



Compagnie des Guides de Chamonix

190 place de l'église - 74400 Chamonix – France - Tél : + 33 (0)4 50 53 00 88

www.chamonix-guides.com - e-mail : info@chamonix-guides.com

SKI MOUNTAINEERING - HAUTE ROUTE CHAMONIX ZERMATT IN 3 DAYS

Duration: 3

Level: ▲▲▲▲▲

Price from: 1 020 €

We offer a 3-day version of the Haute Route Chamonix-Zermatt, serving as an introduction to ski mountaineering, a discipline derived from ski touring. Ski mountaineering involves covering long distances quickly in the high mountains and is ideal for those looking to focus on the athletic aspects of ski touring or preparing for races. To participate in this program, you should be accustomed to daily elevation gains of approximately 1500 meters. With the expertise of our ski mountaineering team, comprising specialists and former athletes, we can guide you through legendary races such as the Patrouille des Glaciers, Pierra Menta, and Mezzalama. Take advantage of our personalized training programs and receive dietary advice tailored to your needs. For more information, please don't hesitate to contact our advisors.

This ski tour is only possible for private groups.

ITINERARY

Day 1

Argentières - Cabane Montfort

Start at the Grands Montets station - Argentières. Plan Joran ski lift, then the Herse. Descent on piste all the way to the refuge de Lognan (2 050m). Crossing of the Argentières Glacier up to Col du Passon (3 028m). Crossing with skins of the Glacier du Tour to reach Col supérieur du Tour (3 289m). Crossing of the Trient Plateau then short skinning up to Col des Ecandies (2 796 m). Descent of Val d'Arpette to Champex (1 480m). Transfer to Châble (Verbier). Night at the comfortable Cabane de Montfort (2 457m). *In case of warm weather conditions, you could need to leave before the opening of the Grands Montets station (extra positive elevation gain: 800m) or to sleep at refuge de Lognan on the previous night (not included in the price).*

Elevation gain: 1600m - Vertical loss: 2100m

Day 2

Cabane Montfort - Arolla

Starting from the Mont-Fort hut (2 457m) - La Chaux mountain pass (2 940m) - Momin mountain pass (3 015m), we reach the Momin-Rosablanche mountain pass (3 336m). Then we continue to skin up to La Barma (2 458m)- Riedmatten mountain pass (2919m) and ski down to Arolla (2 006m). Night in hotel.

Elevation gain: 1707m - Vertical loss: 2070m

Day 3

Arolla - Zermatt

Starting from Arolla (2 006m) we skin up to the Berthol pass (3 268m)- Tête Blanche (3 707m). A long descent to Zermatt (1690m).

Elevation gain: 1707m - Vertical loss: 2017m

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 2024 : On request

Prices 2024 :

- 1 person : 3090€ per person
- 2 persons : 1710€ per person
- 3 persons : 1250€ per person
- 4 persons : 1020€ per person

Included in the package:

- mountain guiding service
- half-board in mountain huts (dinner, breakfast and night)
- lift access and shuttles during the tour
- transfer from Champex to Le Chable
- avalanche transceiver (DVA), shovel, probe and harness rental

Not included in the package :

- take out lunches and daily snacks
- the travel back from Zermatt to Chamonix
- personal drinks
- personal technical equipment, personal expenses (bring some extra cash: euros and swiss francs)
- personal gear

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.

Fitness level : For people with excellent physical fitness. Participants should be capable of completing long ski tours with up to 1,600 meters of vertical gain and be comfortable with altitudes reaching up to 3,800 meters. Expect to engage in 9 to 10 hours of strenuous effort per day.

Technical level : For experienced ski tourer and people who are able to deal with exposed sections, side slipping and the use of a rope. Your skills include cramponing up/downhill, skiing efficiently in all types of snow and you feel secure with skiing across an exposed ski slope (up to 40°).

Guiding policy : minimum 1 to 4 participants per guide.

The Compagnie des Guides de Chamonix's guiding policy is one of the strictest in the mountain guiding business. It guarantees the most balanced groups as possible as well as high-quality personalised advice.

Accommodation : In catered mountain hut and hotel in Arolla (nights in dormitory).

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.

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 knives : 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

- DVA, shovel & probe.

Clothing

Bring functional, breathable, quick drying material providing 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 towelettes, 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](#)

Our Equipment Partners : [Millet](#), [Dynastar](#), [Julbo](#), [Grivel](#) & [Monnet](#)