TOUR OF THE VAL D'ANNIVIERS AND BISHORN SUMMIT (4151M)

At the heart of the imperial crown

Reference · 357

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

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**4/4 ★★★★**	**1 795 €**

This 7-day trek in the heart of the Val d'Anniviers connects the most iconic mountain huts in an ideal progression towards the high mountains. From alpine pastures to glacial landscapes, the route gradually gains altitude until it reaches the summit of the Bishorn (4,151 m). With long traverses, rugged landscapes, and spectacular panoramic views of the great peaks of the Valais, this trip offers an intense and authentic immersion in the Alps, bringing you closer than ever to the giants of the Valais.

You will love

- The ascent of the Bishorn (4,151 m) on the last day with incredible views of the Imperial Crown and the giants of the Valais.
- A progressive high-mountain itinerary promoting acclimatization and the discovery of varied landscapes.
- Diverse alpine landscapes: mountain pastures, wild valleys, glaciers, and panoramic views of the highest peaks in the Valais.
- An authentic experience with a discovery of the emblematic high-altitude huts of the Val d'Anniviers.

Day-by-day itinerary

DAY 1

Meet on sunday at 9.00 am in front of the Tourist Office in Zinal

ZINAL - GRIMENTZ - CABANE DES BECS DE BOSSON

Short bus transfer to the start of the trek in Grimentz. The day begins with a gradual climb through alpine pastures and open slopes, before reaching more rocky terrain. The arrival at the Becs de Bosson hut, perched at an altitude of almost 3,000 meters, marks your first immersion in high altitude. Overnight stay in a refuge, **without your luggage**.

5 hours walk / Elevation: + 1350 m / 9 km

DAY 2

CABANE DES BECS DES BOSSONS - CABANE DE MOIRY

A varied stage alternating between panoramic ridges and high-altitude valleys. The landscape gradually opens up to reveal the spectacular Lake Moiry and its dam. Spend the night in a distinctly alpine atmosphere, dominated by the surrounding glaciers. Overnight stay in a mountain hut, **without your luggage**.

6 hours walk / Elevation: + 610 m ; - 900 m / 15 km

DAY 3

CABANE DE MOIRY - CABANE DU PETIT MOUNTET

A long day of hiking, alternating between steep descents and balcony trails. The route crosses vast alpine landscapes before reaching the Petit Mountet hut, ideally located at the foot of the great peaks of the Val d'Anniviers. Overnight stay in a refuge, **without luggage**.

9 hours walk / Elevation: + 850 m ; - 1530 m / 21 km

DAY 4

CABANE DU PETIT MOUNTET - CABANE DU GRAND MOUNTET

Gradual climb to the Grand Mountet hut. The environment becomes increasingly glacial and the panoramic views widen over a spectacular high mountain cirque, dominated by glaciers and prestigious peaks. Overnight stay in a refuge, **without luggage**.

4.5 hours walk / Elevation: + 1020 m ; - 290 m / 8 km

DAY 5

CABANE DU GRAND MOUNTET - CABANE D'ARPITETTAZ

An alpine crossing with character facing the Weisshorn. The route winds through a spectacular rocky landscape, alternating between passes, plateaus, and steep descents. Spend the night at the Arpitettaz hut, in the heart of the high mountains. Night in refuge, **without luggage**.

6 hours walk / Elevation: + 920 m ; - 1020 m / 12 km

DAY 6

CABANE D'ARPITETTAZ - CABANE DE TRACUIT

A deliberately short stage to allow for acclimatization. Steady climb to the Tracuit hut, perched opposite the Weisshorn. The mountain guide joins the group for a review of equipment and glacier techniques in preparation for the next day's ascent. Night in refuge, **without luggage**.

4 hours walk / Elevation: + 760 m ; - 300 m / 5 km

DAY 7

BISHORN ASCENT (4151 m)

Night departure for the ascent of the Bishorn via the glacier at sunrise. From the summit, exceptional views of the Weisshorn and the great peaks of the Valais. Return to the Tracuit hut, then a long descent to Zinal, the end point of this great Alpine traverse.

9 hours walk / Elevation: + 960 m ; - 2520 m / 19 km

End point Saturday at 4.00 pm in Zinal.

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.

Personalised tour available, contact us...

Dates and prices

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 refuges;
- Any shower tokens in shelters, tourist taxes;
- 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.

The price is all inclusive from departure to end point.

The journey

LEVEL ****

Elevation: +/-1100 to 1300 m on average per day.
Walking time: 6 to 8 hours per day.
Route: Rocky trails that cross passes between 2800m and 3000m in altitude every day. Some passes are steep, and there are several exposed or technical sections, mainly at the start of the season when crossing residual snowfields. The trails are relatively well marked except when approaching certain passes.
Snow will still be present on the route until at least the end of June. You will probably walk on long snow-covered sections, which makes the route a little more challenging. High-top hiking boots, gaiters, and walking sticks are mandatory. Be prepared!

Ascent of the Bishorn: walking with crampons without any particular technical difficulty or vertigo, but it is a long walk on a glacier.

You need to be in good general physical condition. Practice an endurance sport such as walking, running, or cycling regularly, for 6 to 8 hours per week. Your physical preparation will make your trip easier and allow you to enjoy it all the more.
Click here to see the description of the levels: hiking levels

SUPERVISION

Number of participants between 6 and 12 people supervised by qualified professionals (mid-mountain guide and high-mountain guide). At the beginning of the season, the number of participants may be reduced depending on snow conditions. The mountain guide or high mountain guide may have to modify the program to adapt it to the level of the participants and/or natural conditions. They remain the sole decision-maker in the final instance.
As a token of gratitude, it is customary to tip your guide at the end of your hike, depending on your satisfaction. This is not mandatory but is greatly appreciated.

ACCOMMODATION

6 nights in mountain huts, in dormitories.

MEALS

Breakfast and dinner are served at the accommodation. For lunch, your guide will prepare a picnic, usually consisting of a variety of salads and regional products. Please let us know about any allergies or dietary requirements when you book. We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring a few additional items for your own picnics.

MAPS

Federal Office of Topography: 283T Arolla, 284T Mischabel, 3305T Crans-Montana

Practical information

ACCESS TO THE STARTING POINT

Meet at 9:00 a.m. in front of the Zinal Tourist Office (Valais, Switzerland).

BY TRAIN

Outbound: depart from Paris - Gare de Lyon to Lausanne or Geneva. Then take the train to Sierre CFF station and the bus to Zinal.
Return via the same route.
Timetables are available on the SNCF and CFF websites.

BY CAR

Head towards Geneva, Chamonix, Martigny, Sierre, then Zinal.

The hike ends at around 4.00 pm in Zinal.

INSURANCE

In accordance with regulations, we are insured for professional civil liability. Under no circumstances can we replace your personal civil liability insurance. If you have chosen the EUROP ASSISTANCE repatriation insurance that we offer, Altitude Mont Blanc acts solely as an interface between the customer and the insurer. We cannot influence either party. We adhere to strict terms and conditions of sale. You are responsible for complying with the procedures for reporting any claims.

Before making any decisions, contact EUROP ASSISTANCE.

TO CONTACT US

If you are running late, please contact the agency: **+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, already broken in with a good sole stiff enough to support crampons (no trail running shoes or flexible hiking shoes). Crampons to suit all types of hiking boots will be available, it is not necessary to have glacier mountaineering boots.
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

Other Equipment

- Toilet bag
- Sheet-bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Thermos
- 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 for the climb to the summit)
- Identity card or passport

BACKPACK

Bring a comfortable backpack of about 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.

EQUIPMENT FOR THE SUMMIT

Crampons, harness, helmet and ice axe for climbing the Bishorn are provided. An ascension at 4000 m requires warm clothing in case of deterioration in the weather (**thermal leggings, warm hat, waterproof gloves, waterproof jacket and supplementary warm layers to add if necessary)**. **High rising walking boots with a good rigid sole are mandatory.** Poles are essential.

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	**TOUR OF THE VAL D'ANNIVIERS AND BISHORN SUMMIT (4151M)**
Number of days	**7**
Insurance	
Trip price	**1 795 €**
Estimated deposit (30%)	**538,50 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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