TOUR OF THE MONTE ROSA self-guided

At the foot of the ice giants

Reference · 330

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DURATION	TRAVEL STYLE	LUGGAGE
6 days	**Freedom / unguided**	**Without luggage transfer**
ACCOMMODATION	**LEVEL**	**FROM**
Classic (dormitory)	**4/4 ★★★★**	**625 €**

Located deep in the Zermatt valley, the Monte Rosa is named after the Italian Valdotain 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. Optional ascent of the Breithorn (4160 m) guided by mountain guides.

You will love

- 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

Day-by-day itinerary

DAY 1

STALDEN - SAAS GRÜND

Transfer to Gspon by cable car, then traverse along a balcony trail towards Hannig and descend into the Saas valley between alpine pastures and forests, facing the 4000 meters summits of the Saas valley (Dom des Mischabel, Lenzspitze, Allalinhorn, Alphubel, ...). Night in a comfortable gite.

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

DAY 2

SAAS GRUND - MACUGNAGA

Bus transfer to the Mattmark dam. Hike up 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.

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

DAY 3

MACUGNAGA - ALAGNA

Heading the Alagna valley through the Walsers trail and the Valle Quarazza. 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 glaciers descending from the highest peaks of Monte Rosa.

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

DAY 4

ALAGNA - GRESSONNEY

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, then to Stafal at the end of Val Greyssoney, then a last climb under Monte Bettaforca to rifugio Sitten. Night in refuge.

8.5 hour walk / Elevation: +1770 m -1060 m / 18 km

DAY 5

GRESSONNEY - SAINT JACQUES

Hike up to the Saleroforko mountain pass (2689m) under the gaze of Castor and Pollux ! Descent through the vallone di Contenery and the Ciarcierio lake then traverse towards Saint Jacques. Night in a refuge.

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

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 Cervinia. 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 at Klein Matterhorn station, at 3883m !

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

End of the hike in the afternoon in Zermatt.

Optional extra day with the ascent of the Breithorn (4160m)

Day 6 - SAINT JACQUES - COLLE DE ROTHORN - CERVINIA

Climb up the Combe d'Aventine to the Col Nord des Cimes Blanches, passing close to Lago Perso. Descend into the Valtournenche on Lake Goillet then Cervinia by the end of the day. Overnight in a hotel on half-board.

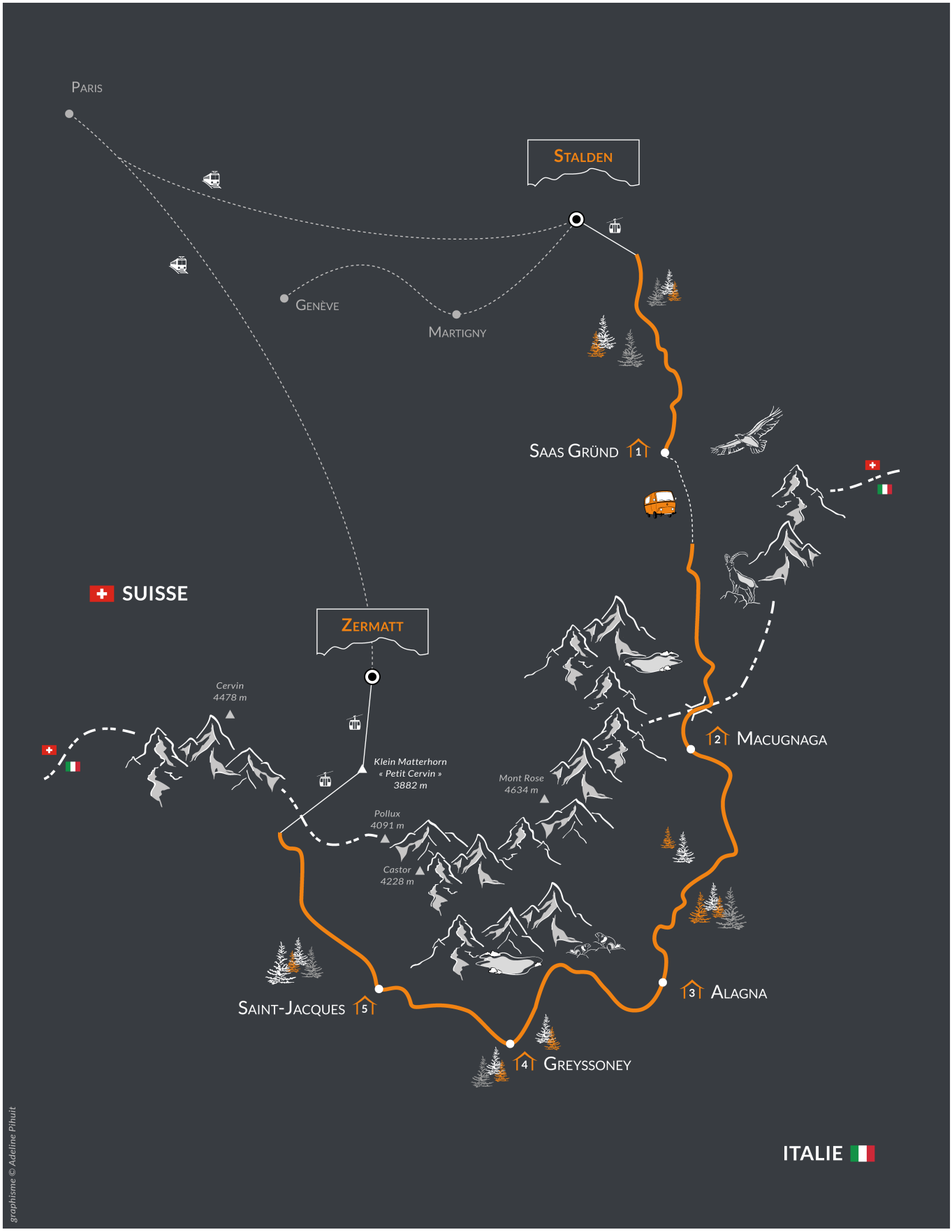
7.5 hour walk / Elevation: +1260 m ; -1320 m / 16 km

Day 7 - BREITHORN ASCENT (4160m)

Meet the mountain guide in the early morning before taking the cable car up to the Klein Matterhorn at 3880 m altitude. From the arrival station, you cross the Breithorn plateau and hike up to its summit at 4164 m. Return by the same route to the Klein Matterhorn station. Descend by gondola, this time to Zermatt where the adventure ends.

4 hour walk / Elevation: +4000 m; -400m / 6 km

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


Paris
Stalden
Genève
Martigny
Saas Gründ 1
SUISSE
Zermatt
Cervin
4478 m
Klein Matterhorn
« Petit Cervin »
3882 m
Mont Rose
4634 m
Pollux
4091 m
Castor
4228 m
2 Macugnaga
3 Alagna
Saint-Jacques 5
4 Greyssoney
ITALIE
graphisme © Adeline Pihuit

Dates and prices

DEPARTURES AND PRICES

Departures from 5th July to 30th August 2026

Without luggage transport
€625 per person, classic accommodation

Optional extra
Additional day with **ascent of the Breithorn (4160m)**, price on request

Supplements (guide 2025 price per person)
- Cable car Stalden > Gspon (CHF 20)
- Cable car from Cime Bianche > Testa Grigia (13€) and Testa Grigia > Zermatt (120 CHF) : without ascent) or Breuil Cervinia to Zermatt (161.50 €) : with ascent
- Return to departure point by train (CHF 45-50)

THE PRICE

Includes:

- Half-board accommodation from dinner on the 1st evening to breakfast on the last day;
- Road book: description and maps (1 paper road book for the group);
- Tourist taxes;
- Organisation and booking fees.

The price does not include:

- Road transfers and cable cars;
- Picnics;
- Personal expenses (drinks, etc...), visits;
- Luggage transport;
- Cancellation assistance insurance ;
- Return journey from your home to the departure point.

The price is all inclusive from departure to end point.

The journey

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. Snow and névés will be present on the paths until end of june at least. You may walk on long snowy sections that can make the tour a bit more challenging. High mountain boots, gaiters and walking poles are mandatory. Be prepared!

Good physical preparation is essential if you are to enjoy these beautiful ‘’Haute Route’’ stages. Practise an endurance sport regularly, such as walking, running or cycling, for 6 to 8 hours a week. Your physical preparation will make your stay easier and help you enjoy it all the more.

Please find the description of the levels by clicking here: Level of difficulty

ACCOMMODATION

3 nights in mountain refuges, in dormitory
2 nights in gites, in multiple bedroom.
All accommodation offers hot showers.

MEALS

Breakfast and dinner are provided in each accommodation.
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

Departure from 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)
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 in the afternoon in Zermatt.

RETURN TO DEPARTURE POINT

Trrain from Zermatt to Stalden (approx. 1-hour journey).

ACCOMMODATION BEFORE AND AFTER

Stalden
Hôtel Hohlgassli: +41 (0)2 79 52 15 12
Hôtel Killerhof: +41 (0)2 79 52 13 38

Zermatt
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**

Equipment and luggage

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 for the day (warm clothing, rain cape, water bottle, picnic box and cutlery, sun protection and identity papers), with room for a picnic and snacks, as well as for days without luggage.

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.

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	**TOUR OF THE MONTE ROSA self-guided**
Number of days	**6**
Insurance	
Trip price	**625 €**
Estimated deposit (30%)	**187,50 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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