## **CHAMONIX EXPERIENCE**

610 Route Blanche - 74400 CHAMONIX MONT-BLANC – FRANCE Tel : +33(0)450.93.23.14 - info@chamex.com - www.chamex.com



# **HAUTE ROUTE GUIDED SKI TOUR**

Duration 7 days Physical level 4/5 Technical Level 4/5 From 2195€ per person

The Haute Route Chamonix Zermatt guided ski tour is one of the most iconic and breathtaking ski mountaineering adventures in the world. Over the course of 7 days, you'll journey through the stunning Alps, from the French ski resort of Chamonix to the Swiss town of Zermatt, navigating glaciers, high alpine passes, and remote valleys. This guided ski tour offers a perfect blend of thrilling challenges, spectacular mountain scenery, and the expertise of experienced guides, ensuring both safety and an unforgettable experience. Whether you're a seasoned skier or a passionate mountaineer, the Haute Route Chamonix Zermatt ski tour provides an unparalleled opportunity to explore some of the most majestic terrain in Europe.

This is ski touring at its best – high in the mountains, from refuge to refuge, with long climbs and stunning descents. There are constantly changing views of Mont Blanc, the Matterhorn, Grand Combin and Monte Rosa. Starting in the heart of the Mont Blanc massif and ending up in the shadow of one of the most famous mountains in the Alps, the Matterhorn, this is a journey that every experienced ski tourer should undertake at least once in their lives.

Our 7-day Haute Route Chamonix Zermatt ski tour takes you through the most stunning Alpine terrain, staying in the most spectacular mountain huts along the way. This all-inclusive ski touring trip has no hidden costs—taxi rides, lift passes, and hut accommodations are all covered. The only expenses you'll need to plan for are daily lunches and drinks, with plenty of opportunities to purchase them during the tour.

## **ITINERARY**

The group will meet at the Chamonix Experience office on the evening before start of the trip. Here, we will have an informal chat about the week ahead, weather, conditions, itinerary etc. Your guide will also want to check all of your equipment. You will then have time to decide if you need to pick up any missing equipment or leave some behind to lighten your pack before setting out in the morning.

### Day 1. Ski Grands Montets and hike up to Argentière Refuge

You start with some steep ski runs on the Grands Montets. Your guide will want to check that you all have the right ski level before you set off and make sure that there are no issues with any of your equipment. After lunch you will ski down the Rognon glacier and across the Argentière glacier to the Argentière Refuge (2771 m). You will spend your first night there. Enjoy the beautiful views of the Argentière Basin!

Descent 800-900 m • Ascent 200-300 m • Time 4-5 h

## Day 2. Argentiere hut to Trient hut via Col du Tour

The day starts with a short descent from the hut down to the glacier, where you put on your skins and climb up to the Col du Passon (3028 m). From the col it's a short descent before putting the skins back on for a short climb to the Col du Tour (3282m). Then the route takes you across the magnificent Trient plateau and up to the Trient hut where you will spend the night.

Descent 300 m • Ascent 1100 m • Time 6-8 h

## Day 3. Trient hut to Prafleuri hut via Col des Ecandies

This is a long day, which is rewarded by long descents. It starts with descend to the Col des Ecandies (2796 m) followed by descend by the Val d'Arpette down to the village of Champex (1500m). Transfer by taxi will be arranged to take you to a cable-car station in Verbier. Climb up to the Col de la Chaux (2940 m) is followed by another descend. Then hike up to the Col de Momin (3015 m) and to the highest summit of the trip, the Rosablanche (3336). From the summit you have a great ski down the glacier de Prafleuri to the Prafleuri hut (2624m) where you will spend the night.

Descent 2700 m • Ascent 900 m • Time 7-8 h

## Day 4. Prafleuri hut to Refuge des Dix via Pas du Chat

This day starts with a steep climb over the Col des Roux (2804 m) before starting the long traverse above the Lac Dix and steady climb to the Pas du Chat and Refuge des Dix (2928m). Here you will leave some of your equipment before setting out for either the Col de Chelion (3237m) or to the summit of La Luette (3548m) for some extra descent before dinner. This extra is optional!

Descent 450 m • Ascent 800 m • Time 5 h

## Day 5. Refuge des Dix to Vignettes Refuge via Pigne d'Arolla

From the hut you cross the Glacier de Cheilon to climb the Glacier de Tsena Refien towards the Col de la Serpentine and on to the Col du Brenay. It is then an easy climb to the summit of the Pigne d'Arolla (3772m). Now you have a great descent to the Col des Vignettes and the spectacularly situated hut (3160m) of the same name.

Ascent 850 m • Time 6 h

## Day 6. Vignettes Refuge to Bertol hut via Col de Charmottane and Col de l'Evêque

The day will start with a quick descent to the Col de Charmottane (3037 m) followed by hike up to the Col de l'Evêque (3382 m). A beautiful, long descent of the Arolla glacier to the Plans de Bertol is followed by long but absolutely spectacular hike up to the Bertol hut (3311 m) where you will spend the last night in the of this trip!

Descent 750 m • Ascent 1100 m • Time 7-8 h

## Day 7. Bertol hut to Zermatt via Tête Blanche and Stöckji glacier.

Fun day! A hike up to the second highest point of the trip, the Tête Blanche (3707 m) is followed by a brilliant, long and relatively complex descent of the Stöckji and Zmut glaciers. You will be making your way through crevasses and around rocks as you go. The views of the Matterhorn are always changing and always spectacular. Eventually you will reach the edge of Zermatt's huge pisted ski area and stop for a well-earned beer at a piste-side bar before continuing to Zermatt. From here you will catch the train to Tasch to meet the minibus waiting to take you back to Chamonix, a 2.5-hour drive. Once back in Chamonix you will have a short debrief over a coffee at our office, where you can also swap photos before heading home.

Descent 2100 m • Ascent 500 m • Time 6 h

### **COLLECTIVE GROUP HAUTE ROUTE CHAMONIX ZERMATT SKI TOUR**

The group program brings together several people who don't necessarily know each other. For a given program, they can take advantage of attractive rates on fixed dates. This formula is ideal for people seeking the conviviality of a group.

**Dates:** See our trip page on the Chamex website (the VIEW DATES button).

Price 2025: From 2195€ per person for groups of 6 skiers.

### PRIVATE HAUTE ROUTE CHAMONIX ZERMATT SKI TOUR

Looking for a more personalized experience? Book a private Haute Route Chamonix Zermatt ski tour for you and your friends. Whether you want to customize your itinerary or have special dates in mind, we'll tailor the trip to your preferences and skill level. Contact us to discuss your dates, skiing experience, and expectations, and we'll create the perfect guided tour for your group. Contact us at <a href="mailto:info@chamex.com">info@chamex.com</a> for personalised itinerary and pricing.

### **PRICE DETAILS**

All our Haute Route prices include:

### **Guide fees**

7 days of guiding and instruction by a UIAGM qualified mountain guide.

### **Mountain huts**

6 nights accommodation in mountain huts with breakfast and dinner included.

### Lift passes

The cost of any lift access that is required during the course for the itinerary described above.

### **Transport**

Any transport that is required during the course including the return trip from Zermatt to Chamonix.

## **Group equipment**

Ropes, safety equipment, etc will be provided when needed by your guide.

## Office support

Our team is based at the foot of the Aiguille du Midi cable car and will be happy to help you with any questions you may have before, during or after your trip to Chamonix.

Not included are:

## Personal equipment

Please see the "Equipment" tab to find out what you will need on this trip / course. For private customised guiding, please contact us directly to confirm your personalised kit list.

### Food & drink

The price does not include lunch or snacks. You can bring your own food and we can stop for a picnic, or there may be the option to buy lunch at a mountain hut. Please make sure that you are carrying sufficient water and snacks as we will be in the mountains for a number of hours.

### **Travel to Chamonix**

The price does not include flights, airport transfers or any other travel to/from Chamonix. However, we can organise airport transfers for you on request, please contact us for details.

### **Accommodation in Chamonix**

Accommodation in Chamonix is not included. We will be happy to help you find and book accommodation on request.

### Insurance

Travel insurance including a mountain search and rescue insurance is mandatory on all our trips (we can organise the mountain search and rescue insurance for you on request). We highly advice to have a policy covering the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

### PRACTICAL INFORMATION

## Meeting

The group will meet at the Chamonix Experience office on the evening before start of the trip. You will receive the detailed information by email about 1 week prior the trip. Here, we will have an informal chat about the week ahead, weather, conditions, itinerary etc.

### **Splitboard information**

This tour is not suitable for splitboarders.

### **Technical level requirements**

We highly recommend you to arrive a day or two in advance for some warm up skiing. This is also the best way to check your equipment – if everything fits well and is in a good working order. Badly fitting boots or bindings can be a stopper problem for you trip!

This trip is for experienced ski tourers who have already done at least one hut-to-hut tour or a multiday ski tour. You have to be good and efficient in your skinning technique and confident moving over a steep and exposed terrain. You are expected to be comfortable and safe doing kick turns on slopes of over 35 degrees. You have to be skilled using ice axe and crampons and be happy to climb over steep, snowy and rocky terrain.

You have to be an excellent off piste skier, confident and efficient in skiing in all snow conditions without stopping or losing control over your skis. You have to be confident and safe skiing on slopes of 40 degrees.

### Physical level requirements

You have to be physically fit, ready to hike up to 1200m vertical meters gain per day and ski for up to 8 hours per day without being too tired the next day.

### Guided groups

You will be supervised by an UIAGM mountain guide, groups of maximum 6 skiers per guide. Minimum age is 18.

### Accommodation

You will stay in high mountain huts with only very basic facilities. Sleeping arrangements are in mixed sex dormitory-style rooms with bunks; there can be up to 20 people in one room. There is no running water. There are basins in which you can use bottled water to wash the best you can and clean your teeth, but they are NOT generally in private cubicles and are mixed sex. Toilets are generally septictank type (so non-flushing) and again mixed sex. You need to be prepared for simple living in the huts and appreciate that they are located at high altitude and in inhospitable terrain.

A three-course evening meal and breakfast are served by the guardian and his team, the food is usually nourishing and filling. Beer, wine, soft drinks and snacks are also available. All food and drink in the huts are delivered by helicopter and consequently prices will be high e.g., between 10-15€ or for a 1.5litre bottle of still water.

There are a few basic hut 'rules' that you need to follow so that you (and your fellow climbers) have a pleasant stay:

- On arriving at the hut you must take off your boots and leave these together with your ice-axe, crampons in the foyer. Be sure to store these carefully as the hut is likely to get very busy and you'll need to find all your kit in the morning rush!
- · House slippers or flip flops must be worn in the hut
- · Your guide will register you with the guardian and will assign you your bunk
- Follow the instructions of your guide and keep requests to the guardian and his team to a minimum they are usually very busy sorting out groups, cooking meals, keeping the hut clean
- In the morning your guide will often want to leave early be sure to have all your kit ready to go the night before. Be organised and everything will be much easier!
- It is recommended to bring ear-plugs for the nights but make sure that you will get up on time Spending Money

Most of the huts now accept credit cards, but it would also be good to take some cash as spending money in the huts (Euros and Swiss Francs) for snacks and drinks, just in case the Internet is down due to bad weather, or just out of service etc. Better to be safe than sorry. Around 25€ per day is more than enough.

## Luggage

If you need to leave any luggage here at our office during the trip, then this is no problem, but we ask that you kindly limit this to 1 suitcase per person, as we only have limited storage space and many different trips departing throughout the week. If you require your luggage to be delivered to Zermatt at the end of your trip, then we will provide you with luggage labels so we can clearly identify your bags when the taxi comes to collect them.

### Insurance

Search and rescue insurance is obligatory on this trip. We can help you to organise one if you do not have it already.

### **Bad Weather & conditions**

If the group gets caught in bad weather and is prevented from moving on to the next hut, the guide will change the itinerary. His choice will depend on several factors (weather forecast, snow conditions, overall fitness of the group, etc.). You can ski down to the closest town and take a taxi to the next lift to get to the next booked hut. If the bad weather persists, the trip may have to be cancelled entirely and replaced by another activity - skiing elsewhere. The Haute Route is very popular and the huts are usually fully booked most of the season, therefore changing the dates of the trip is not an option.

### Food

We suggest you bring with you or buy in resort snack food that you can take out on the hill with you each day. Things like cereal bars, dried fruit and nuts, chocolate, sugary sweets or your favourite hill snacks. When you're staying overnight in huts its best to take supplies for the days you are away. Huts do sell food but it's expensive and sometimes stocks run low.

If you have any food allergies or dietary requirements especially if you are Coeliac (gluten-free) or have a dairy allergy we strongly recommend you bring some food to supplement your hut dinners. The huts are fairly good at providing for vegetarians, but less so for other dietary needs. The huts can provide a small basic packed lunch of bread, salami, cheese and chocolate that you can buy each day but it's important that you don't rely on this option only. You do need to carry some snack food for each day. You will also generally stop for short breaks each hour where you should eat something each time so you maintain your energy levels throughout the day.

### **EQUIPMENT**

We recommend that you take particular care when choosing your equipment, as it will greatly contribute to the success of your stay. Weight is a determining factor; you should always evaluate the weight/comfort ratio to find a good compromise.

- Warm hat
- Sun hat
- · Thermal underwear
- · Fleece layers
- · Light puffer jacket (either synthetic or down)
- · Wind and waterproof jacket
- · Wind and waterproof trousers
- Thick gloves
- Thin gloves
- · Spare pair of ski socks
- · Spare base thermal layer
- · Ice axe (light)\*
- Harness\*
- · Helmet for ski touring/mountaineering is recommended.
- · 1 screw gate carabiner
- Touring skis: lightweight skis maximum 95mm under foot, fitted with low tech bindings
- · Ski touring boots\*
- · Ski poles\*
- · Ski goggles
- Ski skins (with well sticking glue)
- Couteaux (ski crampons)
- · Crampons\*
- 120cm climbing sling
- · Ski touring helmet
- · Avalanche transceiver, shovel, and probe
- · Headlamp (with fresh batteries and spare bulb)
- Sunglasses
- · Sleeping bag liner
- · Water bottle, 1L at least
- Sun block
- · Toothbrush + toothpaste
- · Duct tape
- · Your ID and cash (in a plastic zip bag)
- · About 35L rucksack adapted for carrying skis and ice axe
- · A small personalised medical kit including blisters treatment, painkillers for headaches, earplugs

REMEMBER!!! Light rucksack = happy skier Pack only the essentials needed for your ski trip.

<sup>\*</sup>These items can be rented in Chamonix