

# Classic Haute Route

Trip Code: CHR

Version: CHR Classic Haute Route - High Alpine Trekking



**MOUNTAINEER**



**GUIDED GROUP**



**TOUGH**



## HIGHLIGHTS

- Take on a challenge and complete an iconic Alpine traverse from Chamonix to Zermatt
- Reach high summits, including the Tete Blanche (3724m)
- Trek hut-to-hut and overnight in atmospheric high mountain refuges
- Hone skills with our experienced IFMGA guides

## AT A GLANCE

- 11 days trekking and climbing
- Max altitude - 3796m
- Join at Chamonix

## ACCOMMODATIONS & MEALS

- 12 Breakfasts
- 11 Dinners
- 2 nights Hotel
- 2 nights Gite / Hostel
- 8 nights Mountain Hut / Refuge

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

# Introduction

This is the ultimate high Alpine trekking adventure, following the iconic Haute Route from Chamonix to Zermatt. Taking a dramatic and uncompromising line, the classic Haute Route traverses the heart of the European Alps, linking Mont Blanc to the Matterhorn by a series of high cols and impressive glaciers. Expert guidance is essential on this challenging walking route and during the course of the traverse, there is plenty of opportunity to hone mountaineering skills.

From the start point at our comfortable hotel base in the Chamonix Valley of the French Alps, to the end point in the famously picturesque ski-town of Zermatt in the Swiss Alps, we will have walked 120km and accumulated around 10,000 metres of ascent and descent. Offering the most breathtaking scenery in the Alps and overnight stops at some of the very best Alpine refuges, the Classic Haute Route from Mont Blanc to the Matterhorn, ranks among the world's greatest mountain walking adventures.

## Is this holiday for you?

This is real mountain travel, following good trails to the snowline and also involving sections of scrambling on exposed ridges, snow slope climbing and glacier travel, where ropes, crampons and an ice-axe will be used. We average 6 to 8 hours walking each day, with some longer days and tough climbs. On route, we will stay in mountain huts which are inaccessible by vehicle and this means that group members will carry all of their personal equipment throughout the trip. With careful planning, and given the fact that sleeping bags and camping mats are not carried, the total weight of your rucksack can be pared down to around 10 kilograms including water. Previous alpine mountaineering experience is not a pre-requisite and time permitting; full instruction in the various techniques required will be given by the guides. Participants must have a good level of fitness and previous experience of walking with crampons is useful, however being well coordinated and capable over steep rocky ground are essential. The group will be led by an IFMGA guide at a ratio of 1:6.

Please be aware that routes in the high glaciated mountain regions are subject to changing conditions and difficulties. The Alpine Guides may need to make changes to your planned route at very short notice.

# Itinerary

Version: CHR Classic Haute Route - High Alpine Trekking

## DAY 1

### Meet at the group's hotel in the Chamonix Valley.

Meet at our hotel in the Chamonix Valley.

Situated beneath some impressive mountain scenery, the views are awesome from the start!

You will be joined by your guide in the evening to chat through the route and prepare for the next day. The evening meal will be served in the hotel restaurant.

Meals: **D**



**Accommodation**  
Hotel

## DAY 2

### Cable car from Le Tour. Short walk to the Albert Premier Hut (2702m). Skills practice.

In the morning, there is the chance for the guide to check out your clothing and gear and to decide if you will need to pick up any further items of equipment, before setting off. The first stage of our trek takes us from Le Tour to the Albert Premier Hut (2702m) and includes the opportunity for us to practice our snow and ice skills. We start out by way of a short cable car ride from Le Tour to the Col du Balme. From here, it's a comfortable 2-hour walk to the Albert Premier Hut, which we aim to reach by mid afternoon. The nearby Glacier du Tour is a great place to practice snow and ice skills. There are great views of Mont Blanc and the Aiguille du Chardonnet on the walk to the hut.

Meals: **B D**



**Accommodation**  
Mountain Hut / Refuge



**Ascent**  
600M



**Descent**  
80M



**Time**  
2 hours walking







**Distance**  
4KM

**DAY 3****Trek Col du Tour (3289m) night in Cabane d'Orny (2826m).**

An early start from the hut allows us to make use of the best snow conditions underfoot, whilst the snow is still frozen. Today we cross over into Switzerland, by way of the Col du Tour (3289m). After this we cross the Trient Plateau, a flat glacial area and then descend the Orny Glacier to the Cabane d'Orny (2831m).

Meals: **B D**

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	<b>Accommodation</b> Mountain Hut / Refuge		<b>Ascent</b> 850M		<b>Time</b> 6 - 7 hours walking		<b>Distance</b> 10KM
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**DAY 4****Trek to Praz de Fort, ascend valley to La Fouly.**

After a comfortable night in the Cabane d'Orny we make a long descent (c.1600m) on a good path to near the village of Praz de Fort. Here we join the popular trail of the Tour du Mont Blanc, where an excellent trail takes us gently up to La Fouly, where we will spend the night. (Supermarket/Equipment Store and ATM available nearby. Showers available). A short walk beyond the village takes us to our overnight accommodation.

NOTE: There will be a brief meeting with your treks bags in the late afternoon. At this point you can pack your technical gear into your trek bag, as it is not required for the next three days (except in the event of late season snow). For the next three days it is possible to walk in light trekking boots or approach shoes.

Meals: **B D**

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	<b>Accommodation</b> Gite / Hostel		<b>Ascent</b> 500M		<b>Descent</b> 1640M		<b>Time</b> 6 hours walking		<b>Distance</b> 16KM
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**DAY 5****Trek across the Col du Neve de la Rousse (2752m). Descend to Bourg St. Pierre (1825m).**

From the Gite, we make a short descent to the village of Ferret starting out easily on a road which peters out into a track. Higher, this becomes a steep zig-zag trail which leads up the Col du Neve de la Rousse (2752m). This is not a well-travelled route and there are great opportunities for spotting alpine wildlife, including marmots, chamois and bouquetins (ibex). From our high point, there are great views of the Mont Blanc range and the Grand Combin. We then make a long, gentle descent passing a lake, le Gouille du Draggon, to Bourg St. Pierre, where we overnight in a Gite. Here, there is the opportunity to buy basic snacks and take a long shower!

Meals: **B D**

	<b>Accommodation</b> Gite / Hostel		<b>Ascent</b> 1350M		<b>Descent</b> 1140M		<b>Time</b> 8 hours walking		<b>Distance</b> 16KM
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## DAY 6

### Trek across the Col de La Vuardette (2440m). Climb Mont Rogneux (3083m) and to the Cabane Brunet (2103m).

Today starts out with a long and initially easy-angled ascent, following the way of the Tour des Combins. Shortly after crossing the col of La Vuardette 2440m, we take a traverse to Point 2493m, where there is a small lake. From here we ascend a less worn trail into a valley named La Chaudière. This leads us onto Mont Rogneux's west ridge, where some easy scrambling brings us to the summit cross (3083m). Descent is by way of the east ridge, passing a lake and the grassy ridge of Les Capucins. At Pindin (2397m) we meet the 4x4 track leading us easily down to Cabane Brunet and a well-earned beer.

Meals: **B D**






	<b>Accommodation</b> Mountain Hut / Refuge		<b>Ascent</b> 1400M		<b>Descent</b> 1000M		<b>Time</b> 8 hours walking
	<b>Distance</b> 14KM						

## DAY 7

### Trek to the Cabane de Panossiere (2645m).

Today we can have a relaxed and leisurely breakfast before setting off. From outside Cabane Brunet a pleasant path traverses the hillside, crossing the first stream by a small suspension bridge. The route continues to contour, passing old bergeries at La Maya. We continue until a short climb leads us to the spectacular suspension bridge, crossing the outflow of the Corbassière glacier. This gives access to Plan Gali and our final ascent up to Cabane Panossiere (2669m), where we may arrive in time for a hot lunch. Here there is a free open air shower, complete with views or indoor showers for an additional charge. The afternoon can be spent relaxing on the terrace, with the stunning view of the Grand Combin (4314m).

Meals: **B D**

	<b>Accommodation</b> Mountain Hut / Refuge		<b>Ascent</b> 880M		<b>Descent</b> 40M		<b>Time</b> 3 - 4 hours walking
	<b>Distance</b> 8KM						






## DAY 8

### Trek over Col des Otannes (2846m). Descend to Lac de Mauvoisin (1960m) and up to Chanrion Hut (2462m).

A slightly earlier start today. We begin the day by climbing up to the Col des Otannes, where weather permitting, we have fantastic views southwards across heavily glaciated terrain (the upper part of the Corbassiere Glacier) to the lofty summit of the Grand Combin. We then descend to the Mauvoisin dam where we can take a short break for coffee and cake before heading across the top of the dam to pick up a long, gently ascending trail on the eastern side of the lake to the Col du Tsofeiret. From here a short steep descent takes us to the Cabane de Chanrion located on summer pastures and with views of the Grand Combin from a different direction than the previous hut. There are also plenty of mountain tarns if you fancy a swim!

NOTE: We will briefly have access to our trek bags late in the morning and this will allow us to get a change of clothing and to offload any superfluous items of gear and pick up your technical kit.

Meals: **B D**






	<b>Accommodation</b> Mountain Hut / Refuge		<b>Ascent</b> 995M		<b>Descent</b> 1170M		<b>Time</b> 7 hours walking
	<b>Distance</b> 14KM						

## DAY 9

### Trek up the long Otemma Glacier to Cabane des Vignettes (3160m).

A trek up the Otemma glacier, into the heart of the big mountains to reach the stunningly situated Cabane des Vignettes. A short section of downhill, though alpine meadows lead us to the moraines of the Otemma Glacier and a sudden change of scenery. When the ice is reached, it's crampons and harness on. This long glacier is dry ice at first, becoming snow covered higher up. It's a gentle angle and allows time to look at the surrounding peaks, to the right La Singla and Petit Mont Collon and left Pointe d'Otemma and Pigne d'Arolla.

Meals: **B D**

	<b>Accommodation</b> Mountain Hut / Refuge		<b>Ascent</b> 870M		<b>Descent</b> 210M		<b>Time</b> 7 - 8 hours walking
	<b>Distance</b> 14KM						






## DAY 10



## Trek across the Col de L'Eveque (3386m) and Col de Bertol (3268m) to the Cabane de Bertol (3311m).

Today we cross beneath the north face of the Petit Mont Collon on glaciated terrain to reach the Col de L'Eveque (3386m). This takes 3 to 4 hours. From here, we descend onto the Haute Glacier d'Arolla, traversing snow slopes and then bare glacier. At the snout of the glacier, we pick up a trail leading towards a bergerie - Plan de Bertol. Now we have a sting in the tail of the day, a 600-metre ascent to the Col de Bertol (3268m). Our overnight halt is at the Cabane de Bertol, which is spectacularly located above the col. Access to the hut is via an exciting series of ladders - a thrilling way to end a spectacular day! There are good views eastwards to the Matterhorn and the Dent Blanche.

Meals: **B D**






	<b>Accommodation</b> Mountain Hut / Refuge		<b>Ascent</b> 1230M		<b>Descent</b> 1070M		<b>Time</b> 8 - 9 hours walking
	<b>Distance</b> 14KM						

### DAY 11

## Optional ascent of the Tete Blanche (3724m). Descend Stockji Glacier to the Schonbiel Hut (2694m).

This is our crux day and involves another early start. (Note: we do need good weather to climb the Tete Blanche and then make the descent down the heavily crevassed Stockji Glacier). We begin by descending the ladders from the hut. We then rope up and start the long, gentle ascent of the Mont Mine Glacier, heading for the easy snow peak of the Tete Blanche (3724m). This takes 3 to 4 hours and as a reward for the ascent we are treated to even more impressive views of the Matterhorn. We descend by way of the complex and heavily crevassed Stockji Glacier to our exit point at the Stockji (a rocky island in the middle of this glaciated terrain). Here, we pick up a narrow trail which traverses steep slopes, leading to an improving alpine path on a moraine on the north side of the valley. Finally, we cross the huge rock-covered glacier below the Smutt Ridge of the Matterhorn and pick our way up to the Schonbiel Hut, a welcoming hut in green meadows. The sunny terrace is a great place to relax, spotting climbers on the Matterhorn.

Meals: **B D**

	<b>Accommodation</b> Mountain Hut / Refuge		<b>Ascent</b> 890M		<b>Descent</b> 1440M		<b>Time</b> 8 - 10 hours walking
	<b>Distance</b> 13KM						






### DAY 12

## Descend beneath the Matterhorn North Face to the famous Swiss mountain town of Zermatt (1608m).

Today, we make the easy 4-hour walk down to Zermatt. From the rugged high mountain scenery, we soon find ourselves amongst pleasant woodland and pretty hamlets. This is a splendid walk, with the towering north face of the Matterhorn in full view and gives us time to reflect on the journey just undertaken. Arriving in Zermatt in time for lunch, we can pause to reflect on the trek that we have just completed, whilst enjoying a drink and the impressive sight of the majestic Matterhorn. After booking into our hotel in Zermatt there is time to look around or relax before dinner.

Meals: **B**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 150M		<b>Descent</b> 790M		<b>Time</b> 6 - 7 hours walking		<b>Distance</b> 7KM
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### DAY 13

## Departure day

KE Land Only package services end after breakfast.

Meals: **B**

# Holiday Information

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## What's Included

- Professional guide or guides on a 1:6 ratio
- All accommodation as described
- Meals as detailed in the Meal Plan
- Accommodation as detailed
- All cable car fees

## What's not Included

- Travel insurance
- Airport transfers
- Some meals as detailed in the Meal Plan
- Miscellaneous expenses - drinks and souvenirs etc.



## Joining Arrangements & Transfers

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### 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](#).

The group will rendezvous at our hotel in the Chamonix Valley on the evening of day 1 of the trip itinerary. For clients arriving by air, the easiest way to get here is to fly to Geneva Airport and make use of an airport transfer service. We recommend [mountaindropoffs.com](#). Transfers from €40 each way. Please note that transfers are subject to availability and your flight details are required a minimum of 72 hours before your arrival in Geneva. Hotel contact details and an emergency number will be provided with your booking confirmation.

#### Returning from Zermatt

This trek ends in Zermatt. KE services end after breakfast on Day 13 of the trip. The most convenient way of returning from Zermatt to Geneva is by train. Tickets can be purchased at the railway station in Zermatt or online at <http://www.sbb.ch/en/index.htm>. If buying your ticket online use Zermatt Bahnhof at the selected station. There is a station in Geneva Airport and there are several connections throughout the day. The journey takes approximately 4 hours from Zermatt and costs approximately CHF 100.

### Meal Plan

All breakfasts and 11 dinners are included in the trip price. Packed lunches or hill-food can be bought in the huts. On most days there will also be the possibility of having a hot lunch either at a hut encountered on route or a late lunch taken at our overnight halt. Depending on your choice you should allow (€15 - 25 or CHF 25 - 35) per lunch. Dinner on the last evening in Zermatt is also not included in the holiday price in order to give the widest possible range of options to the group for this meal.

## 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.

Breakfasts and all dinners (with the exception of the last night in Zermatt) are included in the trip price. Packed lunches and some snack items can be purchased along the way and in the mountain huts. Hot lunches, if you prefer, can usually be purchased on arrival at the hut.

## 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 1 night in a hotel in the Chamonix Valley and 1 night in a hotel in Zermatt. Whilst in the mountains, there are 10 nights spent in mountain huts or similar accommodation (gites). Accommodation throughout the trip is on a non-segregated, dormitory-style basis. In the high mountain huts washing facilities are very limited. Single rooms are not available.

## Group Leader & Support Staff

The group will be led by an IFMGA guide. Guiding is at a ratio of 1:6 during the trip.

## 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 altitude on our website which can be viewed via the link below. You can also talk to one of our trekking experts if you have any concerns about altitude.

[www.keadventure.com/page/altitude.html](http://www.keadventure.com/page/altitude.html)

## Spending Money

The package price includes valley transport, cable cars and mountain railway tickets, all accommodation, all meals except lunches and the last dinner, and guiding. You should make an allowance for drinks, including bottled water. Note: bottled water, when bought in the huts, is very expensive. Beer, wine and soft drinks are available every night. About €60 plus about 430CHF (Swiss Francs) should be sufficient to cover all personal expenses including lunches. Please note that almost all of the route is in Switzerland and you should take most of your money in the form of Swiss Francs. You will need some Euros for the time that you spend in France. There are cash point facilities in Chamonix, La Fouly and in Zermatt. If you are intending to hire or purchase items of equipment, you should budget accordingly.

## Baggage Allowance

For this holiday you should take one piece of luggage and a daypack (of around 30 - 40 litres). For international flights please check your baggage allowance with your airline. 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 under 10 kg.

At the start of the holiday you will leave your main bag and travel clothes in the group's hotel/chalet in Chamonix and this will be transferred to Zermatt. You will have brief access to your main bag on day 4 and day 7 to allow a change of clothes and offload any unnecessary items. 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

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## 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.

## Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

## GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

## Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. Regular walks in hill country is the best way to build up stamina and fitness, but if this is not easily possible than you should start a programme of regular exercise designed to raise your heart and breathing rate for an extended period and gradually build up the time spent exercising as you get nearer to departure day.

## Climate

The temperatures that we can expect to encounter during the day will be reasonably warm, ranging from 10°C to 25°C. 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.gov.uk/travelaware)' 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](https://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](https://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 Haute Route, Chamonix - Zermatt. Peter Cliff.

## Maps

**282T Martigny. Swiss topo online. Hiking Map 1:50 000. ISBN: 978-3-302-30282-9. Edition: 2019.**

**283T Arolla. Swiss topo online. Hiking Map 1:50 000. ISBN: 978-3-302-30283-6. Edition: 2019.**

### Swiss Topo 1:50,000 Special Edition Hiking Maps

Swiss survey maps are highly regarded for their superb use of graphic relief and hill shading, presenting an almost 3-D picture of Switzerland's mountainous terrain. These are 'special edition' maps from the Switzerland Topographic Survey at 1:50,000 have the same excellent cartography as the general network which covers the entire country in 78 sheets, but are specifically designed for hikers and are centered on particular tourist regions. They also cover a larger area than the normal sheets. For this holiday you will need the following sheets: 5027T. Grand St-Bernard - Combins - Arolla and 5028T - Monterosa-Matterhorn 1:50 000

## 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 pack to a minimum.

### You must bring the following items:

- Mountain Boots (see notes below)
- Crampons – MUST be fitted with anti-balling plates\*
- Crampon bag\* (when hiring crampons a bag is automatically included / can not be hired separately)
- Ice Axe\*
- Mountaineering harness\*
- Screw gate karabiner x 1\*
- Helmet\*
- Trekking poles x 2 (with baskets)

- Gaiters
- Socks - walking socks are best (2/3 pairs)
- Trekking Trousers (i.e. not cotton)
- Waterproof overtrousers - with long leg zip designed to put on whilst wearing boots
- Underwear
- Thermal Base Layer x 2 (one long sleeved for glacier travel)
- Fleece jacket or pullover
- Waterproof jacket (with hood)
- Extra warm layer - (primaloft or lightweight down)
- Sunhat
- Warm hat
- Sunglasses - category 3 or 4.
- Thin thermal or leather gloves
- Very warm winter type gloves or mittens
- Sleeping bag liner/sheet sleeping bag (silk is lightest)
- Rucksack (30 - 40 litres should be sufficient)
- Headtorch and spare batteries
- Sun Protection (high factor for skin)
- Lip salve - with sunscreen
- Water bottle 1 litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Small, lightweight wash kit and pack towel
- Dry bags(s) for daypack/kitbag contents (to ensure they keep dry)
- Small hand sanitizer gel
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters, blister treatment (zinc oxide tape and 'Compeed'), insect repellent, and re-hydration salts (Dioralite).

### **The following items are optional:**

- Change of shirt and trousers
- Thermal baselayer - leggings
- Shorts (for non-glacial travel)
- Rain cover for Rucksack
- Earplugs (particularly if you are not the one snoring!)
- Repair kit - (eg. Pocket knife, needle, thread, duct tape etc.)
- Camera



- Travel Clothes (can be left at your hotel)
- Travel Shoes (can be left at your hotel)
- Small Padlock (for trek bag)
- Reusable cloth bag for shopping (to avoid plastic bags)

## Notes

**Mountaineering Boots** - Recommended boots for this trip are comfortable, warm and sufficiently stiff to take a crampon securely (a sturdy B1 or a 'worn in' B2 boot is ideal). Rigid B3 boots are NOT suitable for this trek.

**Crampons:** Modern strap on crampons are perfectly acceptable for this trek and will fit any boot. All crampons MUST be fitted with anti-balling plates. Grivel Crampons - G10 or G12 with a strap system are excellent and they come fitted with anti-balling plates. We do not recommend semi-automatic crampons for use with softer boots since with this system, the pull on the heel can lead to blisters. Aluminium crampons are not suitable for this trip (they are not strong enough over mixed terrain).

**Equipment hire:** Equipment marked with a \*can be hired from KE. This can be reserved when you book your trip or closer to your departure but we advise booking hire equipment as soon as possible to ensure availability - equipment hire must be booked through the KE office prior to your departure. Any hired equipment will be collected on arrival from your guide, we do not hire mountaineering boots, but there are several shops in Chamonix renting boots that are suitable for this trip.

**Sleeping bags** are NOT required as bedding and hut shoes/slippers are provided at mountain refuges. However, you should bring a sheet sleeping bag.

## Needle Sports (specialist mountaineering equipment shop)

Needle Sports is the English Lake District's foremost specialist climbing shop supplying mountaineering, rock, ice, alpine and expedition equipment worldwide. Internationally recognised as among the very best of the UK's top technical climbing gear retailers. They have a good range of equipment appropriate for this trip and offer knowledgeable advice both on their website and in store. View

>> <http://www.needlesports.com/>

## 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 and recommend that you book your flights to Geneva Airport which is approximately an hour's drive from Chamonix and three hours by train from Zermatt. Please refer to the 'Joining arrangements and transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

If flying from the UK there are a number of low cost airlines offering flights to Geneva. These include Easyjet who have flights from London, Manchester, Liverpool, Bristol, Edinburgh & Glasgow. Other airports may be available.

If you would prefer to book a 'flight inclusive package' using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

## Why Choose KE

### Why KE

Our itinerary includes 11 full days trekking, our expert IFMGA guides will be with you every step of the way and are incredibly passionate about what they do and receive rave reviews - the perfect people to help you complete this superb Alpine challenge.

**Please Note** This document was downloaded on 30/04/2024 and the trip is subject to change