Best of the Walker's Haute Route

Trip Code: BMM

Version: BMM One Week Mont Blanc to the Matterhorn

WALK & TREK	GUIDED GROUP	CHALLENGING
		8

HIGHLIGHTS

- Trek the most scenic trails of the Alps in just one week with an IML guide
- Cross from Chamonix in France to Zermatt in Switzerland on a linear route
- Stay in family-run hotels and cosy gites, and experience 2 Alpine mountain huts
- Short transfers link the best sections of the Walker's Haute Route

AT A GLANCE

- 6 days trekking
- Max altitude - 3000 metres
- Join at Chamonix, End in Zermatt

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 7 Dinners
- 2 nights Mountain Hut / Refuge
- 5 nights Hotel

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

A fantastic one-week walking holiday adventure in the Alps from Chamonix in France to Zermatt in Switzerland. Another in our series of 'The Best Of' Alpine walking routes, we now offer what is known as the 'Walker's Haute Route' from Mont Blanc to the Matterhorn within a 8-day holiday. Using short transfers to by-pass the least interesting sections of this classic route and by avoiding the technical section of the Europaweg, we have made these incredibly scenic mountain trails available to non-alpinists who wish to trek amongst beautiful Alpine scenery within just one week's leave. This superb alpine trekking holiday takes a linear route across the spine of the European Alps and links together the famous mountaineering towns of Chamonix and Zermatt.

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 and the Matterhorn. For anyone looking to experience walking in Switzerland, this iconic section of the Walker's Haute Route showcases some of the country's most spectacular mountain scenery. Traversing several high and challenging passes, we enjoy mountain walking in the Alps at its most delightful. Lower down, we pass through verdant Alpine valleys with cascading streams, pretty hamlets and flower-strewn meadows. 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 an IML qualified English speaking leader and fully supported, with access to luggage on all but 2 nights, this holiday offers nothing less than the best of the best in the Alps.

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 and there is a considerable amount of ascent and descent, with several passes close to 3000 metres. A good head for heights is essential for this holiday. This holiday is incredible, but committing from Day 3, which is a long mountain day from hut to hut - which will require you to be in very good shape, with good hill walking stamina and the ability to move confidently over rocky mountain terrain.

This holiday is almost 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 2 nights in mountain huts and on these nights there is no access to trek bags. Otherwise, group members will have access to their main luggage each evening.

Itinerary

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DAY 1

Meet at the group accommodation in the Chamonix Valley.

Meet at the group accommodation in the Chamonix Valley. 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.

Meals: **D**

Accommodation
Hotel

DAY 2

Transfer to Le Tour, cross the Col du Balme (2186m) descend to Trient and transfer to the Mont Fort Refuge.

After breakfast at our accommodation, we take a transfer to Le Tour followed by a cable car, from here we we begin our trek. Firstly heading over the Col du Balme (2186m), from here there are fantastic views back down the valley to Mont Blanc, before heading down through the meadows of Tseppes into Switzerland and the Trient Valley. From here we take a transfer to Verbier and a cable car up to Les Ruinettes with a chort walk to the Cabane du Mont Fort, our destination for the evening. Superb views across to the Mont Blanc Massif and to the Grand Combin.

Meals: **B D**

Accommodation
Mountain Hut / Refuge

Ascent
500M

Descent
1100M

Time
7 - 8 hours walking

Distance
12KM

DAY 3

Walk across 3 high cols including the Col de Prafleuri (2987m). Overnight at the Cabane de Prafleuri.

This is one of the most spectacular days of the trek, traversing 3 high cols, with dramatic views throughout. A significant portion of the day is over rock and boulder fields. 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 Prafleuri (2987m) and descend to the Cabane de Prafleuri (2624m) for the evening.

Meals: **B D**

Accommodation
Mountain Hut / Refuge

Ascent
1550M

Descent
1350M

Time
9 - 10 hours walking

Distance
18KM

DAY 4

Walk via the Lac de Dix and the Col de Riedmatten (2919m) 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 then make the steep ascent over the Col de Riedmatten. 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.

Meals: **B D**

Accommodation
Hotel

Ascent
1050M

Descent
1700M

Time
8 hours walking

Distance
18KM

DAY 5

Transfer to La Sage. Cross the Col de Torrent and the Corne de Sorebois (2895m) and make the steep descent to Zinal.

No rest day today! We have an early start for the short transfer to the hamlet of La Sage. 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 Corne 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. 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.

Meals: **B D**

Accommodation	Ascent	Descent	Time	Distance
Hotel	1900M	1900M	10 hours walking	17KM

DAY 6

Walk via the Col de la Forcletta (2874m) and the alp of Chalte Berg to Gruben.

A steep but pleasant ascent on forest trails for around 1 hour leads to a more gentle rising traverse which emerges on a grassy plateauand and then proceeds through Alpine pastures with excellent views out over the valley. The trail continues upward passing several alpages and trail junctions to a final rocky climb up to the saddle of the Col de la Forcletta (2874m) which we should reach in under 4 hours from leaving Zinal. From the pass there is an extensive panorama of peaks and glaciers. Views become even more extensive as we descend from the pass with the peaks of the Stellihorn, Weisshorn, Bishorn, Barrhorn and Brunegggghorn all coming into view. We pass through a group of herders stone huts in the alp of Chalte Berg (2488m) and drop down through pine forest to the valley of the Turtmanna and on to the pretty village of Gruben. We stay overnight in a hotel here.

Meals: **B D**

Accommodation	Ascent	Descent	Time	Distance
Hotel	1500M	1300M	8 hours walking	18KM

DAY 7

Cross the Augstbordpass (2894m) and descend to St. Niklaus. Transfer to Zermatt.

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. From here, we transfer by minibus to Zermatt, where we can reflect on the trek that we have just completed, whilst enjoying a drink and the impressive sight of the majestic Matterhorn. After checking into our hotel there is time to look around Zermatt before we go out for a celebratory meal.

Meals: **B D**

Accommodation	Ascent	Descent	Time	Distance
Hotel	1240M	1950M	9 hours walking	19KM

DAY 8

Departure day.

KE Land Only package services end after breakfast.

Meals: **B**

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

- Travel insurance
- Meals as detailed in the Meal Plan
- Airport transfers
- 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.

The group will meet at the hotel in the Chamonix Valley.

Arriving by air:
The easiest way to get to Chamonix is to fly to Geneva Airport and make use of an airport transfer service. We recommend mountaindropoffs.com.

Returning from Zermatt
This holiday ends in Zermatt. KE services end after breakfast on Day 8 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 sbb.ch, or telephone on 00 41 900 300 300.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included in the holiday except for lunches. Lunches can be purchased in local supermarkets or bakeries along the way.
If you wish to take additional trail bars and snacks (not chocolate as it can melt) we recommend you bring these with you (or purchase them in local supermarkets) to keep in your trek bag as these can be expensive from hotels and refuges en-route.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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.

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 might be expected, the food available in restaurants and hotels in France and Switzerland is excellent. Continental breakfasts and full 3-course evening meals are included every day.

Accommodation

During this trip the group will spend 5 nights in comfortable hotels, chalets or gites and 2 nights in mountain huts. The Mont For Refuge on day 2 has good facilities (showers, restaurant, bar etc.), however due to it's location the Cabane de Prafleuri on day 3 is a little more basic and does not have showers; in both huts all bedding is provided but we would recommend bringing a sheet sleeping bag (sleeping bag liner). 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. It is also possible that on one other night the accommodaiton will be in dormitories, in this instance the group will still have access to the main bags on this night. 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 mountain leader. There will also be a support vehicle for baggage transfer.

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.

Spending Money

The package price includes all accommodation, guiding and all meals except lunches. You should also make an allowance for 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. Approximately CHF200 Swiss francs plus around 80 Euros should adequately cover typical personal spending requirements and lunches. There are ATM's in Geneva airport where you can withdraw Swiss Francs (CHF). 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. You will have access to your main bag on all but two nights of the trip. 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 the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status 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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

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.

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 or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. Regular hiking is a great way to get fit and jogging, squash and swimming are also good for developing better stamina. Before departure, make sure you fit in a number of long walks in hilly country.

Climate

The temperatures that we can expect to encounter during the day will range from 10C / 50F to 25C/ 77F. At night it can be cool in the mountains, falling to within a few degrees of freezing. 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'** 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 before 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. All other nationalities should check their government websites for relevant information.

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 directly 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

- Chamonix to Zermatt.

- The Walker's Haute Route. Kev Reynolds. Cicerone Press.

Maps

Swiss Survey Hiking Maps. 1: 50,000

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

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

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 must bring the following items:

- Hiking boots
- Socks
- Underwear
- Walking socks (2 or 3 pairs)
- Trekking trousers
- Thermal baselayer - leggings
- Thermal baselayer shirts (1 short sleeve, 1 long sleeve)
- Fleece jacket or warm jumper
- Waterproof jacket
- Waterproof overtrousers
- Warm hat
- Sunhat
- Warm and waterproof gloves or mittens
- Thermal gloves
- Sunglasses
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Daypack 40 litres should be sufficient

- Waterproof daypack liner
- Headtorch and spare batteries
- Sheet sleeping bag (for use in huts)
- Small trekking towel (for use in huts)
- Washbag and toiletries
- Antibacterial hand wash
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment.

The following items are optional:

- Gaiters
- Spare laces
- Shorts
- Shirts (e.g. T shirts)
- Trekking poles (highly recommended)
- Insect repellant
- Ear Plugs (especially if your are not the one snoring)
- Camera
- Travel clothes
- Small padlock to lock trek bag
- 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 bags. Otherwise group members will have access to their main luggage on each evening. Sleeping bags are not required, as bedding is provided. However we recommend you bring a sheet sleeping bag for use in the mountain huts.
- Please note that on this trip, there are a number of occasions when you will need to carry your main bag for short distances. Some clients have found that a piece of luggage with wheels makes sense for this holiday.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

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

Unique to KE, we've created this fantastic itinerary to allow you to trek some of the most scenic trails in the Alps from Chamonix to Zermatt within just a week. Walk worry-free with short transfers and baggage transfers most days. Combine this holiday with our 'Best of the Tour du Mont Blanc' to give the 'best of the best' Alpine adventure.

Please Note This document was downloaded on 06/09/2026 and the trip is subject to change