

# CHAMONIX ZERMATT TRAIL RUNNING self-guided

The legendary route of the Alps... but 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 mountaineerer 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 baggage transport

🏠 Accommodation : Classic (dormitory)

🏔️ Level : \*\*\*\*

💰 From : 855€

## You will like

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

# The route

## Day 1

Depart from the train station at Montroc-le-Planet.

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

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

*Distance: 22km / Elevation: +1850m -1950m*

## Day 2

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

Transfer to Le Châble then take the gondola. The path rises gradually above the Val de Bagnes and under the impressive Bec des Rosses before passing the Col de Louvie. A beautiful stage of altitude lakes and mountain passes, finally arriving at the Prafleuri pass to descend to the Grande Dixence dam, the largest gravity dam in the world. Night in a hotel.

*Distance: 17km / Elevation: +1150m -1000m*

## Day 3

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

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

*Distance: 25km / Elevation: +650m -1550m*

## Day 4

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

After a short transfer to the hamlet of Villaz, climb to Col de Torrent (2916m) in order to enter the Val d'Anniviers. The route passes through alpine pastures to sparkling Lake Moiry before going up towards the Col de Sorebois to join Zinal in the valley on the other side. The stage can be extended further with a superb balcony path facing the great 4000s of the Valais. Night in a hotel.

*Distance: 21km / Elevation: +1750m -1900m*

## Day 5

### VAL D'ANNIVIERS - MEIDPASS - GRUBEN

Beautiful stage on the balcony trail above the Val d'Annivers. After passing the famous Weissshorn hotel at 2300m, a magnificent period establishment overlooking Saint-Luc, climb to the Meidpass, Swiss linguistic border and entry into the German-speaking part of Valais. Night in a hotel.

*Distance: 23km / Elevation: +1300m -1150m*

## Day 6

### AUGSTBORDPASS - SCHWARZHORU - ST NIKLAUS

Nice climb to the Augstbordpass to finally reach the Zermatt valley. Possibility to make an ascent of the Schwarzhorn (3200m) before descending towards the village of Saint-Niklaus. Night in a hotel.

*Distance: 17km / Elevation: +1050m -1700m*

## 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 facing the Matterhorn to finally join the legendary town of Zermatt.

*Distance: 20km / Elevation: +1400m -1200m*

### **End point in Zermatt during the afternoon.**

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...

# 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

Before departure, we send you a travel folder containing:

- 2 topographical maps with the route highlighted;
- 1 road-book containing all the information necessary for the tour;
- 1 waterproof map holder.
- Accommodation list.

## 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 crucial to know how to read a topographical map at 1/25000.

## BAGGAGE TRANSPORT

Your baggage will be transported daily between accommodation by our vehicle.

You are allowed 1 soft, sports type bag with all your possessions inside, **no heavier than 12kg**. Your bag has to be carried everyday by the driver, where access is not always easy, please think of their backs! **Baggage which is too big and too heavy won't be accepted by the drivers!**

## ACCOMMODATION

4 nights in gîtes or hotels, in double/twin bedrooms (shared bathrooms)  
2 nights in dormitories

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 pre-ordered at each accommodation in the evening or you may stop at mountain refuges on your route.

Possibility to buy picnic supplies in small local shops along the way.

## 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

## DEPART

Departures from mid-June to mid-September.  
Departures on Sunday, Monday and Tuesday.

## ACCESS TO DEPARTURE POINT

### Departure from the train station of Montroc-le-Tour

#### BY TRAIN

Inbound: depart Paris-Gare de Lyon the day before at 12:45pm arrive in Chamonix at 7:48pm.

[www.oui.sncf](http://www.oui.sncf)

There are regular buses throughout the whole Chamonix valley - with an hourly bus service between Les Houches and Montroc-le-Planet.

[www.chamonix.montblancbus.com/en/bus-lines](http://www.chamonix.montblancbus.com/en/bus-lines)

*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, follow the main road towards Argentière and Switzerland to the village of Montroc (1km after Argentière).

There is ample parking at the meeting point in Montroc-le-Planet or in the village of Le Tour 1km away.

If you wish to leave your car in a covered garage, contact:

Chamonix Auto Park: 04 50 53 65 71 (40 to 50€ per week).

The easiest option for your return, is to leave your car at Montroc-le-Planet.

#### CAR-SHARING

to share a lift! Here are some website recommendations: [www.blablacar.fr](http://www.blablacar.fr) [www.covoiturage-libre.fr](http://www.covoiturage-libre.fr)  
[www.laroueverte.com](http://www.laroueverte.com) [www.roulezmalin.com](http://www.roulezmalin.com)

Get in touch with people

#### CLOSEST AIRPORTS

##### Geneva (GVA)

1 hour by car to Chamonix.

Bus and minibus services direct to your accommodation (25-35€ pp each way)

##### Lyon (LYS)

2h15 by car to Chamonix.

Train every 2 hours to Chamonix, 4h15 journey (40-45€ pp return)

##### Paris (PAR)

7 hours by car to Chamonix.

Train every 2 hours to Chamonix / 5-6 hour journey (80-120€ pp return)

## RETURN TO DEPARTURE POINT

From Zermatt, the return to the departure point in Le Tour is by train.  
Option possible by taxi (please contact us)

## INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. In no case can we be responsible for your own Personal Liability. 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

7 day tour. Departure from end of June to mid September 2021

### **With luggage transport**

Group of 2-3 persons: **1195€** per person

Group of 4-5 persons: **1045€** per person

Group of 6-10 persons: **955€** per person

6 days tour. Departure from end of June to mid September 2021

### **With luggage transport**

Group of 2-3 persons: **1045€** per person

Group of 4-5 persons: **915€** per person

Group of 6-10 persons: **855€** per person

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

## THE PRICE

The price includes:

- Half board from dinner the first evening to breakfast of the last day;
- Organisation and booking fees;
- 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;
- 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;
- Cancellation insurance;
- Return journey to Chamonix.

**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

Possible on request.

# Details

## HOW TO REGISTER

- By internet: [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