

## Haute Route

### A journey to the Matterhorn. Chamonix to Zermatt.

Private departures available.

A journey towards the Matterhorn.....Chamonix - Zermatt ' The two greatest mountaineering centres in the world - one over shadowed by the highest massif in Western Europe and the other by the most famous, if not the most elegant and most instantly recognised, of all mountains.' Chamonix to Zermatt, Mont Blanc to the Matterhorn - recipe for a visual feast! (Kev Reynolds; The Classic Walkers Haute Route). 12 days of iconic hiking through France and Switzerland.

#### Highlights

- \* 4 \* Hotel with Spa on the last two nights of the trek
- \* Reach unique and remote locations in the mountainous Valais region
- \* Private support vehicle transferring group luggage with additional passenger seats
- \* Ratio: 1 Guide - 8 clients + one support vehicle or over 8 clients = 3 Leaders
- \* International Mountain Leader who will bring the trip alive with their wealth of knowledge on flora, fauna and local history



**Level : Strenuous**

7 - 10 hrs a day of hiking

Altitude between 4000ft - 10700ft

Moderate + steep trails and technical trails

## Itinerary

### Day 1 - Chamonix - FRANCE

Hiking on the Grand Balcon we having wonderful views back onto the Mont Blanc massif with Mont Blanc at 4810m and all the aiguilles (spiky rock needles) and glaciers.

Distance Hiked: 9.5 miles

Height Gain: | +1640ft | - 3937ft

Accommodation: Hotel 4\*

### Day 2 - Chamonix to Trient - SWITZERLAND

Leaving France we climb up to the Col du Balme and the border with Switzerland before descending through alpage, then forest into the small settlement of Le Peuty.

Distance Hiked: 9 miles

Height Gain: | +3000ft | -3050ft

Accommodation: Hotel 2\*

### Day 3 - Trient - Champex-Lac

A fairly arduous, but spectacular day as we ascend alongside the Trient Glacier to the Fenetre d'Arpette with amazing views back over to France. We descend down into the Arpette Valley before arriving at the beautiful lakeside village of Champex-lac.

Distance Hiked: 9 miles

Height Gain: +4500ft | -3935ft

Accommodation: Hotel 3\*

### Day 4 - Champex-Lac - Cabane de Louvie

A gentle morning sees us descend through pretty small villages to reach Sembrancher. We then transfer via local transport along the Route de Mauvoisin before ascending up to the beautiful Louvie Hut for our overnight stay.

Distances Hiked: 8 miles

Height Gain: | 2392+ft | 2533-ft

Accommodation: Refuge Remote location

## Day 5 - Cabane de Louvie - Cabane de Plafleuri

Hiking out past the picturesque Lac de Louvie we ascend up to the Col de Louvie before starting our traverse of the Grand Desert below the Rosablanc glacier, and over to the Col du Plafleuri. An initially steep descent sees us arrive at the newly constructed Cabane de Plafleuri run by the friendly Babette.

**Distance Hiked: 10 miles**

**Height Gain: | +3609ft | -2247ft**

**Accommodation: Refuge Remote location**

## Day 6 - Cabane Plafleuri - Arolla

Ascending quickly to the Col du Roux we drop down to the mighty Lac Dix and follow the path to the head of the lake. Ascending on a steep trail we climb up to the moraine and traverse over towards the Pas du Chèvre with fine views of Mont Blanc du Cheilon. After a short scramble and ladder section we reach the pass and descend to Arolla with excellent chances to see the national Swiss flower: Edelweiss.

**Distance Hiked: 10.5 miles**

**Height Gain: | +2788ft | -4593ft**

**Accommodation: Hotel 3\***

## Day 7 - Arolla

Rest day - Either total R & R at our hotel or an opportunity for a short leg stretching hike followed by lunch in the beautiful village of Evolene.

**Distance Hiked: 4 miles**

**Accommodation: Hotel 3\***

## Day 8 - Arolla - La Sage - Cabane de Moiry

A straight forward climb up from La Sage takes up and over to the magnificent turquoise coloured Moiry Dam. We follow the trail alongside the dam before ascending up to the Cabane de Moiry in its spectacular location.

**Distance Hiked: 8.5 miles**

**Height Gain: | +5296ft | -1703ft**

**Accommodation: Refuge Remote location**

## Day 9 - Cabane de Moiry - Zinal

An initial early morning decent from the hut before we climb up and over the Sorebois pass and down into the pretty Swiss village of Zinal.

Distance Hiked: 11 miles

Height Gain: | +1920ft | -5765ft

Accommodation: Refuge Remote location

## Day 10 - Zinal - Gruben

There are a number of options today however the most likely choice will be the Meiden Pass before we descend to the small hamlet of Gruben.

Distance Hiked: 9 miles

Height Gain: | +3937ft | -3280ft

Accommodation: Hotel Dormitory 1\*

## Day 11 - Gruben - St Niklaus - Zermatt

Hiking up through forested trails and emerging onto alpage we make the steady climb up to the Augustbordpass. From the pass we descend then traverse over before taking a tiny cable car to St Niklaus and catching the train into the car free town Zermatt in the shadow of the Matterhorn.

Distance Hiked: 10 miles

Height Gain: | +3610ft | -3280ft

Accommodation: Hotel 4\*

## Day 12 - Zermatt

Zermatt is a beautiful town and offers exceptional hiking supported by the incredible infrastructure of telepheriques and trains. Options for us include hiking to the Hornli hut (10,695ft) at the base of the Matterhorn. Take the Gornergrat train (10,135ft) and view the extensive glacier, then hiking down to the town or a number of other options. A fantastic, farewell dinner sees us celebrate our achievements over the past few weeks.

Accommodation: Hotel 4\*

## Day 13 - Depart Zermatt

The Swiss transport system allows you to easily depart Zermatt on train and connect to multiple locations.



## ADDITIONAL INFORMATION

### Accommodation:

- 1 x night in 4\* central Chamonix Hotel with Spa facilities
- 1 x night in 1\* hotel
- 1 x night in lakeside 3\* hotel
- 4 x nights in rustic mountain refuges
- 2 x night in family run 3\* hotel
- 2 x nights in 4\* central Zermatt Hotel with Spa facilities

### What's included:

- All accommodation
- All breakfasts, lunches and dinners (apart from 2 lunches in Arolla and Zermatt & 1 dinner in Zermatt)
- Qualified International Mountain Leaders
- Baggage and private vehicle support during the trip
- Drinks on first and last night

**Not included:** Airfare, transfers, insurance, items not on set lunch / dinner menus, beverages, items of a personal nature (laundry, phones calls etc) tips to guides

**Tips to Guides:** Tips are very much a personal choice however should you require some guidance the following offers general approach to gratuity for guides. Depending on the length of your trip we propose between \$120 - 200 per guide per participant.

**Money:** Cashpoints / ATMs are readily accessed in Chamonix and Zermatt. The main currency is 'Swiss francs' and a small amount of 'Euros' is required in France.

**Luggage:** We have a private minibus with support guide for this trip. Please ensure you have only one main item of baggage max 20kg, in addition to a hiking rucksack.

**Accommodation and facilities:** The unique nature of this trek means we have a variety of accommodation that allows us to connect the Haute Route. This ranges from a simple, yet charming mountain refuge to a mixture of family run 1\*/2\*/3\* hotel, finally finishing with a wonderful 4\* Spa Hotel on our last two nights.

**Meals:** Breakfast consists of a continental mix often including yogurts, fruits, cereals and pastries. Lunches are typically picnic style laid out in the morning allowing you to make your own tasty sandwich, whilst dinners are generally set menus, and normally 3 courses often including regional specialities. We can cater for dietary requirements with advance notice and endeavour to accommodate your needs whenever possible.

**Hiking Grade :** This trip is graded as Strenuous and includes:

- 7 - 10 hrs a day of hiking
- Altitude between 4000 - 10695ft
- Moderate + steep and technical trails

As with all adventure trips proper fitness and preparation will greatly enhance your enjoyment. We recommend a combination of cardio activity such as running / biking / cross trainer / swimming in addition to undertaking some practice hikes of 7-10 hours in undulating terrain while carrying a rucksack. We also suggest the use of two hiking poles to reduce the pressure on your knees and also assist with balance on rocky terrain. If you have any questions on the grade and / or preparation we will be happy to assist.

**Passport:** Please make sure your passport has 6 - 9months validity, and is kept on you at all times in a plastic, waterproof wallet.

**Weather conditions:** This trip is in the high Alps and we often hike to elevations just below 10,700ft, therefore you need to allow for all conditions from hot sun to rain and snow.

**Insurance:** We require all clients to have travel insurance. Please ensure you have suitable insurance to cover the activities you are undertaking. Also be aware of exclusions within policies.

**Questions?** Send us an email or schedule a call / video call [info@livebreathehike.com](mailto:info@livebreathehike.com)

