

TOUR OF THE DENTS DU MIDI self-guided

Wild route above the Portes du soleil !



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!

🕒 5 days

👤 Self-guided / without a guide

🚚 Without baggage transport

🛏 Accommodation : Classic (dormitory)

🧗 Level : ***

💰 From : 395€

You will like

- A diversified route, from the forests of Val d'Illeiez 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.

The route

Day 1

Day 2

Day 3

Day 4

Day 5

The trip

LEVEL ***

Altitude difference: from +400 m to +1250 m on average per day.

Walking time: 4 to 7 hours per day.

Type of hiking: Well-laid mountain trails. Some cable passages sometimes aerial but well secured (No 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 by clicking here: [levels of difficulty](#)

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.

HIKING MARKINGS

The trail is well marked throughout its length thanks to signs indicating the directions and their walking time. The ascent of the High Cime (optional) is not marked and requires a good orientation ability.

It is best to master the IGN card reading at 1/25'000.

LUGGAGE TRANSPORT

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 transportation services on this stay.

ACCOMODATION

4 nights in dormitory, refuge or mountain cottage (comfort option possible in 2 persons bedroom on nights 1 and 4, see prices section)

For reasons of isolation, showers are not available every nights (nights 1 and 4 only)

MEALS

Breakfasts and dinners are provided in each accommodation.

Picnics are not included and can be ordered the day before in each accommodation (average price of picnics: 15 CHF)

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 consumption and personal expenses (not all accommodation takes the credit card)

HIKING A LA CARTE

We can create a trek according to your request (number of days, number of participants, level, accomodation comfort..)

CARTOGRAPHY

National map of Switzerland 1:25,000:

- 1304 - Val d'Illiez and - 1324 - Barberine

Practical information

ACCESS TO THE STARTING POINT

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

BY TRAIN AND BUS

GO: Departure from Geneva Cornavin at 8:10 am, arrival at 9:31 am in St-Maurice.
Then Postal Bus, departing from the Post Office of St-Maurice at 11:45am, arriving in Mex at 12:10am.

RETURN: Departure by bus from Mex at 5:35pm, arrival in St-Maurice at 6:00pm.
Departure of the train at 6:27pm to Geneva Cornavin, arrival 7:50pm.

The times given above are only indicative and 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 afternoon hike in Mex

ACCOMMODATION BEFORE AND AFTER STAY

[Auberge de l'Armailli](#) in Mex

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.

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

Dates & prices

DEPARTURES AND PRICES

Departures from the end of June to mid-September 2023, as desired

Without luggage transport, in classic accommodation (dormitory):

5-day version: 465€/ person

4-day version: 395€/ person

Options in addition :

Comfort with 2 nights in a double room (nights 1 and 4, subject to availability) : **+55€ per person**

Full board (pic-nic included) : **+80€ per person**

This stay is also available at leisure in a 2 or 3-day version, so it is perfect for experienced mountaineers looking for a short weekend trek or for a first 4 or 5-day free roaming.

We can make a trip according to your request (number of days, number of participants, level of the itinerary, choice of accommodation, etc.)

Information and booking by simple phone call or e-mail.

THE PRICE

The price includes :

- Organisation and booking fees ;
- A road book: description and IGN maps (1 road book per registration up to 4 people. A supplementary road book for groups of 5 or more. Extra road book supplement 10-25€) ;
- 4 nights in dormitory in gite / refuge with half board from dinner the first evening to breakfast of the last day ;
- Tourist taxes.

The price does not include:

- Picnic lunches ;
- Personal expenses (drinks, etc.) ;
- Cancellation insurance (4.2% of total tour cost).
- Your return journey from home to the point of departure/end point.

The price is all inclusive from departure to end point.

Equipment and baggage

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 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 (3.8% 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.

Registration by mail form

Last name:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE