Hike the Walker’s Haute Route from Chamonix to Zermatt; one of Europe’s greatest long-distance Alpine routes.

- Take on a challenge and complete the summer version of the famous Haute Route
- Cross from France to Switzerland on one of Europe's most spectacular treks
- A linear route from Chamonix to Zermatt through 10 of the 12 highest peaks in the Alps
- Stay in family-run hotels and cosy gites, and experience 2 Alpine mountain huts

France, Switzerland, Trek & Walk, 12 Days

1 night gite / hostel, 2 nights mountain hut / refuge, 7 nights hotel, 1 night chalet, 11 breakfasts, 11 dinners, max group size: 10, 10 days trekking, max altitude - 3000 metres

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

An iconic Alpine walking adventure from Chamonix in France to Zermatt in Switzerland. Considered to be the 'Walker’s' Haute Route, this superb Alpine trekking holiday is completed in the summer, as opposed to the classic winter ski tour. It takes a parallel, linear route across the spine of the European Alps and links together the famous small mountaineering towns of Chamonix, Arolla and Zermatt. As it is also generally much lower than the Classic Haute Route, this journey is a fantastic challenge for travellers who wish to explore the Alps and enjoy incredibly beautiful mountain scenery, without any technical experience required. Trekking from France into the beautiful Swiss canton of Valais, passing spectacularly beneath 10 of the 12 highest peaks in the Alps, we are treated to amazing views of Mont Blanc itself. Traversing several high and challenging passes we enjoy mountain walking in the Alps at its most delightful.

Lower down, the walking leads through verdant Alpine valleys with cascading streams, pretty hamlets and flower-strewn meadows. For the last day of trekking we have a wonderful valley-side walking trail which provides stunning views of the Matterhorn. Overnight accommodation on this great trekking holiday adventure in the Alps is provided in a variety of small hotels, atmospheric gites and spectacularly located alpine mountain refuges. Led by English speaking IML qualified guides and fully supported with access to luggage on all but two nights, our holiday offers the best chance of completing this challenging walking traverse.

Is this holiday for you?

This is a classic Alpine walking route on good trails. The average distance covered each day is around 16 kilometres (10 miles) and there is a considerable amount of ascent and descent, with several passes close to 3000 metres. Regular hillwalkers will find this trek to be well within their capabilities but it is not really for first time trekkers. This holiday is fully supported and clients will not be required to carry sleeping bags or significant amounts of personal gear other than what is required for the day’s hike. There are a total of two nights spent in mountain huts where there is no access to trek bags. Otherwise group members will have access to their main luggage on each evening.

Holiday Itinerary

Day 1: Meet at the group chalet in Argentiere (1240m) in the Chamonix Valley.

Meet at the group chalet in Argentiere (1240m), just above Chamonix. Lying beneath the stunning north face of Mont Blanc, the views are awesome from the start! Before dinner, you will meet your trip leader to have an informal chat about the days ahead and have the chance to check out your clothing and gear and to decide if you will need to pick up any further items of equipment, before setting out in the morning. KE Land Only package services begin with the evening meal.

Day 2: Walk via Le Tour and cross the Col du Balme (2186m) to Trient in Switzerland.

After a filling breakfast, our trek starts straight from the front door with a walk along the Petit Balcon Nord, to Le Tour at the top end of the valley. From here, we start our ascent to the Col du Balme (2186m) before heading down through the meadows of Tseppes into Switzerland and the Trient Valley where we spend our first night of the trek in a simple hotel.
### Day 3: Cross the Col de Forclaz and the Fenêtre d'Arpette (2670m) and descend to Champex.

We start the day with a short (30 minute) climb to the Col de Forclaz followed by an easy stroll to the Chalet des Glaciers, a small café next to the impressive Trient Glacier. From here we begin a long and sometimes steep ascent through continuously interesting scenery up to the high pass known as the Fenêtre d'Arpette, which provides spectacular views across the Trient Plateau, one of the area's largest glacier systems. An equally steep descent then takes us down through the Val d'Arpette to our accommodation in Champex.

### Day 4: Walk into the Val des Bagnes, cable-car to Verbier and walk to the Mont Fort Refuge (2457m).

A relatively late start by Alpine standards, as we leave the picturesque village of Champex, to meander through summer meadows into the Val des Bagnes, via Sambrancher and Les Chables. By taking the telepherique from Les Chables to Verbier, we avoid the long haul and have the opportunity to take a breather and enjoy the spectacular views from the cable car. Should the cable car be closed (occasionally it is during the summer), we will take a taxi to Verbier. From Verbier it is just over an hour's walk to the spectacularly situated Cabane du Mont Fort, our destination for the evening. Superb views across to the Mont Blanc Massif and to the Grand Combin.

### Day 5: Walk across 3 high cols including the Col de Prafluri (2987m). Overnight at the Cabane de Prafluri.

This is one of the most spectacular days of the trek, traversing 3 high cols, with dramatic views throughout. At the start, the path descends and then winds along under dwarfing cliffs, before ascending again (with views of the Grand Combin), en route to Col Termin, the first col of the day. A dramatic path then takes us to the Col de Louvie (2921m), before we make the steep descent onto the edge of the Grand Desert Glacier. Finally, we cross the Col de Prafluri (2987m) and descend to the Cabane de Prafluri (2624m) for the evening.

### Day 6: Walk via the Lac de Dix and the Col de Riedmatten (2919m), then descend to Arolla.

A short and very steep climb greets us today as we quickly gain the Col de Roux, overlooking the milky waters of the Lac de Dix. A gentle descent then takes us to the lakeshore which we follow to its end, admiring the great views of Mont Blanc de Cheilon and the Pigne D'Arolla. We make a steep ascent to the base of the Col de Riedmatten.
where we have the option of climbing the col or taking the spectacular Pas de Chevres ladders to an alternative col. There are more spectacular views of the Glacier de Dix and the imposing pyramids of Mont Blanc de Chelion and the Pigne D’Arolla, then it is all descent to Arolla and our bed for the night.

Day 7: Walking beside Lac Bleu, we descend to Les Hauderes and make a final climb to La Sage.

We are now approaching the half-way point of the trek and today is something of a recuperation day, involving a leisurely walking through woodland to Lac Bleu, a favourite local beauty spot. From here, there is an easy descent through a beautiful gorge to Les Hauderes where we take lunch. A final short climb completes this stage at the small farming hamlet of La Sage.

Day 8: Cross the Col de Torrent (2912m) and the Col de Sorebois and make the steep descent to Zinal.

No rest day today! We have an early start as today’s walk involves crossing two high cols. The first ascent to the higher of the two, the Col de Torrent (2912m), is long but not difficult due to the good underfoot conditions. We descend to the milky waters of Lac Moiry, that makes a good lunch stop. Ahead we can see some of the giant peaks of the Pennine Alps, including the Dent Blanche. Of more concern will be the imposing Col de Sorebois, a climb which is shorter but steeper than the ascent to the Torrent, but again presents no real problems. From here, we have spectacular views of the Weisshorn, Dent Blanche and Zinal Rothorn. Although it’s steeply downhill from here, the hotel at Zinal is at least a further 2 hours away and makes a welcome sight after the hardest day of the trip so far.

Day 9: Walk via the Col de la Forcletta (2874m) or the Meidpass (2790m) and descend to Gruben.

A steep but pleasant ascent on forest trails through the larch woods for around 1 hour leads to a more gentle rising traverse which emerges on a grassy plateau and then proceeds through Alpine pastures with excellent views out over the valley. This traversing trail is really enjoyable as it meanders up and down along the mountainside, until eventually we reach a junction of paths where we have the choice to cross the Col de la Forcletta (2874m), or the Meidpass (2790m). Depending on weather, and conditions your guide will decide which route offers the best experience for the group. Both routes are absolutely stunning with excellent views of the glaciers and peaks of the Turtmann valley with descents through summer cattle meadows, and ancient alpine farms. Eventually, both descents are through larch forests and on pleasant woodland trails to the valley of the Turtmantal and on to the pretty village of Gruben. We stay overnight in a hotel here.
Day 10: Cross the Augstbordpass (2894m) and descend via Jungu to St. Niklaus.

A superb trek today, as we start out through open woodland, then high pastures and rocky upland wilderness. The trek soon opens up to some of the most spectacular views in the Swiss Alps. Our final pass is the Augstbordpass (2894m), beyond which we descend steeply to the pretty hamlet of Jungu and on again into the Mattertal and the town of St. Niklaus.

Day 11: Transfer to Taschalp. Walk along a high level footpath to Zermatt.

We take a vehicle transfer to the beautiful high mountain summer settlement of Ottavan (2214m) in the Taschalp valley. From here we set off walking on a fantastic high level footpath that contours high above the valley towards Zermatt. This high level path affords us incredible views of the Matterhorn which dominates the head of the valley. It's a sight that has lured mountaineers to Zermatt for centuries and it does not disappoint. The glorious Matterhorn is what a mountain should look like, wild, jagged and impenetrable! However, Whymper found a way, and now on an almost daily basis mountaineers follow in his footsteps. We descend into Zermatt, where after checking into our hotel there is time to look around and explore before we go out for a celebratory meal.

Day 12: Departure day.

KE Land Only package services ends after breakfast.

Holiday Information

What's Included

- A professional guide
- All accommodation as described in the trip dossier
- Transfer of luggage between overnight accommodation (except for 2 nights spent in mountain huts)
- Meals as detailed in the meal plan
- All necessary vehicle transfers

What's Not Included
• Airport transfers
• Meals as detailed in the meal plan
• Travel Insurance
• Miscellaneous personal expenses

Joining Arrangements & Transfers

The group will rendezvous at the Yeti Lodge in Argentiere on the evening of day 1 of the trip itinerary. For clients arriving by air, the easiest way to get to Argentiere is to fly to Geneva Airport and make use of an airport transfer service. We recommend mountaindropoffs.com. KE clients can get transfers from around €30 each way by entering the promo code YETI. Please note that transfers are subject to availability and your flight details are required a minimum of 72 hours before your arrival in Geneva.

Returning from Zermatt

This trek ends in Zermatt. KE services end after breakfast on Day 12 of the trip. The most convenient way of returning from Zermatt to Geneva is by train. To make a booking with Swiss Federal Railways, go to their website at 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. There is a station in Geneva Airport and there are several connections throughout the day. The journey takes approximately 3.5 hours from Zermatt and costs approximately CHF 95.

Meal Plan

All meals are included except for lunches. Lunches can be easily purchased from supermarkets, bakeries or your accommodation along the way.

We do recommend you bring a few additional trail bars and snacks with you (not chocolate as it can melt) - these can of course also be purchased along the way, but it is sometimes nice to have your favourite hill food with you.

Food & Water

As to be expected, the food available in restaurants and hotels in France and Switzerland is excellent. Continental breakfasts and evening meals are provided by our accommodation.

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.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot provide special diets. Due to the nature 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 9 nights in comfortable hotels, chalets or gites and 2 nights in mountain huts with bedding provided. Where we can, we will book couples in twin rooms. Other travellers will be accommodated in same sex twin or triple rooms, which may be with shared bathrooms. Single rooms are not available. In the mountain huts the accommodation will be in non-segregated, dormitories. This type of shared accommodation is all part of the Alpine mountain experience.

Group Leader & Support Staff

The group will be led by an IML qualified leader.

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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www.keadventure.com/page/altitude.html

Spending Money

The package price includes all accommodation, guiding and all cable cars. You should make an allowance for lunches, additional snacks, drinks etc. Note: bottled water, if bought in the huts, is very expensive. Beer, wine and soft drinks are available every night. Please note that almost all of the route is in Switzerland and you should take most of your money in Swiss francs. Approximately CHF300 plus around 100 Euros should adequately cover typical personal spending requirements. There are ATM's in Geneva airport where you can withdraw cash in swiss francs only. There are also cash point facilities in Argentiere and in Zermatt.

Baggage Allowance

For this holiday you should take one piece of luggage (maximum weight 15kg) and a daypack (of around 30 - 40 litres). Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline. Your main bag will be transferred between overnight stops and you should have this ready for collection by 8.30 each morning. The bag will normally be delivered to your hotel by 4.00pm. There are two nights when you will not have access to your main bag. It is not possible to ride with the baggage transfer vehicle.

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.

Recommended Outdoor Retailers

www.keadventure.com
UK: +44(0) 17687 73966
US (toll-free): 1-888-630-4415
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 15% discount voucher from Cotswold Outdoor and other retailers.

>> Find out more

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.

General Information

Passport & Visas

A passport with 6 months remaining validity at the end of your stay is generally required for visits to countries outside the EU. The information that we provide is for UK passport holders. Please check the relevant embassy or consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.

Visa information is changing all the time. Please ensure that you check for the latest advice before travel.

Visa Europe

Travel to the European Union, Switzerland, Norway, Iceland or Liechtenstein will change from 1 January 2021. Before you travel, you should check the latest government advice at: https://www.gov.uk/visit-europe-1-january-2021

From 1 January 2021 your passport must be less than 10 years old and have at least 6 months validity beyond the date of travel.

Health & Vaccinations

Severe Allergies

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.
EHIC / Medical Cover

UK residents should obtain a free European Health Insurance Card (EHIC). This entitles you to state provided medical treatment, but is not a substitute for medical travel insurance which is still vital when travelling overseas.

Currency

The unit of currency in Switzerland is the Swiss Franc.

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

Electricity Supply & Plug

We recommend you check if you require an adaptor for your electrical items at:

http://www.worldstandards.eu/electricity/plugs-and-sockets/

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. We would suggest that you adopt a weekly exercise regime leading up to your trip. The best exercise for a trip like this is regular hiking but jogging, squash and swimming are also 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 10°C / 50°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 Offices’ ‘Travel Aware’ 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 FCO 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 FCO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCO 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. We have pledged to AITO’s Project Protect that 70% of our agents stop using single use plastic bottles.

Books

- Chamonix – Zermatt. Cicerone Press

Maps

Swiss Survey Hiking Maps. 1: 50,000

Two sheets are required to cover the route, namely: 5027T Grand St.Bernard - Combins – Arolla, and 5028T Monte Rosa – Matterhorn.

Flight Information

Flight Inclusive Or Land Only?

On our website we display a UK Flight Inclusive package price and Land Only package price for the majority of our holidays.

Land Only Notes

We sell this holiday on a Land Only basis, joining Chamonix and departing from Zermatt. The nearest airport is Geneva, approximately an hour’s drive away from Chamonix and three hours by train from Zermatt. Please refer to the ‘Joining arrangements & transfers’ and ‘Flights’ 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 Adventure Travel?

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Operating since 1984, KE Adventure Travel has some of the most experienced staff in the business, with the proven ability to set up and operate a worldwide programme of adventures. Everyone has adventure travel at heart and joins at least one trip a year. It is this depth of experience that makes KE stand out from other adventure travel operators. When you contact KE, by phone or e-mail, or visit our office, you will find the help and advice you need, from someone who has actually done the trip and can give you the benefit of their first-hand experience.

KE can guarantee the very best in trip support, excellent food, a good standard of hotel and other accommodation, plus the back up of one of the most respected companies in the business. Client satisfaction is at the top of our agenda and almost 50% of our bookings each year come from repeat business. If you are looking for adventure then look no further than KE.
Group Tour Leaders

All of our holidays are accompanied by an experienced leader, some of whom have worked with KE groups for many years. Many are professional guides and instructors with an unrivalled knowledge of the areas in which they work. In many parts of the world, we recruit local guides with appropriate training and experience. In addition to having the technical skills to ensure your safety, KE expects its leaders to be active members of the group. A leader should be fun to travel with and ready to share with you their enthusiasm for adventure travel and their knowledge of the area. Alongside the group leader, there will be a local support crew, which could be just a driver, or a complete team of guides, drivers, porters, mule-herders and cooks. The hard work of our support crews, along with the fascinating insight they can offer into their local culture, is integral to providing you with the very best adventure travel experience.

Sustainable Tourism

Since we ran our first trip in 1984, we have been committed keeping the world's most beautiful places pristine by minimising our environmental impact. Recognising the fragility of the world's wilderness environments, we keep our groups small and operate according to a 'Mountain Code', which is provided to all groups, trek leaders, agents and staff. We make sure that our local staff are well treated and well paid, we respect indigenous cultures, take care to protect the environment of the places we visit and take every opportunity to make a positive contribution wherever we travel. Our philosophy of 'leaving nothing but footprints' has been integral to KE's approach right from the start over 30 years ago. In recognition of our efforts we are proud to have achieved the highest award of 5 Stars for Sustainable Tourism by AITO.

We continue to travel responsibly, and more information on our policy, practice, and specific projects can be found at www.keadventure.com, and on the website of our partner charity the Juniper Trust: www.junipertrust.co.uk. KE's Mountain Code is issued to our staff, trek leaders and overseas agents, and we recommend it to our clients, too!

Booking Your Holiday

The easiest way to make your booking is online. You will need to pay a deposit at the time of booking. This is normally £200 but for some holidays with special permit fees or internal flights, this may be more. The amount of deposit required for an individual holiday is given on the dates and prices page of the holiday. Late bookings will require full payment. We cannot confirm any booking until we receive your fully completed booking form.

Adventure Travel Insurance

It is a condition of joining any of our trips that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out holiday cancellation insurance, as all deposits paid are non-refundable. Please ensure that your insurer is aware of your KE Adventure itinerary and can agree to cover the activities being undertaken. You will then need to advise us of your policy details and complete an Insurance Declaration Form.

CAMPBELL IRVINE DIRECT travel insurance is available to EU residents and will cover the majority of KE Adventure holidays. It has been designed to provide cover for activities normally excluded by other insurers such as trekking, mountain biking and climbing. Please note that certain activities may attract a higher premium. In addition 'Campbell Irvine Direct' cannot provide cover for KE climbing trips above 6000m. Cover for these can be obtained through either the British Mountaineering Council (BMC) or Snowcard.

TRAVELEX is a USA based insurer offering travel insurance, which can be used by US citizens and US residents only. KE recommends the "Travelex Select" package for our holidays. If your holiday involves using mountaineering equipment (ropes, harness or crampons), for climbing or glacial travel, you should consider the "Adventure Plus
Pak® optional upgrade on the Travelex Select Plan. Please refer to the ‘Description of Coverage’ for a summary of the terms, conditions, exclusions and limitations of the applicable Protection Plan. This policy will also cover KE climbing trips above 6000m.
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 Must Bring The Following Items:

- Daypack 30 - 40 litres should be sufficient
- Dry bag for lining daypack
- Hiking boots
- Socks
- Underwear
- Hiking trousers
- Waterproof jacket
- Waterproof over-trousers
- Thermal baselayer shirts (1 short sleeve, 1 long sleeve)
- Fleece jacket or warm jumper
- Warm and waterproof gloves or mittens
- Thermal gloves
- Warm hat
- Sunhat
- Sunglasses
- Small wash-bag and toiletries
- Sheet sleeping bag (for use in the huts)
- Small trekking towel (for use in the huts)
- Sun protection (including total bloc for lips, nose etc.)
- Water bottle (1 litre) x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Headtorch and spare batteries
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment.

The Following Items Are Optional:

- Trekking poles (highly recommended)
- Gaiters
• Shorts
• T-shirts/casual shirts
• Thermal baselayer - legging
• Antibacterial hand wash
• Camera
• Change of clothes
• Reusable cloth bag for shopping (to avoid plastic bags)

Notes:
• We request that you keep the weight of your main baggage to less than 15kgs for the baggage transfers.
• There are a total of two nights spent in mountain huts where there is no access to main bag. Otherwise group members will have access to their main luggage on each evening. Sleeping bags are not required, as bedding is provided. However you must bring a sheet sleeping bag for use in the mountain huts.

Please note: This document was downloaded on 17 Jun 2020, and the trip is subject to change.