

Tour de Monte Rosa

Trip Code: TMR

Version: TMR Tour de Monte Rosa Trek



WALK & TREK



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Complete a full 9-day walking circuit around the Monte Rosa massif
- Walk hut-to-hut and overnight in a succession of atmospheric Alpine refuges
- Be immersed in stunning Swiss and Italian Alpine scenery, with views of the Matterhorn
- Experience one of Europe's finest walking holidays - an undiscovered gem

AT A GLANCE

- 9 days trekking
- Max altitude - 3317m
- Join at Saas Grund

ACCOMMODATIONS & MEALS

- 10 Breakfasts
- 10 Dinners
- 5 nights Mountain Hut / Refuge
- 5 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Classic walking holiday adventure trekking around Monte Rosa in the Swiss Alps. One of the finest long-distance trekking opportunities in Alpine Europe is the walking circuit of the huge, many-summitted massif of Monte Rosa (4634m) in the Swiss Alps. Starting out from the picturesque Alpine village of Saas Fee, our walking follows a clockwise direction, crossing from Switzerland then trekking into Italy and then back again. This undiscovered gem of a walking route around Monte Rosa keeps to the high ground as much as possible, close up beneath towering Alpine peaks, crossing airy passes and encountering snowfields and even walking over glaciers.

En route, there are stunning views of many of the big peaks of the Alps, such as the Dom (4545m) Weisshorn (4596m) and particularly memorable Matterhorn (4478m). This generally overlooked area is pure Alpine magic and a real trekking paradise, with its steep forested valleys, high meadows and crown of impressive snow-capped peaks. We follow good walking trails throughout and enjoy either comfortable mountain hut or hotel accommodation, including one night in the famous Alpine town of Zermatt.

Is this holiday for you?

The Tour de Monte Rosa is one of the most challenging of the KE classic Alpine walks. It is not practicable to provide vehicle support for this circuit, as nights are spent in inaccessible mountain refuges. So, this is an unsupported trek. You will have to carry all of your own equipment from the start of the trip to the finish. In practice, especially considering that neither sleeping bag nor camping mattress are needed for this trip, you should be able to keep the packed weight of your rucksack to as little as 8kg. The Tour de Monte Rosa is a wilderness trek and there are several sections where easier alternatives are not an option, a fact which adds to the challenge. Although the trek is generally on good mountain paths and it does not involve any mountaineering, this is a trip for the experienced trekker. On average, we will walk for 7 - 8 hours each day, with some longer days. There is a considerable amount of ascent and descent on this trekking holiday.

Itinerary

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DAY 1

Meet at the group hotel in the village of Saas Grund (1559m) near Saas Fee.

Meet at the hotel in the village of Saas Grund (adjacent to the better-known ski station of Saas Fee). Here, you will be welcomed and made to feel at home. In the evening, we will have an informal chat about the week ahead. There will also be a chance for the guide to check out your clothing and gear. After this, it will be time to sit down to dinner. The holiday begins with dinner and overnight at the hotel.

Meals: **D**



Accommodation
Hotel

DAY 2

Walk around Lake Mattmark, ascend to the Monte Moro Pass and descend to the village of Macugnaga.

After breakfast, we set off via post bus to our starting point at Mattmark. A gentle introduction around Lake Mattmark brings us to the start of our first major col of the tour, Monte Moro. A steep climb rewards us with superlative views of the Weissmies (4023m) and the Rimpfischhorn (4198m). On arrival at the pass we are greeted by the awesome sight of Monte Rosa showing it's almost Himalayan scale. Passing the Rifugio Citta di Malante, an initial steep descent through boulder fields and granite slabs followed by a path through forest, brings us to the village of Macugnaga and our accommodation for the night.

Meals: **B D**



Accommodation
Hotel



Ascent
750M



Descent
1600M



Time
7 - 8 hrs walking








Distance
15KM

DAY 3

Walk through Alpine pastures, cross the Colle del Turlo (2738m) and descend to the Rifugio Pastore.

One of the longest climbs of the tour lies ahead of us. Deceptively, the start could have us thinking otherwise, as we wander out of town following the Anza torrent towards the lake at Quarazza, an idyllic spot for relaxing. However, there is a long way to go, up through spruce forest to Alpe Plana, with its wonderful pastures set against a backdrop of impressive waterfalls. Then it's up and over the Colle Del Turlo, through boulders and glaciated slabs. At last Monte Rosa can no longer be seen, but its place is taken by the bulk of the Weissmies. From the col it's another long descent to our overnight stop at Rifugio Pastore.

Meals: **B D**

	Accommodation Mountain Hut / Refuge		Ascent 1535M		Descent 1325M		Time 8 - 9 hrs walking
	Distance 23KM						






DAY 4

Via the Otro valley to cross the Col d'Olen (2881m) and overnight at the Rifugio Gabiet (2375m).

We take a short shuttle bus ride from Rifugio Pastore to Alagna. From here we ascend to the idyllic hamlets and farming settlements of the Otro valley. A further ascent takes us to the first pass Passo Foric (2432m) and then onwards to our high point of the day at the Col d'Olen (2881m). A relatively short descent brings us to the Rifugio Gabiet (2375m).

If the shuttle bus is not running your leader might decide to take the alternative route from the Rifugio Pastore via the Vallon Delle Pisse and Alpe Pianlunga to the Rifugio Gabiet.

Meals: **B D**

	Accommodation Mountain Hut / Refuge		Ascent 1800M		Descent 600M		Time 7 - 8 hrs walking
	Distance 14KM						






DAY 5

Walk via Gressoney Stafal to the Passo de Rothorn (2689m) and on to the hamlet of Resy.

After yesterday's predominantly uphill day, we have an initially easy start. A pleasant track through forest and meadow then brings us into Gressoney Stafal. After a break we begin the days climb via an efficient

zig zag trail to the beautiful and wild Passo de Rothorn (2689m). The descent from the pass is through a boulder field and well marked, before we cross some alpine meadows. We have another short climb over a broad pass before we reach the charming hamlet of Resy, high above the Ayas Valley, where we stay in a refuge.

Meals: **B D**





	Accommodation Mountain Hut / Refuge		Ascent 970M		Descent 1200M		Time 6 - 7 hrs walking
	Distance 16KM						

DAY 6

Walk to the Colle Superieur delle Cime Blanche. Then, on to the refuge at the Colle del Teodulo (3290m).

A short descent begins our walk today, as we head off towards Alpe Varda and Alpe Mase and one of the highlights of the trek. Above us lies the glaciated bulk of the Breithorn as the inevitable climb begins towards the Colle Superieur delle Cime Blanche (2982m), high above the green waters of the Gran Lago. From the top of the pass, we gain our first views of the Matterhorn (4478m) and then contour under the western flanks of the Kleine Matterhorn, before a very steep final pull up glacial moraine to the high point of the tour at the Colle del Teodulo (3317m) and our refuge for the night.

Meals: **B D**

	Accommodation Mountain Hut / Refuge		Ascent 1550M		Descent 300M		Time 7 - 8 hrs walking
	Distance 18KM						

DAY 7

Descend the Theodule Glacier to Gandegg with fine Matterhorn views. Overnight in Zermatt.

As we must today descend a glacier, we will be taken on this next section by an IFMGA qualified guide. The guide will rope the group up, but no specialist equipment is required other than regular hiking boots and trekking poles. After breakfast, we are joined by our IFMGA Guide and we start down the easy-angled Theodule Glacier (we are now moving back into German speaking territory - hence the change of spelling). Views are superb, with the centrepiece again being the Matterhorn, complemented by the Alphubel, Dom, Obergabelhorn, Zinalrothorn and Weisshorn, on both sides of the Mattertal. At Gandegg, we leave the ice and traverse glacial moraine heading down towards Zermatt and our village hotel.

Meals: **B D**






	Accommodation Hotel		Ascent 150M		Descent 1800M		Time 5 - 6 hrs walking		Distance 16KM
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DAY 8

Take the Europaweg to the Europahutte.

This morning we leave Zermatt and take the Sunegga funicular train up to the start of the Europaweg at 2288m. We can enjoy some great views of the Matterhorn before we turn our back on it and start our high level traverse to the Europahutte. We'll reach the meadows of Taschalp and from here the terrain becomes rockier and the path narrower, as we head towards the Charles Kuonen suspension bridge. This was opened in July 2017 and is the worlds longest pedesetrian suspension bridge at 500m long. We cross this bridge, and there is a short climb to reach the stunningly situated Europahutte. The hut is in a prime position for views of the Weisshorn. A sunset with a beer and the alpenglow setting on the peaks opposite is to be savoured.

Meals: **B D**

	Accommodation Mountain Hut / Refuge		Ascent 1235M		Descent 1250M		Time 7 - 8 hrs walking
	Distance 19KM						

DAY 9

Descend to Randa and follow the valley to ascend to our overnight stop in the village of Grachen.

We start the day with a descent from the Europahutte to the village of Randa and then follow the Mattertal valley via Herbruggen. At the village of Mattsand we begin our ascent to the characterful, car free town of Grachen overlooking the Mattertal valley where we overnight in a comfortable village hotel. Note: In 2019 the previously used, higher level Europaweg trail between the Europahutte and Grachen was closed due to rockfall. The continuing unstable nature of this trail means it is unlikely to reopen.

Meals: **B D**

	Accommodation Hotel		Ascent 580M		Descent 1220M		Time 6 - 7 hrs walking		Distance 18KM
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DAY 10**Walk up to the Hannigalp, then follow the high trail of the Hohenweg back to Saas Grund.**

Our final day takes us up to Hannigalp and on to the Hohenweg path, high above the Saastal. Although we have dropped in height from the previous few days and there is a greener feel to the countryside, there are still some exposed sections to contend with and care needs to be taken. Again, our mountain views have changed. Directly ahead now is the snowy summit of the Weissmies and the rocky Lagginhorn which continue to dominate our view as we complete our trek full circle into Saas Grund. We check into our overnight accommodation in Saas Grund for a final, celebratory meal.

Meals: **B D**

	Accommodation Hotel		Ascent 1220M		Descent 1270M		Time 7 - 8 hrs walking		Distance 21KM
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DAY 11**Departure day.**

The holiday ends with breakfast at the hotel.

Meals: **B**

Holiday Information

What's Included

- Professional English-speaking guide
- All accommodation as described
- Meals as detailed in the meal plan

What's not Included

- Travel Insurance
- Meals as detailed in the meal plan
- Airport transfers
- Transfers and cable cars not part of the itinerary
- Miscellaneous personal expenses

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on [Travelling by Train](#).

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

You must join the group at the Pension Heino in Saas Grund on the evening of Day 1 of the trip itinerary. For clients arriving by air, the easiest way to get to Saas Grund is to fly to Geneva Airport and travel by train from there. We recommend that you make your onward booking with Swiss Federal Railways on <http://www.sbb.ch>.

If you intend to book your ticket in advance, note that the Swiss Rail website defaults to the concessionary fare which is half the normal fare. You must untick the 'Reduced fare' tick box before making your purchase. The railway station is in the airport at Geneva and there is an hourly service (throughout most of the day), involving a train to either Visp or Brig and then a bus to Saas Grund. The journey takes 2.5 - 3.5 hours on the train and 45 minutes for the final leg by bus. A ticket to Saas Grund is valid for the train and the bus.

There are several stops in Saas Grund listed on the website and we recommend that you opt for Saas Grund, Post. The buses provide digital displays indicating which stop they are approaching. It is only a short walk from this stop to our hotel base. We will provide hotel contact details and an emergency number for all clients with your booking confirmation.

Meal Plan

All meals except lunches are included in the holiday price from dinner on day 1 to breakfast on day 11. Lunches, supplementary snacks and drinks can be purchased from the huts or supermarkets when in the valley.

Food & Water

When in the towns and villages all tap water is drinkable. In mountain huts there is usually not a sustainable drinking water supply. Water in plastic bottles is brought in to the hut. All huts have a recycling point. If you have to purchase water in plastic bottles please buy the largest bottle you can so as to use less plastic. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water if you can fill from a local stream. Bottled water is not provided. We do not encourage the purchasing of single use plastic bottles. Local authorities are working to find solutions to using plastic water bottles in huts. We monitor the situation carefully for updates.

As to be expected, the food available in restaurants and hotels in Italy and Switzerland is excellent. In huts food is simple and wholesome with usually a limited choice which will include a vegetarian option. Continental breakfasts and evening meals are provided by our accommodation.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

During this trip the group will spend 2 nights at a hotel in Saas Grund with en-suite facilities, this will be in either twin or triple rooms. Whilst on trek, there are 8 nights spent in village hotels, mountain huts or similar accommodation (gites). Most of the accommodation away from Saas Grund is on a non-segregated, dormitory-style basis. In some high mountain huts, washing facilities are limited. Single rooms are not available.

Group Leader & Support Staff

A qualified (IML) guide will accompany the group throughout.

Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude.

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Spending Money

The package price includes all accommodation and guiding. You should make an allowance for lunches, additional snacks, drinks etc. Beer, wine and soft drinks are available every night. On the tour we spend 5 nights Switzerland and 5 nights in Italy and you should take your spending money in a mix of Swiss francs and Euros. Approximately 200 Swiss Francs and 120 Euros should adequately cover typical personal spending requirements. At a couple of the mountain huts drinking water will need to be purchased, these amounts should also cover this. There are ATMs in Geneva Airport where only Swiss Francs can be drawn, ATMs in Zermatt where both currencies can be drawn, ATMs in Macugnaga where Euros can be drawn and ATMs in Saas Grund where Swiss Francs can be drawn.

Guidance on Tipping

Tipping for good service has become the norm. However, it is important to remember that tipping is voluntary and should be seen as a 'thank you' for a job well done. There are no set rules as to how much to tip but we do recommend that the group as a whole decide on the level of tips rather than individually.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack (of around 30 - 40 litres). Since group members will carry all personal equipment during the trek, it is important to keep the overall weight of this equipment to a minimum. Neither a sleeping bag nor a camping mattress is needed and it should be possible to keep the weight of your pack to around 8 kg.

At the start of the trip, you will leave your travel clothes and anything you do not need for the trek in your main bag at the hotel in Saas Grund. From that point until the arrival at Saas Grund on Day 10, you will not have access to this bag. Luggage with wheels is useful for this holiday.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Currency

The currency for part or all of this holiday is the Euro.

The unit of currency in Switzerland is the Swiss Franc.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. Regular hiking is the best preparation for a trip like this but if this is not possible you should adopt a weekly exercise regime which you gradually increase leading up to your trip. Jogging, squash and swimming are good for developing better stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

The temperatures that we can expect to encounter during the day will be reasonably warm, ranging from 15°C/ 59°F to 25°C/ 77°F. It can be cool in the evenings at our highest overnight stopping places, falling close to freezing point at night. The weather is usually stable during July and August, but mountainous areas do generate their own weather systems and occasional rain and even stormy weather cannot be ruled out. You should be prepared for all eventualities!

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](https://www.travelaware.gov.uk)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- The Grand Tour of Monte Rosa. (2 volumes). Cicerone Press. C.J. Wright.
- Walking in the Valais. Cicerone Press. Kev Reynolds.

Maps

Switzerland Topographic Survey Hiking Edition. 1:50,000

Sheet reference; 5028T Monte Rosa - Matterhorn. Topographic survey of Switzerland maps are highly regarded for their superb graphic relief and hill shading, providing an almost 3-D picture of the terrain. Contours are at 20m intervals. The overlay distinguishes between hiking routes, mountain routes requiring proper footwear, and alpine routes where equipment is needed. The maps also show roads with bus service and the positions of bus stops, as well as mountain huts and refuges.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover 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.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You should bring the following items:

- Hiking boots
- Trainers
- Socks
- Underwear
- Trekking trousers
- Waterproof overtrousers

- Waterproof jacket
- Shorts
- Thermal baselayer shirts (1 short sleeve, 1 long sleeve)
- Casual shirts and/or T-shirts
- Fleece jacket or warm jumper
- Lightweight thermal gloves
- Sunhat
- Warm hat
- Sunglasses
- Earplugs (particularly if you are not the one snoring!)
- Selection of dry bags (to keep trek bag contents dry)
- Daypack 40 litres
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 2 litres (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Sleeping bag liner / sheet sleeping bag
- Washbag and toiletries
- Lightweight travel towel

- Antibacterial hand wash
- Trekking Poles (at least one pole is required for the glacier crossings)
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium) painkillers, plasters and blister treatment.

◆ **The following items are optional:**

- Spare laces
- Gaiter
- Camera
- Pen-knife (remember to pack sharp objects in hold baggage)
- Travel clothes
- Lightweight down pullover or jacket
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes:

Sleeping bags are not required, as bedding is provided. However you need to bring a sheet sleeping bag for use in the mountain huts.

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel the Chamonix Valley. Geneva has the nearest airport.

Why Choose KE

Why KE

No-one else is offering this classic and challenging full circuit trek around Switzerland's highest mountain, a true hidden gem of the Alps and a fantastic choice for anyone who has already completed the Tour du Mont Blanc or is looking for a different kind of Alpine tour.

Please Note This document was downloaded on 19/05/2024 and the trip is subject to change