

# TOUR OF THE MATTERHORN & BREITHORN SUMMIT (4164m)

Around the sphinx of the Alps



The Matterhorn, an elegant geological natural sculpture perched between Switzerland and Italy, is certainly the most iconic summit of the Alps. Its history is as complex as its structure... a little piece of Africa, or at least of the African plate, stranded on the European continent. A geological model of globalization! Around this legendary giant peak, lies an incredible area of high peaks known as the 'Imperial Crown'. Mighty glaciers tumble towards lush green valleys dotted with grazing herds.

The Alps in their finest picture postcard splendour.

This adventurous circuit includes two ventures into the glacial high mountain world with several passages over alpine mountain passes rising to heights of 3000m. This is where vegetative life gives way to minerals, nature in its raw state, where only our path and a few cairns bear witness to the passage of man. Descending into the valleys, it is the time to discover the local mountain culture: the wooden villages with their warm colours and herds in their summer pastures where ancient traditional farming is kept alive...

🕒 6 Days

👤 Guided / with a guide

🧳 With or without luggage transportation

🏠 Accommodation : Classic (dormitory)

🏔️ Level : \*\*\*\*

🏠 From : 1470€

## You will like

- The high mountain atmosphere, crossing high altitude passes
- An exceptional yet easy route across the Arolla and Théodul Glaciers
- Climbing one of the most accessible 4000m peaks in the Alps
- The soul of the traditional Swiss and Italian valleys

# The route

## Day 1

Meeting Sunday at 9am at the train station in St Niklaus.

### **AUGSTBORDPASS - GRUBEN**

Ascend in a "cosy" cable car to the village of Jungu. Climb to the Augstbordpass at 2900m and descend into the narrow valley to the picture-perfect alpine hamlet Gruben in the Turtmanntal.

6.5 hour walk / Elevation: +1000m -1100m

## Day 2

### **MEIDPASS - LAKE MOIRY**

Climb to the Meidpass at 2790m via the Stafel pastures and the alpine lake Meidsee. Descend to St. Luc in the Anniviers valley through pastures, into the small valley of watermills and via the Prilet waterfall. Transfer to the Moiry Dam **without luggage**.

7 hour walk / Elevation: +1150m -1400m

## Day 3

### **COL DE TSATE - LES HAUDERES**

Depart from the foot of the Moiry Glacier to reach Lake Bayenna and then climb to Col de Tsaté at 2868m. Descend to the charming traditional village of Les Haudères overlooked by the mighty summits of the Dent Blanche and Dent d'Hérens. Transfer to the Arolla valley.

6 hour walk / Elevation: +700m -1200m

## Day 4

### **AROLLA GLACIER - PRARAYER**

Depart towards Col Collon at 3074m, ascending via the Arolla Glacier accompanied by a high mountain guide. In this high mountain and glacial world reaching the mountain pass is not too challenging. Descend into Italy through the Oren valley overlooking the dam Lac des Places de Moulin. Night in Prarayer (**\*without luggage**).

7 hour walk / Elevation: +1200m -1200m

## Day 5

### **COL DE VALCOURNERA - VALTOURNENCHE**

Beautiful climb towards Col de Valcournera at 3072m, then descend to lake Cignana with its magnificent reflections and waterfalls, followed by a short climb to reach Col de Cignana (2445m). Descend towards Valtournenche unveiling the Matterhorn and Monte Rosa summits. After a short bus transfer to Cervinia, night in a gite in Cervinia.

7 hour walk / Elevation: +1350m -1400m

## Day 6

### **ASCENSION OF THE BREITHORN (4164m) - ZERMATT**

Departure from Cervinia. Ascent to Testa Grigia by cable car with your guide and easy, but roped, ascent to the Breithorn at 4164 m. Descent to the Klein Matterhorn (3883 m) to rejoin the group. Short cable car transfer to Schwarzsee and the walk continues at the foot of the imposing north face of the Matterhorn, through the traditional villages of Biel, Zmutt and Hubel, to Zermatt. End of the hike in Zermatt.

6.5 hour walk / Elevation: +870m -1270 m

### **OPTION WITHOUT ASCENSION : MATTERHORN PARADISE - SCHWARZSEE - ZERMATT**

The day begins with a ride on the Matterhorn Paradise lifts. A majestic traverse between the legendary peaks of Mont Rose and the Matterhorn, with a break at Klein Matterhorn, at 3883m! Short cable car transfer to Trockener Steg then a walk at the foot of the Matterhorn's imposing north face to Schwarzsee to meet up with the rest of the group for a picnic. Then a descent on foot through the traditional villages of Biel, Zmutt and Hubel or a cable car to Zermatt.

4h30 hour walk / Elevation: +100 m ; -1100 m / 11 km

**End of the hike Friday around 5pm at the train station in Zermatt.**

*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.*

# The trip

## LEVEL \*\*\*\*

Elevation: +600 to 1250m average per day.

Walking time: 7 hours average per day.

Type of trek: mountain route for experienced hikers, on marked trails.

Both of the glacial sections are easy and do not require any special technique. Several aerial passages secured with hand cables on day 4 and day 5.

### **A good fitness level is essential to enjoy these beautiful "high mountain" routes.**

Please regularly practice a cardio sport as hiking, running, biking, from 6 to 8 hours per 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](#)

## GUIDING

Group between 6 and 12 people supervised by a qualified professional mountain leader. At the beginning of the season, the group number may be reduced depending on snow conditions.

To thank your guide, it is usual to tip him at the end of the trek, according to your satisfaction. It is not mandatory but, it is very appreciated.

## ACCOMMODATION

5 nights in gîtes or mountain refuges in dormitories.

All accommodation offers hot showers.

## MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are included and are carefully prepared daily by your guide, comprising a variety of healthy salads and local products.

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.*

## MAPS

Federal Office of Topography: Matterhorn Michabel 5006

# Practical information

## ACCESS TO DEPARTURE POINT

**Meeting Sunday at 9am in front of the train station in St. Niklaus VS (Switzerland).**

### BY TRAIN

Inbound: depart Gare de Lyon (Paris) the day before, Saturday, at 11.56am arrive in St. Niklaus at 6.10pm.

Return : depart Zermatt at 16.06pm, arrive in (Paris) Gare de Lyon at 23.46pm.

Or the day after : Zermatt 9.06am, arrival à Paris 4.05pm

*Times given are indicative and should be verified in a train station or on [oui.sncf](http://oui.sncf) and [cff.ch](http://cff.ch)*

### BY CAR

Take the motorway from Geneva direction Lausanne, Martigny and Sierre then follow signs for Zermatt. Please note the mandatory sticker on Swiss motorways, to be bought at the border and at petrol stations.

At St Niklaus, you can park in the underground carpark (approx. 15CHF/ day) or next to the train station (5CHF / day).

You can buy your parking ticket at the cablecar behind the train station (cash and Swiss Francs only) or at the tourist information office in St Niklaus (closed on Sundays) or at St Niklaus train station. As a last resort, you may leave a note in your car which mentions your arrival and departure dates. You will pay at the end of your hike. Please note that this solution does not commit our agency.

**End of the hike on Friday at around 5pm at Zermatt train station.**

## RETURN TO DEPARTURE POINT

FROM ZERMATT TO ST. NIKLAUS: a train every hour (approx. CHF 20, 40-minute journey) or by taxi organised by the guide (approx. CHF10-CHF15 per person, to be paid locally, 15-minute journey).

## ACCOMMODATION BEFORE AND AFTER

Saint-Niklaus: [Hôtel La Réserve\\*\\*\\*](http://HotelLaReserve.com): +41 27 955 22 55

Tourist Office [Zermatt](http://Zermatt.ch): +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

TARIF WITH THE BREITHORN ASCENT: **€1650** per person (min. 3 participants)  
TARIF WITHOUT ASCENT : **€1390** per person

## THE PRICE

### The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- All meals including picnic lunch and simple snacks during the day;
- Accommodation in gites, refuges and small hotels;
- Equipment rental and guiding by a high mountain guide for the climb of the Breithorn, if you have chosen the option;
- Daily baggage transport between accommodation (except Days 2 and 4);
- Bus transfers and lift pass on Day 1 and 6.

### The price does not include:

- Cancellation insurance;
- Luggage transport on Days 2 and 4;
- Personal expenses (drinks, etc.), touristic visits;
- Your return journey from home to the point of departure/end point.

**The price is all inclusive from departure to end point.**

# Equipment and luggage

## 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)
- Thermos
- 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 30 to 40 litres for your personal belongings for the day (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.

## EQUIPMENT FOR THE SUMMIT

Crampons, harness, helmet and ice axe for climbing the Breithorn summit are provided. An ascension at 4000m requires warm clothing in case of deterioration in the weather (**thermal leggings, warm hat, waterproof gloves, waterproof jacket and supplementary warm layers to add if necessary**). **High rising walking boots with a good rigid sole are mandatory** (no low trail-type shoes). Poles are essential.

## 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, except day 2 and day 4, 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!**

## YOUR BACKPACK FOR THE NIGHT WITHOUT YOUR BAGGAGE

**For the nights 2 and 4**, without your baggage at the accommodation (you will get it back the night after), here are the things to add to your backpack (about 2 kilos are enough!):

- small toiletries bag
- sleeping bag liner sheet
- change of clothes (bare necessities!) and comfortable clothes/shoes for the evening

# Details

## HOW TO REGISTER

- Online: [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  
62 Passage du Nant Devant  
74110 MONTRIOND  
FRANCE

Please specify whether you wish to take out an optional cancellation insurance.

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 35% 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:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

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