex at noon.

Return : Bus from Mex to St-Maurice then train to Geneva Cornavin in the late afternoon.

Timetables must be checked on the official Swiss transport website (train and bus) : www.sbb.ch/en/home.html

BY CAR

From Geneva, follow motorway A1 (pay attention, motorway vignette mandatory) direction Lausanne, then A9 direction Simplon - Grand Saint Bernard until the exit Saint-Maurice. At the roundabout, follow Simplon-Gd st bernard and 1st right on Chemin de Capenu, follow Mex (VS). Free parking at the entrance of the village, at the church level.

End of the hike in the afternoon in Mex.

ACCOMMODATION BEFORE AND AFTER STAY

Auberge de l'Armailli in Mex

TO CONTACT US

If you are late, contact the agency 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
- 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 to 60 litres for your personal belongings for the week (essential: 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.

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
> 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 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	**TOUR OF THE DENTS DU MIDI self-guided**
Number of days	**5**
Insurance	
Trip price	**435 €**
Estimated deposit (30%)	**130,50 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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