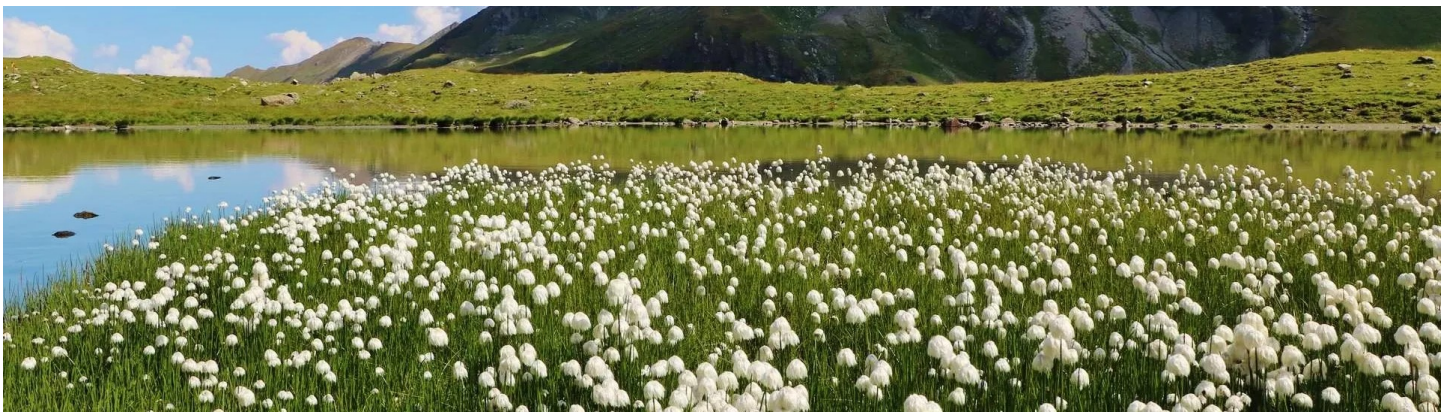





CHAMONIX - ZERMATT 6 DAYS Comfort self-guided


Self-guided trek... with the added bonus of comfort!



The Haute Route from Chamonix to Zermatt is probably one of the most famous routes in the Alps, connecting two mountain capitals, steeped in history by high altitude trails. But six days is not enough!
This proposed route focuses on the Swiss landscapes. The trail leads us to the "Land of the 4000m" surrounded by an incredible panorama of high peaks known as the "Imperial Crown", ending in Zermatt at the foot of the legendary Matterhorn (4478m). A pyramid of rare elegance, the most mythical and most photographed summit of the Alps and the symbolic image of Switzerland.
Go self-guided, let us organise the rest...

 6 days

 Self-guided / without a guide

 With or without baggage transport

 Accommodation : Comfort (room)

 Level : ***

 From : 770€

You will like

- The most notorious part of the Swiss Haute Route itinerary
- An Alpine route, crossing major passes
- The proximity to vast glaciers throughout the hike
- "Land of the 4000m", surrounded by an incredible panorama of high peaks known as the "Imperial Crown" including the Matterhorn and the Pointe Dufour, the highest summit in Switzerland at 4634m
- Discovering life at altitude in typical traditional Swiss villages

The route

Day 1

Meet in front of Sion train station at 12:30pm.

SION - GRANDE DIXENCE DAM

Bus transfer to Thyon 2000.

Depart via a balcony trail overlooking the Val d'Hérémence arriving at one of the largest dams in Europe the Grande Dixence dam. Night in a hotel at the foot of the dam.

4.5 hour walk / Elevation: +350m -200m

Day 2

PAS DE CHÈVRE - LES HAUDÈRES

Hike along the Grande Dixence dam and climb alongside the Dix Glacier to the Pas de Chèvre mountain pass at 2855m. Descend to the village of Arolla.

Bus transfer to Les Haudères. Night in a gîte or hotel.

7 hour walk / Elevation: +710m -850m

Day 3

COL TORRENT - ZINAL

Climb along a path dotted with mayens (Swiss pasture chalets) to the Col Torrent at 2915m.

Descend to the beautiful greeny blue Moiry dam. Transfer by bus to Zinal. Night in a hotel.

6 hour walk / Elevation: +1220 -700m

Day 4

COL FORCLETTA - GRUBEN

Ascend to the Col Forcletta at 2870m. Descend into the tiny alpine hamlet of Gruben. Night in a gîte.

7 hour walk / Elevation: +1240m -1050m

Day 5

AUGSTBORDPASS - ZERMATT

Ascend to the Augstbord pass at 2900m and descend to the village of Saint Niklaus.

With a little luck you will see some shy chamois. Transfer by cable car and train to Zermatt. Night in a hotel.

7 hour walk / Elevation: +1100m -950m

Day 6

ZERMATT

Circuit hike above Zermatt along a superb balcony trail facing the Matterhorn. Descend into the village of Zermatt to the train station.

3 hour walk / Elevation: +/-350m

End point at the train station in Zermatt during the afternoon.

The trip

LEVEL ***

Elevation: +/- 600-1250m average per day.

Walking time: 5 - 7 hours average per day.

Type of trek: mountain hike on trails including gravel paths. Day 2 involves a ladder climb of 40m, possibility to take another route if this poses difficulties.

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 send you a travel folder containing:

- 2 topographical maps (1/50 000) with the route highlighted.
- 1 road-book containing all the information necessary for the trek.
- 1 waterproof map holder.
- Accommodation list.

SIGNPOSTS AND WAYMARKS ALONG THE TREK

The tour is very well indicated.

- a black dot on a yellow diamond in the valleys and red and white stripes at altitude (in both directions).

It is preferable to know how to read a topographical map at 1/50000.

ACCOMMODATION

5 nights in a hotel in a twin/double bedroom.

All accommodation has hot showers.

MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are not included and can be pre-ordered at each accommodation in the evening.

Possibility to buy picnic supplies in small local 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 for your own picnics.

CURRENCY

It is essential to carry Swiss Francs for the bus and cablecar transfers and for other personal expenses.

PERSONALISED TOURS

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

etc.)

MAPS

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

Practical information

DEPARTURE

From end of June to mid-September.

ACCESS TO DEPARTURE POINT

Departure at the train station in Sion VS (Switzerland).

BY TRAIN

Inbound: Depart Gare de Lyon (Paris) at 7:56am arriving in Sion at 1:26pm.

Return: Depart Zermatt at 2:37pm arrive (Paris) Gare de Lyon at 9:42pm.

Times given are indicative and should be verified at a train station or at

www.oui.sncf and www.cff.ch

BY CAR

Take the A40 motorway to Chamonix, follow direction Martigny (Switzerland), continue direction Sion. Or from Geneva, take Lausanne direction, then Sion. (*Compulsory Swiss road tax sticker on motorways purchased at the border or in petrol stations).

No free long-term parking in Sion. There are a few places along the railway street Oscar-Bider/ Sion/ Valais (or outside the city to see with your escort on site)

Covered parking fee: Rue du Scex 12, Sion: 35 euros per day (about 10 min walk from Sion station)

End point during the afternoon in Zermatt.

RETURNING TO DEPARTURE POINT

At the end of the tour the return from Zermatt to the departure point in Sion is possible by train or taxi (by taxi is the best option for groups).

ACCOMMODATION BEFORE AND AFTER

Sion - Hôtel Elite +41 (0)2 73 22 03 www.hotelelitesion.ch

Office du tourisme de Sion +41 (0)2 73 27 77 27 www.valais.ch

Office du Tourisme de Zermatt: +41 (0)2 79 66 81 00 www.zermatt.ch

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: +33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07

Dates & prices

DEPARTURES AND PRICES

From end of June to mid-September 2024

Without baggage transport

830€ per person, 5 nights comfort accommodation in double or twin rooms
Daily departures.

With baggage transport

On request

Extras (price per person)

- Bus transfers Day 1 from Sion to Thyon 2000 (16 CHF)
- Bus transfers Day 2 and Day 3 to Les Haudères (11.20 CHF)
- Bus transfers Day 3 to Zinal (18 CHF)
- The cablecar from Jungu Day 5 (13 CHF)
- Train transfer Day 5 (26 CHF)
- Return to the departure point by train (50 CHF)

Information and bookings by telephone or e-mail.

THE PRICE

The price includes:

- Accommodation on a half-board formula from dinner the first evening to breakfast of the last day;
- A road book: description and 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€);
- Daily baggage transport between accommodation if you have chosen this option;
- Tourist Taxes;
- Organisation and booking fees.

The price does not include:

- Picnic lunches;
- Personal expenses, drinks, touristic visits, etc.;
- Bus and train transfers and cablecars;
- Travel insurance.

The price applies 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 - 60 litres for your personal belongings (clothes, waterproofs, water, etc.).

HOW TO REGISTER

- By internet: 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 (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 (inc. 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:

A large, light gray rectangular box intended for the user's signature.

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