

## CHAMONIX - ZERMATT self guided 6 days comfort

Liberty... and comfort more !





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

 Without baggage transport

 Accommodation : Comfort (room)

 Level : \*\*\*

 From : 645€

### You will like

- The most notorious part of the Swiss Haute Route itinerary.
- A "high mountain" route with high mountain 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: This tour is not technically difficult, Day 2 involves a ladder climb of 40m, possibility to take another route if this poses difficulties. A good fitness level is important.

## 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.

## BAGGAGE TRANSPORT

On request.

## 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).

## CURRENCY

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

## FITNESS LEVEL

Ability to easily walk 20km (on the flat) in a maximum of 4 hours.

If this is not the case, we recommend that you train during the three weeks prior to departure, for example running 4-5km or hiking/cycling 3-4 hours, 2 to 3 times per week. Your physical preparation will enable you to enjoy your trek to the

maximum.

## **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

## DEPART

From end of June to mid September.  
Daily departures.

## ACCESS TO DEPARTURE POINT

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

#### BY TRAIN

Inbound: Depart Gare de Lyon (Paris) at 08:11 arriving in Sion at 13:56.

Return: Depart Zermatt at 14:39 arrive (Paris) Gare de Lyon at 21:37.

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

[www.oui.sncf](http://www.oui.sncf) and [www.cff.ch](http://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).

There are 2 long term free car parks located on the outskirts of the city: Place des Potences & Place des Echutes. Buses run every 20 minutes to join the city centre:

[www.sion.ch/stationnement/19880#](http://www.sion.ch/stationnement/19880#)

### End point during the afternoon in Zermatt.

## RETURN 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](http://www.hotelelitesion.ch)

Office du tourisme de Sion +41 (0)2 73 27 77 27 [www.valais.ch](http://www.valais.ch)

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

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

# Dates & prices

## DEPARTURES AND PRICES

6 day tour, option comfort. From July to mid September 2021.

### Without baggage transport

**645€** per person, 5 nights comfort accommodation in double or twin rooms  
Daily departures.

### With baggage transport

Group of 2-3 person: **1025€** per person

Group of 4-5 person: **930€** per person

Group of 6 persons and more: **870€** per person

Departure on Saturdays, Sundays and Mondays

### 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 reservation is simple by telephone or email.**

### 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€);
- Half board from dinner the first evening to breakfast of the last day;
- Taxes;
- Daily baggage transport between accommodation if you have chosen this option.

#### The price does not include:

- Picnic lunches;
- Personal expenses, drinks, touristic visits, etc.;
- Bus and train transfers and cablecars;
- Cancellation insurance (4.2% of total tour cost).

# 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.).

## 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 (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 (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:

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