



# CHAMONIX ZERMATT TRAIL RUNNING self-guided

The legendary route of the Alps... faster !



Connecting the two capitals of Alpinism, along with the two most famous mountain of the Alps, this legendary route between Mont Blanc and the Matterhorn is on the bucket list of every mountaineer since its creation in 1903. Ski touring, hiking, mountaineering, this itinerary has been adapted to every discipline and level, and now to trail running! Departure from Chamonix, the route goes from valleys to passes, at the foot of the alpine giants! A spectacular journey with altitudes often close to 3000m, through the most beautiful valleys of the Swiss Valais.

To enjoy this journey even more, travel light everyday with daily luggage transport!

7 days

Self-guided / without a guide

With or without baggage transport

Accommodation : Classic (dormitory)

Level : \*\*\*\*

From : 895€

## You will like

- The almost full route from Chamonix to Zermatt!
- An alpine itinerary across some famous passes
- The proximity of great glaciers along the route
- In the land of the "4000m" summits: Matterhorn, Mont Rose, Grand Combin, Dent Blanche, ...
- Travel light with daily luggage transport!

# The route

## Day 1

Departure from the train station at Montroc-le-Tour, in the Chamonix Valley.

### LE TOUR - COL DE BALME - FENÊTRE D'ARPETTE - CHAMPEX

Depart from Le Tour village, climb to the "Col de Balme", leaving France to cross the Swiss border. Balcony trail to reach the alpine pass "Fenêtre d'Arpette" (2665m). Descent to the village of Champex and its lake. Night in gîte.

Elevation: +1850m -1950m / 22km

## Day 2

### LE CHÂBLE - COL DE LA LOUVIE - COL DE PRAFLEURI - GRANDE DIXENCE

Transfer to Le Châble then climb by cable car. The path rises gradually above the "Val de Bagnes" and under the great "Bec des Rosses" before passing the "Col de Louvie". A beautiful day at altitude with lakes and mountain passes, finally reaching the Prafleuri pass and descending to the Grande Dixence dam, the largest gravity dam in the world. Night in hotel.

Elevation: +1150m -1000m / 17km

## Day 3

### LAC DES DIX - PAS DE CHÈVRES - VAL D'HÉRENS

Climb along the "Lac des Dix" and then at the foot of "Mont Blanc de Cheilon" to reach the famous "Pas de Chèvres" and its ladders. Entering the Val d'Hérens, kingdom of the famous "Queen" cows. Cross the village of Arolla and then descent along the river to Les Haudères, a magnificent village with typical Valais architecture. Night in gîte.

Elevation: +650m -1550m / 25km

## Day 4

### COL DE TORRENT - MOIRY LAKE - SOREBOIS - ZINAL

After a short transfer to the Villaz hamlet, climb to "Col de Torrent" (2916m) and enter the "Val d'Anniviers". The route passes through alpine pastures, to the sparkling Moiry lake before going up towards the "Col de Sorebois" to reach Zinal village, in the valley. The hike can be extended with a superb balcony path facing the great summits of the surrounding area. Night in hotel.

Elevation: +1750m -1900m / 21km

## Day 5

### VAL D'ANNIVIERS - MEIDPASS - GRUBEN

Beautiful day on the balcony trail above the Val d'Annivers. After passing the famous Weisshorn hotel, a magnificent building overlooking Saint-Luc at 2300m, climb to the Meidpass, Swiss linguistic border and entrance to the German-speaking part of Valais. Night in hotel.

Elevation: +1300m -1150m / 23km

## Day 6

### AUGSTBORDPASS - SCHWARZHORU - ST NIKLAUS

Nice climb to the Augstbordpass to reach the Zermatt Valley. Possibility to climb the Schwarzhorn (3200m) before descending towards the village of Saint-Niklaus. Night in hotel.

Elevation: +1050m -1700m / 17km

## Day 7

### **RANDA - EUROPAWEG - ZERMATT**

Short train transfer to reach Randa. Climb through the alpine pastures to reach the famous Europaweg, the trails of Europe. Cross the "Charles Kuonen" footbridge, the largest suspended pedestrian footbridge in the world. Continue on the balcony path facing the Matterhorn to finally reach the legendary town of Zermatt.

Elevation: +1400m -1200m / 20km

**End of the hike in Zermatt during the afternoon. (optional taxi return to Chamonix, please contact us).**

*The tour is also available in a 6-day version, please contact us.*

# The trip

## LEVEL \*\*\*\*

Elevation: +/-1400m approximately per day.

Walking/running time: 6 to 8 hours approximately per day.

Type of trek: this tour is not technically difficult but the stages are too long for the average hiker. Intended for adults who regularly practice trail running (or trekking at a fast pace) and have an excellent fitness level. You must be capable of easily walking 40km (on flat trails) or running a half-marathon in less than 130 minutes.

In your road book, you will find all the possibilities to shorten stages if necessary by bus or with cablecars. \*Note this itinerary is feasible at a good steady pace without running.

## 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:

- 2 IGN TOP 25 maps with route layout.
- 1 road book with all the necessary information for the hike.
- 1 card holder.
- The list of accommodations.

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

In France: red and white marks on the path

In Switzerland: black and yellow diamond signs in the bottom of the valleys, red and white at altitude.

It is important to know how to read a topographical map at 1/25000.

## ACCOMMODATION

4 nights in gite or hotel, in 2/3 person bedroom (shared bathrooms)

2 nights in dormitory

Option comfort (night 1 and 5 in double/twin bedroom): **+75€** per person

## MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are not included and can be ordered the day before in each accommodation. You can buy supplies in small shops (days 3, 4 and 6).

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.*

## CURRENCY

Plan to have some Swiss Francs for your personal expenses and for the transport along the way (bus, train...).

## PERSONALISED TOURS

We can personalise a tour according to your requirements (number of days, participants, level of route, accommodation, etc.).

## MAPS

Federal Office of Cartographie: Grand St Bernard 5027 T, Monte Rosa 5028 T.

## Practical information

### ACCESS TO DEPARTURE POINT

#### Departure from Montroc-le-Tour train station.

##### BY TRAIN

Inbound: Paris-Gare de Lyon - St Gervais La Fayet - Chamonix Mont Blanc - Montroc le Tour

Return: departure from Zermatt at 2.37pm, arrival in Paris Gare de Lyon at 9.42pm.

*Times given are indicative and should be verified at a train station or on the [SNCF website](#).*

##### BY CAR

Take the A40 motorway to Chamonix, then follow the main road to Argentière and Montroc. Large car park in Le Tour village.

If you wish to leave your vehicle in a covered car park: Chamonix Park auto, 04 50 53 65 71 (€40 to €50 per week).

#### End of the tour in Zermatt in the afternoon.

Return by train (2 connections) to Martigny, then Montroc-le Tour.

Optional return by taxi (contact us).

### HÉBERGEMENT AVANT ET APRÈS LE SÉJOUR

[Chamonix](#) Tourist Office: +33 (0)4 50 53 00 24

[Zermatt](#) Tourist Office : +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**

# Dates & prices

## DEPARTURES AND PRICES

Departure from end of June to mid September 2024

### **Without luggage transport**

**895€** per person (based on 2 people)

Single person supplement: €90

### **With luggage transport**

Indicative price for a group of 6 or more: **1095€** per person

For smaller groups, contact us.

**Information and bookings by phone or email.**

## THE PRICE

### The price includes:

- Accomodation with half-board from dinner the first evening to breakfast of the last day;
- Roadbook: description and map of the itinerary (1 roadbook per 1 to 4 persons, added roadbook beyond 5 persons. Additional roadbook: 10 to 25€);
- Tourist taxes;
- Organisation and booking fees;
- Transfer from Champex to Le Châble on Day 2.

### The price does not include:

- Picnic lunches;
- Personal expenses, drinks, touristic visits, etc;
- Bus, train transfers and lift tickets;
- Travel insurance;
- Return journey to Chamonix;
- 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 or running tights
- 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 breathable hat
- Sun hat/ baseball cap or headband
- Running socks (1 pair per day)
- Trail running shoes, 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
- Thermos
- 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 (clothes, waterproofs, water, etc.).

## 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 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!**



# Details

## HOW TO REGISTER

- Obline: [www.altitude-montblanc.com](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  
180, route du lac  
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.



## 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