

# FROM CHAMONIX TO ZERMATT, self-guided 7 days

You, your hiking boots and your map, we take care of the rest...

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**DURATION**

**7 days**

**TRAVEL STYLE**

**Freedom / unguided**

**LUGGAGE**

**With luggage transfer**

**ACCOMMODATION**

**Classic (dormitory)**

**LEVEL**

**3/4 ★★★☆**

**FROM**

**835 €**

The Haute Route from Chamonix to Zermatt is probably one of the most famous routes in the Alps, connecting two mountain capitals, steeped in history by high altitude trails.

But seven days are not enough!

Up to an altitude of almost three thousand metres, the trail takes us to the land of the "4000's", at the foot of the Mont Blanc of Cheillon, the Pigne d'Arolla, the Weisshorn and their Himalayan-like glaciers. The journey ends in Zermatt, at the feet of the Matterhorn, 4478m high, a pyramid of rare elegance and the symbolic image of Switzerland.

Leave the organisation of the trip with us...

## You will love

- The most notorious part of the Swiss Haute Route itinerary
- A "high mountain" route with high passes
- The proximity to vast glaciers throughout the trek
- 'The land of the 4000m', surrounded by an incredible area of high peaks known as the 'Imperial Crown', including the Matterhorn and the Pointe Dufour, the highest summit in Switzerland at 4634m
- Discovering life at altitude in typical and traditional Swiss villages

## Day-by-day itinerary

### DAY 1

**Departure from the train station in Le Châble (Verbier, VS, Suisse)**

#### LE CHABLE - CABANE DE LOUVIE

Take the gondola then traverse on a balcony trail with stunning views over the Combins mountain range, the Corbassière Glacier and the Mont Blanc range in the distance, to arrive at the Cabane de Louvie. Night in a refuge, **without luggage**.

*5 hour walk / Elevation: +460m -440m*

### DAY 2

#### COL DE LOUVIE - REFUGE PRAFLEURI

Beautiful day at higher altitude. Climb to the Col de Louvie (2921m) at the foot of the Rosa Blanche summit. Cross the rocky flats of the Grand Désert, passing by mountain lakes to reach the Col de Prafleuri (2987m). Descent to the refuge Prafleuri. Night in refuge, **without luggage**.

*6.5 hour walk / Elevation : +1050m -950m*

### DAY 3

#### LAC DES DIX - RIEDMATTEN PASS - LES HAUDERES

Contouring the Grande Dixence dam, highest gravity dam in the world. Climb alongside the Dix Glacier to the thrilling ladder climb at the Riedmatten pass (2855m) and descent to the village of Arolla. Bus transfer to Les Haudères. Night in a hotel.

*7 hour walk / Elevation: +850m -710m*

### DAY 4

#### COL TORRENT - LAC DE MOIRY - ZINAL

Short bus transfer from les Haudères to Villaz. Climb through the pastures among the "mayens" (mountain chalets) to arrive to the Col Torrent (2915m). Descent to the Moiry dam. Bus transfer to Zinal.

*6 hour walk / Elevation: +1220m -700m*

**DAY 5****COL DE LA FORCLETTAZ - GRUBEN**

Climb across the pastures above the Anniviers valley to the Col de la Forclettaz, on the linguistic border of the Valais. Descend to the pretty alpine hamlet Gruben in the Turmanntal valley. Night in a gîte in dormitory.

6 hour walk / Elevation: +1200m -1100m

**DAY 6****AUGSBORDPASS - ST NIKLAUS - ZERMATT**

Climb to the Augstbordpass (2900m) and descent to the village of Saint Niklaus. With a little luck, it is possible to see many chamois in this area. Descent by cable car and transfer to Zermatt. Night in a gîte or a hotel.

7 hour walk / Elevation: +1100m -950m

**DAY 7****SENTIER DE L'EUROPE**

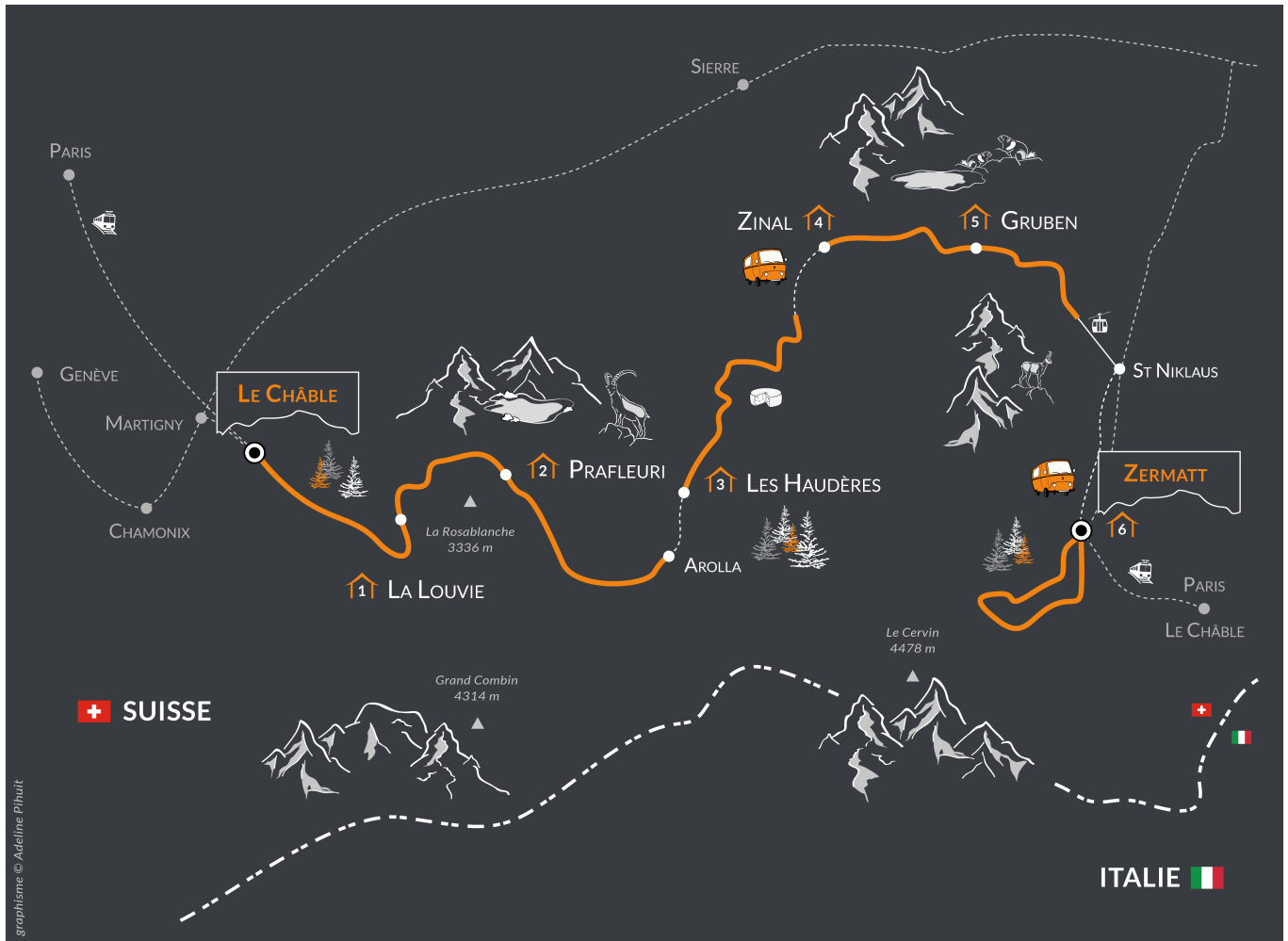
A loop climb to the upper heights of Zermatt, along a superb balcony path at the foot of the Matterhorn and the other 4000m peaks, surrounded by small shepherd's villages. Descent to the village of Zermatt.

3 hour walk / Elevation: +350m -350m

**End point in Zermatt during the afternoon.**

**We can offer a full 9 or 10-day tour from the Chamonix valley on request. Please contact us for details.**

*The program has been drawn up based on the latest information available at the time of writing; unforeseen circumstances are always possible and situations beyond our control may alter the program.*





## Dates and prices

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### DEPARTURES AND PRICES

Departure from the end of June to mid-September 2026

#### Without baggage transport

**835€** per person, classic accommodation

Single departure supplement : **140€**

#### With baggage transport (except night 1 and 2, min. 4 people)

Group of 4 people : **€1230** per person

Group of 5 people : **€1175** per person

Group of 6 people : **€1120** per person

#### Extras (2025 indicative price per person)

- Cable car from Le Châble/Ruinette Day 1 (22.00 CHF) > free
- Bus transfer Day 3 from Arolla to Les Haudères (7.80 CHF)
- Bus transfer on Day 4 from les Haudères to Villaz (4.40 CHF)
- Bus transfers Day 4 from Moiry to Zinal (18 CHF)
- The cable car from Jungu Day 6 (13 CHF)
- Train transfer from St Niklaus to Zermatt Day 6 (26 CHF)
- The eventual return to the departure point by train (70 CHF)

### THE PRICE

The price includes:

- Half-board accommodation (except for the night in Zermatt in a B&B);
- Road book: description and maps (1 paper road book folder for the group and a digital version to download for each participant);
- Nights in refuge, gîte or hotel;
- Any shower tokens in refuges and tourist taxes;
- Transport of your personal belongings (except on days 1 and 2) if you have chosen this option.

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.**



## The journey

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### LEVEL \*\*\*

Elevation: +600 to 1250 m average per day.

Walking time: 5 to 7 hours average per day.

Type of trek: mountain paths with no particular technical difficulty.

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running, cycling, from 3 to 4 hours a week.

Your physical preparation will enable you to enjoy your trek to the maximum.

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

The roadbook provides sufficient information on the itinerary of your hike. However, it is essential to be able to read an 1:25,000 map and to be sufficiently autonomous in the mountains to be able to tackle the itinerary with confidence, whatever the weather (fog, snow, etc.). Guiding is not included in the self-guided package. You will be crossing areas with no telephone network. For your own safety, you may wish to bring along a radio of the latest generation telephone with satellite connection.

**Please note:** some névés will be present on the paths until at least beginning-mid july, in particular on the North slopes.

High mountain boots, gaiters and walking poles are essential. Be prepared!

### WHY NOT START IN CHAMONIX?

This is a legitimate question for a route called "Chamonix Zermatt".

We favored a departure from Le Châble, near the Swiss resort of Verbier, for several reasons:

- The complete route linking these two alpine capitals is too long to be done in just 7 days (except for very trained hikers).
- The first stages starting from Chamonix (Col de Balme, Fenêtre d'Arpette/Bovine) are beautiful hikes but also particularly crowded and every hikers who have previously hiked the Tour of Mont Blanc are already familiar with them.
- Starting directly from Le Châble allows you to avoid a long transfer, usually necessary to cross the Val d'Entremont, but also to be able to do the superb high-altitude hike above the Louvie and Prafleuri passes.

**We can offer a full 9 or 10-day tour from the Chamonix valley on request. Please contact us for details.**

### ROAD BOOK

One month prior to departure, we will send you your travel documents. We offer two roadbook versions:

The "paper" version we send by post:

- 2 maps (1/50 000) with route layout.
- 1 road book with all the necessary information for the hike.
- 1 card holder.
- The list of accommodations.

The "digital" version is an application to download on your smartphone, accessible to each of the participants of the file. The information for downloading and using it is sent by e-mail.



## SIGNPOSTS AND WAYMARKS ALONG THE TREK

The tour is very well indicated by black diamond on a yellow background in the valleys and red and white at higher altitude.

It is preferable to know how to read a topographical map at 1/50000.

## ACCOMMODATION

3 nights in dormitory in gite or mountain refuge.

3 nights in hotel or gite in a 2 to 4-person bedroom.

All accommodation offers hot showers except on day 2.

## MEALS

Breakfast and dinner are provided in each accommodation (except in Zermatt, where dinner is at your own expense).

Picnics are not included and can be pre-ordered at each accommodation in the evening.

Possibility to buy picnic supplies in small local shops (days 3, 4 and 6).

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.*

## CURRENCY

It is essential to carry Swiss Francs for the bus and cable car transfers as well as for your personal expenses.

## PERSONALISED TOURS

We can personalise a tour according to your requirements (number of days, participants, level of route, accommodation, etc.)

## MAPS

Federal Office of Topography: Mont Blanc Grand Combin 5006, Matterhorn Mischabel 5006.



## Practical information

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### DEPART

From end of June to mid September.

Departures every day.

### ACCESS TO DEPARTURE POINT

#### Departure from the train station in Le Châble VS (Switzerland).

##### BY TRAIN

Inbound: depart Gare de Lyon (Paris) at 8.18am arriving in Le Châble at 2.15pm.

Return: depart Zermatt at 2.37pm arrive (Paris) Gare de Lyon at 9.42pm.

*Times given are indicative and should be verified at a train station or at [www.oui.sncf](http://www.oui.sncf) and [cff.ch](http://cff.ch)*

##### BY CAR

Take the A40 motorway to Genève, Chamonix, follow direction Martigny (Switzerland), continue direction Italy and follow signs Verbier. Please note the mandatory sticker on Swiss motorways, to be bought at the border and at petrol stations.

Big and free parking at the cable car, opposite the meeting point in Le Châble.

#### End of the hike in the afternoon in Zermatt.

### RETURN TO DEPARTURE POINT

Return to the starting point in Le Châble by train (approx. CHF 80/p) or taxi (from 1 to 7 people, CHF 420).

### ACCOMMODATION BEFORE AND AFTER

[Hôtel Le Gietroz](#), Le Châble : +41 (0)2 77 76 11 84

Office du tourisme de [Verbier](#) : +41 (0)2 77 75 38 88

Office du Tourisme de [Zermatt](#) : +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 on: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**



## Equipment and luggage

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### 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
- Lightweight down jacket
- 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 (0.40L to 0.50L)
- 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

Pack a comfortable rucksack of 50 to 60 litres, large enough to hold your belongings (warm clothing, rain cape, water bottle, picnic box and cutlery, sun protection and identity papers), with room for a picnic and snacks and for days without luggage.

### BAGGAGE 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 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 LUGGAGE TRANSFER**

For night 1 and 2, you won't have your luggage at the accommodation (you'll find it the next day). Here's some advice on what to bring (around 2 kg is enough!):

- a small toilet bag
- your sheet-bag
- a change of clothes for the next day (just what you need!) and comfortable clothes/shoes for the evening.



## Details

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### HOW TO REGISTER

- Online: [www.altitude-montblanc.com](http://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.

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 35% 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.



## Postal booking form

Complete this form and return it with your deposit.

**Last name** \_\_\_\_\_

**First name** \_\_\_\_\_

**Birth date** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Mobile phone** \_\_\_\_\_

**Email** \_\_\_\_\_

**Requested trip** **FROM CHAMONIX TO ZERMATT, self-guided 7 days** \_\_\_\_\_

**Number of days** **7** \_\_\_\_\_

**Insurance** \_\_\_\_\_

**Trip price** **835 €** \_\_\_\_\_

**Estimated deposit (30%)** **250,50 €** \_\_\_\_\_

**Signed in** \_\_\_\_\_

**Date** \_\_\_\_\_

**Signature**

### Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

+33 (0)4 50 79 09 16 · info@altitude-montblanc.com