



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

TREKKING - BETWEEN CHAMONIX & ZERMATT - LIGHT PACK

Duration: 6 days

Level: ▲▲▲▲▲

Price from: 1 195 €

Chamonix and Zermatt - the two great capitals of the Alps. The Mont Blanc Massif and the Valais Alps alone include no less than 69 of the 82 peaks on the official list of mountains over 4000m. With spectacular mountain views, and the long history of the valleys and their people, there is much to entice us on a journey through, and exploration of, the riches of these places... We offer a trip of choice, a selection of some of the best hikes of the area, that take us from the Chamonix valley and the foot of Mont Blanc right into the Zermatt valley and the base of the Matterhorn.

Our luggage is transferred from hotel to hotel throughout the stay except the first and last evenings, as we sleep in huts those nights.

ITINERARY

Day 1 : Chamonix - Lac Blanc Mountain Hut

Our hiking adventure starts with a spectacular hike across the "Grand Balcon Sud" and unbelievable view of the Mont Blanc range just across the valley from us. The trail continues over mountain passes, Col Cornu (2 414m) then Col de la Glières (2 461m). Along the way, views keep getting better while we admire the reflection of alpine glaciers in mountain lakes ... We spend the night at Refuge du Lac Blanc (2 352m), located in the Aiguilles Rouges mountain wildlife sanctuary. **No access to luggage.**

Elevation gain : 900m - Vertical loss : 300m

Day 2 : Aiguillette des Posettes

We leave the mountain hut and heading to Trélechamps hamlet (1 395m). After our descent to the hamlet, or path works its way up through a forest of spruce and pine trees to join the stunning belvedere of the Aiguillette des Posettes (2201m). There are stunning, wide panoramic views from here. We descend towards the Col des Posettes and make the most of the Vallorcine gondola to rejoin the valley. A bus transfer takes us into Switzerland, and Evolène in the Val d'Hérens (1½ hour drive). Night in hotel.

Elevation gain: 825m - Vertical loss 1215m

Day 3 : Evolène - Zinal

We leave the hamlet of La Sage and enjoy a pleasant walk up to the Col de Torrent (2916m). The track here passes through a picture postcard backdrop of high-mountain pastures and the Dent Blanche to the Lac de Moiry. From here there are stunning views of the Bishorn, Weisshorn, Zinalrothorn and Obergabelhorn. We explore the Val d'Anniviers and the extremely pretty village of Grimentz. Night in hotel.

Elevation gain: 1240m - Vertical loss 800m

Day 4 : Saint-Luc- Grüben

We take the local bus to get to the village of Saint-Luc starting point of our hike. Our path quickly abandons the forest to offer us an alpine setting. We will enjoy the splendid landscape and many lakes that we find on our climb to the Meidpass (2 766m). Navigating through the rocky landscape, we descend to the lush Swiss alpine pastures to the village of Grüben. This village, where we spend the night, is only occupied in the summer and lies in the Turtmann valley (Turtmanntal). Night in the Schwarzhorn Hotel.

Elevation gain: 1220m - Vertical loss 1050m

Day 5 : Taësch Alp - Fluhalp Hut

The day begins with a 1½ hour transfer. The minibus takes us to Täsch Alp in the Mattertal (Matter valley). We start our walk in the Täsch pastures. There are peaks strung out all around us - the Weisshorn, Alphubel, Allalinhorn - as well as the Rimpfischhorn glacier, all offering up stunning views. The path traverses to the Tufteren pastures, then climbs up to Blauherd, from where there are breathtaking views of the Monte Rosa peaks - the Dufourspitz and the Breithorn to name but two - and, of course, the much coveted Matterhorn. We continue as far as the Fluhalp hut. This is in an incredible location! **No access to luggage.**

Elevation gain: 600m - Vertical loss 200m

Day 6 : Zermatt

We descend to the Grünen lake, at the foot of the Hohälli. A final climb through grasses and scree lifts us onto the Riffelberg plateau and the station of the famous Gornergrat cog railway. We are in the heart of the Monte Rosa and the view here is spectacular. We, of course, take the train down before continuing our journey through the legendary Zermatt valley, and its combination of tradition and modernity. We now have some spare time to explore the small streets of Zermatt. At 3pm a taxi takes us back to Chamonix (roughly 2½ hour drive). End of trip.

Elevation gain: 850m - Vertical loss 400m

The guide may have to adapt the route to weather conditions and/or to group physical and/or technical ability.

GROUP BOOKING

Group session associates several people who don't know each other. It allows for a planned program to benefit from an attractive price on fixed dates. This formula is ideal for people looking for the friendliness of a group.

Date 2020 : From Sunday to Friday

- From July 19th to July 24th
- From August 2nd to August 7th
- From August 16th to August 21th
- From August 30th to September 4th

Price 2020 : 1 195€ per person based on minimum of 6 participants.

Included in the package:

- The organization and supervision of each tour by State qualified trekking guide/s
- Half-board (diner + night + breakfast) in mountain hut (dormitories) and hotel (dinner, breakfast and night)
- Picnics lunches
- Lift passes
- Transfers throughout the trek
- Luggage transportation during the trek (maximum 15kg)
- Shuttle back to Chamonix

Not included:

- Souvenirs and drinks (plan to have euros)
- Repatriation insurance (mandatory)

FURTHER INFORMATION

Rendez-vous : meet at 8.30 am in front of the Compagnie des Guides de Chamonix on Day 1.

Ability level : 4/5 - *Between Chamonix and Zermatt hiking trip is a strenuous trek.* A minimum of 800m (2700ft) vertical gain and about 8 hours of hiking daily day. Hiking on maintained trails with off trail hiking sections, in scree and bouldery areas. Mountain terrain can involve difficult and exposed trails, for sure-footed hikers. Good physical training and multiday hiking experience on mountain trails are required.

Guiding policy : by a state qualified trekking guide with a maximum of 12 people in the group. 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.

Important : no booking accepted in our scheduled groups for people under the age of 18 without a legal guardian.

Accommodation :

- During the trip : 1 night at the Lac Blanc mountain hut, 1 night at Fluhalp mountain hut (twin or quadruple rooms, with shower), 1 night in an inn (dormitory) and 2 nights in a hotel (double room). Luggage transported by a taxi along the trip except on day 1 & 5.

** For people signing up alone, we cannot guarantee that you will share your room with a person of the same gender.*

- Before & after the trip : we have some hotel partners in Chamonix with special prices for our customers. If you want to receive information just ask Anaïs.

Documentation :

-Participants must have an insurance with repatriation cover. Cancellation insurance is highly recommended. You can take out insurance offering both of these types of cover when you sign up.

-Participants must also take valid ID with them.

Organisation : You are welcome to come and meet your guide the evening before at our office at 6 pm.

EQUIPMENT

Hiking boots

- Ankle supporting boots with notched technical rubber sole (i.e. VIBRAM).
- We strongly recommend wearing new boots to break them in before the hike.
- To avoid blisters, try rubbing baby talc on dry feet before using boots (sprinkling talc inside boot works too).

Back-pack

- Minimum size recommended 30 L (bigger is better than too small).
- Take out lunch should still fit after packing for the day.
- Bad weather precaution: pack covers are great to protect pack from rain or snow. We also recommend packing your belongings in a large and solid plastic bag (i.e. garbage bag) for a better protection in case of heavy rainfall.

Luggage

A solid travel bag (suitcase, framed duffle bag), weighing 33 lbs (15 kg) at the most.

Clothing

Avoid using cotton underwear. Compared to technical synthetic material, it is heavier and it dries slowly. Wool is also getting popular amongst sportswear brands. Synthetic and wool are warmer; they dry fast, and allow you to pack light (you can easily wash a piece of underwear in the sink as you arrive at the mountain inn/hut. It will be dry before you finish your first beer!).

DAILY NEEDS

- 1 long-sleeve shirt + 1 Tshirt (both synthetic)
- 1 polar fleece + 1 light down jacket (or a second fleece)
- 1 pair of shorts + 1 pair of hiking pants
- 1 pair of synthetic hiking socks
- 1 Goretex jacket (waterproof windbreaker)
- 1 poncho (large rain cover that fits over your pack) or 1 pack cover
- 1 pair of rain pants (although light Gore-tex pants are expensive, other types of light rain pants work too)
- 1 water bottle (1.5 quart, to 2 quarts minimum) 1 pocket knife + 1 « spork »
- Sun hat or ball cap, sunscreen, sun glasses, lip protection
- 1 warm hat and a pair of gloves
- 1 pair of telescopic poles

FOR THE ENTIRE HIKE

- 2 changes of clothes: (T-shirt, underwear and socks) prefer synthetic to cotton
- 1 pair of long underwear (synthetic recommended)
- 1 pair of ultra-light shoes (i.e. flip flops, slippers)
- 1 pocket light or head-lamp
- Personal first aid kit **
- 1 one-person sleep-sheet (silk is the most comfortable and remains the lightest)
- Ultra-light shower kit (feel free to customize ...) + synthetic « dry fast » towel
- ID card or valid passport + small change/ bills for personal expenses
- A small amount of laundry detergent
- Optional : low gaiters (early season trekking), camera, binoculars, umbrella, etc ...

** Elastoplast (stretchable strapping tape), band-aids, second skin, medicine for common aches and pains (diarrhea, headaches, sore throat...) Don't forget to bring your personal prescription treatment if you have one. Mountain leaders also carry a complete first aid kit. Remember that packing light is essential.

PRIVATE BOOKING

You are a private group, you can ask for a customized trip.

ADVANTAGES :

- Exclusive guide

A more individualized relationship between your group and the professional.

- Choose your date of departure

You can choose your date of departure within the limit of the hut availabilities.

- Flexibility all along the trip

Depending on weather conditions, your level and your expectations, the guide can suggest you some different options of itinerary.

For any further information, please contact **Anais** :
Tel : +33 4 50 53 92 78 or Email : anais@chamonix-guides.com

Compagnie des Guides de Chamonix Mont-Blanc. 190, place de l'église 74400 Chamonix
SAS au capital social de 364 400€ - R.C.S Annecy - SIRET 448 519 306 000 14 - Code APE 7911 Z
TVA intracommunautaire FR 23 448 519 306 - Immatriculation ATOUT France IM074 150011

Responsabilité civile professionnelle : MMA IARD - 14 Bd Marie et Alexandre Oyon - 72 000 Le Mans - Police 125 901 025
Garantie financière : GROUPAMA ASSURANCE - 5, rue du Centre - 93199 Noisy le Grand Cedex - Contrat #4000713874/1