Compagnie des Guides de Chamonix

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SKI TOURING - HAUTE ROUTE CHAMONIX ZERMATT IN 3 DAYS

Duration: 3 | Fitness: ▲▲▲▲▲ | Technique: ▲▲▲▲▲ | Price from: 1 310 €

This 3-day version of the Haute Route Chamonix-Zermatt is a condensed adaptation of our classic 6-day itinerary. It follows a route similar to the classic Haute Route but with doubled stages, making this adventure distinctly athletic. Given the daily distances, staying on schedule is crucial to meet this challenge. To complete this version of the Haute Route, it's essential to maintain a climbing pace of 500 meters per hour, have experience with outings involving over 1,500 meters of elevation gain, and be perfectly comfortable managing your equipment. This 3-day Haute Route is particularly suited for those preparing for races like the Patrouille des Glaciers. While competition gear is not necessary, we strongly recommend using lightweight equipment.

To help you prepare for ski mountaineering races, our team of specialists is also available to offer their expertise in developing customized training programs and providing nutritional advice. For more information, feel free to contact us.

ITINERARY

Day 1

Argentière - Champex

Starting from the Grands Montets station (Argentière), we take the Plan Joran and then the Herse cable cars. We descend on the piste to near the Lognan refuge (2,050 m). Then, we cross the Argentière Glacier and ascend to the Col du Passon (3,028 m). We continue skinning up the Glacier du Tour to reach the Col Supérieur du Tour (3,289 m). We cross the Trient Plateau before making a short ascent to reach the Col des Ecandies (2,796 m). The descent follows through the Val d'Arpette down to Champex (1,480 m), where we spend the night in a hotel. In case of particularly mild conditions, it may be necessary to stay the previous night at the Lognan refuge, located within the Grands Montets ski area (not included in the price).
Positive elevation gain: 1,600 m / Negative elevation: 2,100 m / Duration: 6 to 7 hours

Day 2

Champex - Arolla

We take the cable cars up to the Col des Gentianes. After a brief descent on the piste, we ascend to the Col de la Chaux (2,940 m), followed by a short descent to the foot of the Col de Momin (3,003 m). We then climb to the col and cross the Glacier du Grand Désert to reach the Col de la Rosablanche (3,192 m). We descend directly to La Barma (2,458 m) via the Rosablanche couloir. The route continues along the Lac des Dix, followed by a climb to the Pas de Chèvre (2,854 m). We finish the day with a descent to Arolla (2,006 m), where we spend the night in a hotel.
Positive elevation gain: 1,600 m / Negative elevation gain: 2,100 m / Duration: 6 to 7 hours

Day 3

Arolla - Zermatt

We ascend to the Col de Bertol (3,268 m). We cross the Mont Miné Glacier with skins to reach the summit of Tête Blanche (3,707 m). We then descend to Zermatt (1,690 m), with an expected arrival in the early afternoon.
Positive elevation gain: 1,707 m / Negative elevation: 2,017 m / Duration: 7 to 8 hours

PRIVATE BOOKING

A private booking is the historical relationship that binds a guide to his/her client. It allows you to be alone, or in a constituted group, with your guide that meets your specific needs. It is undoubtedly the ideal formula to realize your projects because it

guarantees you a maximum of comfort. You are free to choose your departure date (depending on the availability of the huts) and the itinerary can be adjusted, according to your specific expectations.

Dates 2027 : On request from March to April
Registration possible from the age of 18.

Prices 2027 :
1 person : 3 750€ per person
2 persons : 2 120€ per person
3 persons : 1 580€ per person
4 persons : 1 310€ per person

Included in the package:
- mountain guiding service
- half-boards in hotel (dinner, breakfast and night)
- lift access and shuttles during the tour
- transfer from Champex to Le Chable
- harness rental

Not included in the package :
- take out lunches and daily snacks
- personal drinks (bring some extra cash in Swiss francs)
- cost of getting to meeting point
- personal safety equipment : avalanche transceiver shovel, probe
- personal technical equipment
- the travel back from Zermatt to Chamonix

FURTHER INFORMATION

In this section, find all the information about this activity. To prepare your trip effectively, refer to the guides' tips. They share their expertise and recommendations, ensuring you have a great experience.

Meeting point : The day before, meeting with the mountain guide to organize it.

Itinerary : This is provided as a guideline and may be adjusted according to the group's level and mountain conditions

Fitness level : For people engaged in regular and intense endurance activities. Positive elevation gain up to 1,600 m per day, with a climbing pace of 500 m per hour. Effort of 6 to 8 hours per day.

Technical level : Suitable for skiers with strong ski touring experience, the terrain features wide slopes along with narrow and exposed sections (such as the Rosablanche couloir), with some areas requiring boot packing with crampons.

Guiding policy : minimum 1 to 4 participants per guide.

Accommodation : During the trip: Half-board in hotels. Before & after the trip: We have some hotel partners in Chamonix with special prices for our customers.

Documentation : Participants must have mountain sports insurance with repatriation cover. We strongly recommend that this also includes cancellation cover. You can take out insurance when you sign up. Participants must also take valid ID with them.

EQUIPMENT

We recommend you to pay particular attention to the choice of your equipment. It contributes greatly to the success of your stay. Weight is decisive: you always have to evaluate the ratio weight/comfort, to find the best compromise. **We recommend choosing ski touring equipment with optimized weight.**

Equipment
- Alpine touring skis with specially adapted bindings : permit free-heel position for climbing, lock down for descent. If you choose telemark skis, don't forget to put in blocks for climbing.
- Adhesive climbing skins
- Ski knifes : please check they're adapted to your bindings
- Ski poles (avoid telescopic poles)

- Rucksack (for your comfort internal frame or frameless, approx 35-40 l. with proper waiststrap, sternum straps, ski straps)
- Alpine touring ski boots with vibram soles
- Light harness
- Crampons and ice axe
- We recommend an helmet for ski touring / mountaineering
- DVA, shovel & probe - this pack will be lend by your guide.

Clothing
Bring functional, breathable, quick drying material provinding minimum weight / maximum protection.
- A race ski suit or a classic ski suit pant/polar-pile fleece,
- Waterproof and windproof, non-insulated parka with hood (Gore-tex or equivalent)
- synthetic jacket or down or equivalent
- Warm ski gloves or mittens and lightweight gloves
- Warm ski hat or balaclava
- light sun hat with brim

Accessories
- A cotton or silk sleeping sheet is compulsory (Huts provide blankets, slippers or clogs).
- High-altitude sunglasses
- A pair of goggles
- Head lamp
- 1 Camelbag or bottle (2 liters),
- Toilet Kit (pre-moistened towlettes, T.P., tissues, aspirin, elastoplast, 2nd skin kit, ear plugs and sleeping pills are optional) -
- Refuges don't have running water - soap and shaving gear are unnecessary
- Personal prescription medicines
- Sun block for face and lips
- Pocket money for drinks in refuges
- Energetic foods for the 3 lunches
- ID card or passport

Our Rental Partners : You can rent your equipment with our rental shops partners and benefit from special price Sanglard Sports, Ravanel & Co & Concept Pro Shop
For clothes, you can contact our partner Millet
Our Equipment Partners : Millet, Dynastar, Julbo, Grivel & Monnet