Compagnie des Guides de Chamonix

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CHAMONIX ZERMATT COMPLETE - 6 1/2 DAYS

Duration: 7 | Fitness: ▲▲▲▲▲ | Technique: ▲▲▲▲▲ | Price from: 2 575 €

From Chamonix to Zermatt in 6 days along the trails.
Whether you are seeking a true physical challenge or an intensive training block to prepare for a long-distance race (such as a 100-miler), discover the most demanding trail-running trip we offer.
A complete traverse from Chamonix to Zermatt over 6 days: 240 km of running with nearly 15,000 meters of elevation gain. This is an ambitious adventure designed for experienced ultra-trail runners ready to push their limits.

Hotel stays for a well-deserved rest
Experience this extraordinary journey while **enjoying a double or twin hotel room each evening**. At the end of each day on the trails, return to the comfort of your accommodation to ensure optimal recovery.

Focus on the moment—we'll handle the logistics
With luggage transfers provided, you only need to carry what you need for the day. Your expert trail-running guide will lead the way along the trails and manage all the logistics, allowing you to focus entirely on your running experience and the stunning landscapes you pass through.

ITINERARY

Day 1

Chamonix - Champex-Lac
We begin our adventure in front of the church in Chamonix, taking the famous "Petit Balcon Sud" trail as far as Les Tines. We then switch over to the "Petit Balcon Nord" to reach the foot of our first major ascent: the Col de Balme. Crossing the border, we descend on the Swiss side toward Trient. From there, we head toward the Bovine alpine pasture—which offers a stunning view over the Swiss Valais—before descending to Champex-Lac, where we will spend the night at a hotel.
Distance: 40 km, elevation gain: 2,384 m, elevation loss: 1,956 m

Day 2

Champex-Lac - Verbier
We leave Champex, descending toward Orsières and crossing the Val de Bagnes. The ascent to the Cabane des Mille offers a glimpse of the Tour des Combins, set against a backdrop of majestic scenery. We then arrive at the legendary resort of Verbier, where we spend the night.
Distance: 41 km, elevation gain: 2,741 m, elevation loss: 2,618 m

Day 3

Verbier - Arolla
Today, we traverse a series of legendary locations along the Chamonix-Zermatt route in one go: the Désert Blanc, Louvie, Prafleuri, and Les Dix. We then tackle the steep, technical ascent to the Col de Reidmatten (2,919 m). Afterward, we descend to Arolla, where we will spend the night at a hotel.
Distance: 41 km, elevation gain: 2,433 m, elevation loss: 1,972 m

Day 4

Arolla - Zinal
Our first objective for the day is the hamlet of La Sage, which we aim to reach before the end of the morning. From there, we

climb to the Col de Torrent, where we are rewarded with a view of our ultimate goal: the Matterhorn. The descent toward Lac de Moiry is smooth and manageable. One final ascent takes us up to the Col de Sorebois (2,836 m), from where we will look down upon Zinal, our stop for the night. Overnight at a hotel in Zinal.
Distance: 37 km, Elevation gain: 2,302 m, Elevation loss: 2,635 m

Day 5

Zinal - Grächen
The day begins early, crossing alpine pastures along the route of the legendary Sierre-Zinal race. We head toward the Forcletta Pass (2,875 m) on a trail that features frequent changes in elevation. This high-alpine pass leads us into the Grüben Valley—a true haven of peace. From this point, the atmosphere shifts: we leave the French-speaking region behind and enter the German-speaking part. Zermatt is drawing closer... The second challenge of the day? Crossing the Augstbordpass (2,892 m), which opens the gateway to the Zermatt Valley. Overnight stay at a hotel in Grächen.
Distance: 40 km, Elevation gain: 2,847 m, Elevation loss: 2,914 m

Day 6

Grächen - Zermatt
The Matterhorn awaits at the end of the trail. We head up the valley toward Zermatt, following the legendary Europaweg. We will have lunch near the Europahütte before arriving in Zermatt by mid-afternoon.
Our adventure concludes with a photo in front of the church—challenge accomplished!
We'll spend the rest of the day exploring Zermatt. You are free to arrange your own dinner before spending one final night at the hotel.
Distance: 38 km, Elevation gain: 2,215 m, Elevation loss: 2,238 m

Day 7

Return to Chamonix
After a nice breakfast and one last look at the Matterhorn, it's time to say goodbye to Switzerland. A taxi picks us up to take us back to Chamonix (a journey of about 2 hours and 30 minutes) in the late morning.

GROUP BOOKING

The group format brings together several people who may not necessarily know each other. It offers an attractive rate for a specific program on set dates—an ideal choice for those who enjoy the camaraderie of a group setting. Are you already a group of friends looking to share a special experience just among yourselves? Consider our private option!

We have been honing our expertise in mountain guiding since 1821.

Benefit from the guidance of professional hiking experts who are attentive to your needs.

Travel in a small group of no more than 8 people.

Dates
Please refer to the booking module. Departures are confirmed once the minimum number of participants (4 people) is reached by the trip confirmation date.

2027 Rate: €2,575 per person

This price includes:
- Trip organization
- Guidance by a mountain leader specializing in trail running/hiking
- Accommodation: 6 nights in a 2- or 3-star hotel (double occupancy)
- Meals (lunches, dinners, and breakfasts) throughout the trip (a set menu for the entire group, excluding specific dietary requirements or allergies)—with the **exception of dinner in Zermatt**, which is taken independently
- Luggage transfer (one bag, maximum 15 kg per person)
- Return transport from Zermatt to Chamonix

This price does not include:
- Personal expenses (souvenirs, drinks, etc.)
- Dinner in Zermatt
- Any costs resulting from a participant's personal decision to alter the itinerary or an inability to complete a stage (e.g., additional transfers, ski lifts, or extra accommodation)
- Mandatory repatriation insurance; cancellation insurance is highly recommended
- Booking/administrative fees

- Anything not explicitly listed under "This price includes"

PRIVATE BOOKING

Want to go running with friends? Want the freedom to choose your departure dates*, enjoy a tailor-made itinerary adapted to your desires, and benefit from guidance specifically suited to your level? Choose the private package!
This is the traditional relationship between a guide and their clients. It allows you to be alone or in a group with your guide, who will respond to your specific needs. The ideal package for realizing your plans, as it guarantees maximum comfort.

Discounted rates based on the number of participants.
*Subject to availability of accommodation.
Contact us for a quote.

FURTHER INFORMATION

Meeting point: Departure at 7:00 AM from the Compagnie des Guides office, 190 Place de l'Eglise, 74400 Chamonix-Mont-Blanc.
An information meeting is held the evening before at 6:00 PM at the reception desk. This is an opportunity to meet your group, review your gear, and finalize any remaining details with your guide. Please let us know if you are unable to attend.

Level: 5/5. For experienced trail runners who engage in very **intensive** running and other endurance sports (mountain hiking, cycling, swimming, cross-country skiing, etc.).

Technical level: The route may include technical sections, such as steep terrain, snow patches, scree slopes, exposed (airy) passages, or ladders.

Physical level: This trip is designed for experienced trail runners capable of covering more than 40 km per day for several consecutive days. It is ideal preparation for an ultra-trail race or an ultra-endurance event (such as the PTL or Tor des Géants). If you are unsure about your fitness level, please contact our advisors before registering.

Accommodation: 6 nights in a double or twin room in a 2- or 3-star hotel. Participants registering alone will share a room with another member of the group. Depending on the group composition, we cannot guarantee that you will share a room with someone of the same gender.

⚠ The planned accommodations may be replaced by an establishment of an equivalent standard, subject to availability. This may necessitate additional transfers at the beginning or end of the day.

Meals: Breakfasts, picnic lunches, and dinners are included—from lunch on the first day through breakfast on the last day—**with the exception of dinner in Zermatt**. Please indicate any specific dietary requirements or allergies in your registration file.

Luggage: Luggage transfers between accommodations are included. You will carry your own personal belongings with you during the day.

⚠ Only one piece of soft-sided luggage, weighing a maximum of 15 kg per person, is permitted. Hard-shell suitcases are not accepted.

Itinerary: The itinerary may be modified at any time by the guide, depending on weather conditions and/or the technical and physical ability of the participants.

Guidance: Led by a state-certified mountain leader specializing in trail running. Group size is limited to 4-8 participants to ensure good group cohesion and personalized attention. Open to participants aged 18 and over.

Formalities: You must have insurance that covers search, rescue, and repatriation costs in both countries visited (France and Switzerland), as well as a valid form of identification. Cancellation insurance is highly recommended. We offer an "assistance, repatriation, and cancellation" insurance policy, which can be purchased at the time of registration (available only to residents of the EU and the UK).
For European residents, a European Health Insurance Card (EHIC) is also highly recommended.

EQUIPMENT

The contents of your trail running backpack should be quite similar to the mandatory gear required for a trail race. Choose your

equipment wisely—every gram counts!

Equipment
- Trail running backpack
- A pair of trail running shoes in good condition
- A pair of trail running poles

Clothing
Opt for technical synthetic fabrics or wool.
- Sports undergarments
- Running shorts
- Long running tights
- Lightweight, compact waterproof over-trousers
- Short-sleeved T-shirt
- Lightweight warm layer (long-sleeved T-shirt or softshell)
- Additional warm jacket (must be highly compressible)
- Lightweight waterproof jacket (e.g., Gore-Tex)
- Lightweight beanie
- Cap
- Neck gaiter
- Lightweight gloves
- Trail running socks
- Change of clothes and footwear for the evening

Accessories
For the duration of your trip:
- Sunglasses (category 3 or higher)
- Sunscreen
- Toilet paper
- Basic first-aid kit (ibuprofen, blister pads/second-skin dressings, adhesive bandages/elastic strapping tape, etc.)
- Emergency survival blanket
- Minimalist toiletry kit
- Small towel (terry cloth)
- Tissues
- Hand sanitizer (hydro-alcoholic gel) - Soft flasks or a hydration bladder with a 1.5-liter capacity
- Compact headlamp
- Nutrition tailored to your specific needs (energy bars, gels, electrolytes, etc.)
- Cash for personal expenses
- A small amount of laundry soap
- Charging cables for your watch and smartphone
- Anti-chafing cream (e.g., Nok)
- Waterproof bag (such as a freezer bag) to keep your belongings dry
- A few small trash bags to carry out your waste

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