

TOUR OF THE MONTE ROSA

At the foot of the ice giants



Located deep in the Zermatt valley, the Monte Rosa is named after the Italian Valdostan dialect “roese” meaning “ice”. Nine peaks rising to an altitude of 4634m, unrolling their mantle of ice towards the 7 Swiss and Italian valleys that lead to the foot of the giant, all united by the Walser tradition.

Straddling the border between Valais, Piedmont and Valle d'Aosta, the route alternates between crossing high passes and plunging into the heart of an original Alpine culture, for 6 days of guaranteed change of scenery.

🕒 6 days

👤 Guided / with a guide

🧳 With or without baggage transport

🏠 Accommodation : Classic (dormitory)

🔧 Level : ****

🏠 From : 1255€

You will like

- The immense panoramic view of the Valaisian Alps with its crown of summits over 4000m
- Your proximity to major glaciers
- Walking in the footprints of the ancient nomadic Walser shepherds
- Luggage transport between accommodation (except day 2)

The route

Day 1

Meet at 9am at the cable car parking in Stalden VS (Switzerland).

STALDEN - SAAS GRÜND

Transfer to Gspon by gondola, then traverse along a balcony trail towards Hannig and descend into the Saas valley. Night in a hotel.

5.5 hour walk / Elevation: +500m -850m / 15km

Day 2

SAAS GRUND - MACUGNAGA

Bus transfer to the Mattmark dam. Climb to the historic mountain pass Monte Moro (2868m) along the east face of the Monte Rosa. Descend to Macugnaga under the huge south face of this giant. Night in a refuge, **without luggage**.

6.5 hour walk / Elevation: +800m -1370m / 14km

Day 3

MACUGNAGA - ALAGNA

Crossing the Col de Turlo (2783 m) then descent to the Pastore refuge and its small botanical garden. Overnight in the refuge, beneath the imposing ice giant.

8 hour walk / Elevation: +1500m -1200m / 18km

Day 4

ALAGNA - GRESSONNEY

Short bus transfer. Cross the Ottro valley, dotted with hamlets in the local traditional architecture, then a long ascent to the Ollen pass (2881m). Descend to Lake Gabiet, possible short transfer by cable car. Night in refuge.

7 hour walk / Elevation: +1800m -600m / 13km

Day 5

GRESSONNEY - SAINT JACQUES

Climb to the Saleroforko mountain pass (2689m) under the eye of Castor and Pollux! Descent and traverse towards Saint Jacques. Night in a refuge.

4.5 hour walk / Elevation: +680m -780m / 10km

Day 6

SAINT JACQUES - KLEIN MATTERHORN - ZERMATT

A final day linking the Val d'AYas and the imposing Matterhorn! The route continues along the bottom of the valley to the Cime Bianche pass and lakes, high above Cortina. The rest of the journey takes place on the Matterhorn Paradise ski lifts. A majestic traverse between the legendary peaks of Monte Rosa and the Matterhorn, with a break en route at Klein Matterhorn, at 3883m!

5.5 hour walk / Elevation: +1200m -400m / 12km

End of the hike around 5pm in Zermatt.

The programme has been drawn up on the basis of the latest information available at the time of writing; imponderables are always possible and situations beyond our control may alter its course.

The trip

LEVEL ****

Elevation: +/-500 to 1700m average per day.
Walking time: 6 to 8 hours average per day.
Type of trek: mountain route on steep, rocky paths.

Please find the description of the levels by clicking here: [Level of difficulty](#)

FITNESS LEVEL

A good fitness level is highly important for this tour.

Ability to easily walk 20km (on flat trails) in a maximum of 3.5 hours. This trek requires a certain physical fitness level but presents no particular technical difficulty for experienced hikers. Good advance preparation is nevertheless necessary in order to appreciate the beauty of this high altitude domain. Your physical preparation will enable you to enjoy your trek to the maximum.

GUIDING

Group from 6 to 12 people supervised by a qualified mountain leader.

It is usual to tip your guide at the end of the trek, according to your satisfaction. It is not mandatory but, it is very appreciated.

ACCOMMODATION

4 nights in mountain refuges, in dormitory.
1 night in gites, in multiple bedroom.

All accommodation offers hot showers. However, due to increasingly recurrent periods of drought, access to showers is not guaranteed.

MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are included and are carefully prepared daily by your guide, comprising a variety of healthy salads and local products. For the day without luggage, picnic is ordered in the refuge.

Please inform us about your food allergies and special diets at the time of booking.

We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring some additional products for your own picnics.

MAPS

Swiss maps: 1/5000: VISP 274, MISCHABEL 284, GRESSONEY 294
Italian maps: 1/25000 108 et109

Practical information

ACCESS TO DEPARTURE POINT

Meeting at 9am at the cable car parking in Stalden.

BY TRAIN

Access: Gare de Lyon (Paris) - Stalden.

Return : depart from Zermatt at 2:37pm arrive in (Paris) Gare de Lyon at 9:42pm.

or the following day : Zermatt at 9:13am arrive in (Paris) Gare de Lyon at 4:04pm

Times given are indicative and should be verified at a train station or at www.oui.sncf and www.cff.ch

BY CAR

Take the motorway from Geneva direction Lausanne, Martigny and Sierre then follow signs for Zermatt (you can purchase the Swiss motorway tax online [Vignette Shop](#))

Meet at the cable car in Stalden next to the train station in the village centre.

You can leave your car in the large underground or the outdoor car park at payment near the Stalden station (pick up your ticket at the SBB station): parking Parkhallen Saint-Michel 10CH / day or alternatively [All Stalden car parks](#)

End of the tour Saturday at 5pm in Zermatt.

RETURN TO DEPARTURE POINT

At the end of the tour, your mountain leader can organise a group transfer (20 mins) to the departure point, at the Stalden cable car, for those who wish (10€ per person).

ACCOMMODATION BEFORE AND AFTER

Stalden

Hôtel Hohlgassli: +41 (0)2 79 52 15 12

Hôtel Killerhof: +41 (0)2 79 52 13 38

[Zermatt Tourist Office](#): +41 (0)2 79 66 81 00

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability.

The repatriation insurance EUROP ASSISTANCE that we offer is dedicated to French speaking people living in Europe. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

If you chose to take out repatriation insurance with EUROP ASSISTANCE whom we propose, Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You are responsible for compliance with the reporting procedures of any incident.

Before making any decision, contact EUROP ASSISTANCE.

CONTACT US

If you are late please contact the agency as soon as possible: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Dates & prices

From 30/06/24 to 05/07/24	Open departure	1255 €
From 07/07/24 to 12/07/24	Open departure	1255 €
From 14/07/24 to 19/07/24	Open departure	1255 €
From 21/07/24 to 26/07/24	Open departure	1255 €
From 28/07/24 to 02/08/24	Open departure	1255 €
From 04/08/24 to 09/08/24	Guaranteed departure	1255 €
From 11/08/24 to 16/08/24	Open departure	1255 €
From 18/08/24 to 23/08/24	Open departure	1255 €
From 25/08/24 to 30/08/24	Open departure	1215 €

THE PRICE

The price includes:

- Organisation and booking fees;
- Guiding by a qualified and insured mountain leader;
- All meals including picnic lunch and snacks during the day;
- Accommodation in gîtes, refuges and small hotels;
- Shower tokens in accommodation if required;
- Daily luggage transport between accommodation (except on day 2);
- Bus transfers and lift passes as mentionned on the route.

The price does not include:

- Personal expenses (drinks, etc.), touristic visits;
- Cancellation insurance;
- The return journey from/to your home to the point of departure.

The price is all inclusive from departure to end point.

Equipment and baggage

EQUIPMENT LIST

Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

Other Equipment

- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- Identity card or passport

BACKPACK

Bring a comfortable backpack of 30 to 40 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

LUGGAGE TRANSPORT

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person**. Your baggage will be transported daily between accommodation, except day 2, by our logistics vehicle where access is not always easy.

Baggage which is too big and too heavy won't be accepted by the drivers, please think of their backs!

YOUR BACKPACK FOR THE NIGHT WITHOUT YOUR BAGGAGE

On night 2, your luggage won't be dropped off at your accommodation (you will get it back the day after). Here are the things to add to your backpack (about 2 kilos are enough!):

- small toilet bag
- sleeping bag liner sheet
- change of clothes (bare necessities!)

Details

HOW TO REGISTER

- Online: www.altitude-montblanc.com

- By telephone: +33 (0)4 50 79 09 16

- By post: Please provide your details

- Surname, First Name, Date of birth
- Address
- Email
- Telephone
- Mobile

If you wish to register by post, please complete the form below and return it to:

Altitude Mont-Blanc
62 Passage du nant Devant
74110 MONTRIOND
FRANCE

Please specify whether you wish to take out an optional cancellation insurance (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% in association with your account details at Altitude Mont-Blanc ('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation. The balance must be paid one month before departure without a reminder from us. For self-guided tours, we will then send your tour pack (includes maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.

Registration by mail form

Last name:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE