

ADVENTURE
BASE

TREK

HAUTE ROUTE TREK ITINERARY

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The Haute Route Trek is one of the world's great multi-day treks. The route links two renowned alpine mountaineering centres, Chamonix in France, home to Mount Blanc and Zermatt in Switzerland, home to the Matterhorn.

While we try and stick to the tried and tested itinerary below, the mountain and the weather sometimes has other ideas. We will always remain as flexible as possible, which is why we only work with experienced and knowledgeable guides, to make sure we can change any plans if required.

DAY ZERO:

ARRIVAL IN CHAMONIX

Arrive in Chamonix, France and check in to the accommodation we've provided. You will meet with your guide in the evening to discuss the itinerary and plan ahead with the other group members. You will have the opportunity to check any last minute kit items and we will run through a final packing list based on the current weather and conditions. Dinner is provided at the hotel on a set menu basis.

DAY ONE:

CHAMONIX TO TRIENT

Leaving Chamonix behind on the Mont Blanc Express train, we ride up the valley to Montroc on a beautiful 20 minute journey. We then begin the hike by ascending to the Aiguillette des Posettes which provides stunning panoramic views of Mont Blanc and the Chamonix valley. After descending a little to the Col des Posettes we traverse along the Le Tour ski area and head over the Col de Balme and down to Trient, having officially crossed over into Switzerland at the Col de Balme. There is a lovely refuge on the Col de Balme which makes a great lunch or coffee and cake stop, or both!

[Fatmap Track Here](#)

14.2km / 1058m up / 1157m down / 5-6 hours trekking

DAY TWO:

TRIENT TO CHAMPEX

The trek begins with a short but steep climb up to the Col de la Forclaz, famous for being on the Tour de France. From here we steadily climb the 'Bovine Trail' to the traditional summer retreat of the 'Alpage' which makes a great lunch, coffee or cake stop. Next up is a descent through the gorge to a rustic cafe at Plan de L'Au and a final descent down to the lakeside town of Champex-le-lac.

[Fatmap Track Here](#)

16km / 1019m up / 820m down / 4-5 hours trekking

DAY THREE:

CHAMPEX TO CABANE MONT FORT

Today is more of a relaxed day as you wander down through the forests to Sembrancher. Onwards along the river towards Le Chable and then up to Verbier by cable car. From Verbier we have the choice either to take another cable up to Les Ruinettes or hike up along the trails. A little further and we arrive at Cabane du Mont Fort, a wonderfully located mountain hut with views spreading out across the Swiss / French peaks.

[Fatmap Track Here](#)

26.4km / 1897m up / 912m down / 7-8 hours trekking

*To Le Chable 14.2kms

DAY FOUR:

CABANE MONT FORT TO CABANE PRAFLEURI

The Col de Prafleuri is the main goal for today, taking us to 2987m. Not too far down below is the Cabane de Prafleuri (2624m), where we spend another peaceful evening in the mountains. Staying up at high altitude provides us the best chance to see families of ibex ('bouquetins' in French) grazing. The mountain hut is once again beautifully located and will provide a warm, heart evening meal before you slip off to bed tired and content.

[Fatmap Track Here](#)

14.4km / 1013m up / 819m down / 4-5 hours trekking

DAY FIVE:

CABANE PRAFLEURI TO AROLLA

Today once again starts with a climb to gain the the next col, the Col de Roux. We will be rewarded with views of the Pigne D'Arolla and Mont Blanc de Cheilon, before descending gently to follow the lake to its end, usually passing a few whistling marmots on our way. An exciting part of the trek is up next, with a steep ascent to the Col de Riedmatten or the 'Pas de Chevre' (translating to Goats' Path) and its brand new ladders, which having been replaced in 2015, make for a much easier crossing than in previous years. The rest of the day is all downhill to the alpine village of Arolla.

[Fatmap Track Here](#)

17km / 753m up / 1375m down / 5-6 hours trekking

DAY SIX:

AROLLA TO LA SAGE

Today is a shorter day to allow you to rest your legs from the previous challenges. We head up to the beautiful Lac Bleu above Arolla, before wondering down the valley through the forest to Les Hauderes. From here its a short climb up to La Sage where you roll into the hotel for the night.

[Fatmap Track Here](#)

11km / 463m up / 849m down / 4-5 hours trekking

DAY SEVEN:

LA SAGE TO ZINAL

This day involves crossing two high cols so we will start nice and early and ascend to the Col de Torrent at 2912m. The subsequent descent takes us to the green waters of the Lac de Moiry, where there is a café at the dam (hurrah!). Now you can see some of the giant peaks of the Pennine Alps, including the magnificent Dent Blanche (aptly named white-tooth). The demanding Col de Sorebois is up next – slightly shorter than the Col de Torrent so it shouldn't present any difficulties but not to be underestimated so we will give ourselves plenty of time. From the high point we are rewarded with fabulous vistas across to the Weisshorn, the Dent Blanche and the Zinalrothorn before descending to Zinal. There is usually a cable car option to take ride down to Zinal from the mid-station, during peak dates which saves us 700m of descent.

[Fatmap Track Here](#)

21km / 1876m up / 1890m down / 8-9 hours trekking

DAY EIGHT:

ZINAL TO GRUBEN

With just one col on the itinerary today we can relax on the gentle ascent and look out for nutcracker birds which are found in these woods. Upon gaining the summer alpine meadows we traverse the mountainside on a nice undulating trail until reaching the junction of the path for two Cols; the Col de la Forcletta (2874m) and the Meidpass (2790m). Normally, we will take the Forcletta as it offers great views of the glaciers and peaks of the Turtmann valley as well as being a little more direct; however the decision lies with the guide on the day and depends on conditions. We usually arrive at the col around lunchtime just in time for a welcome picnic. On the descent to Gruben there is often an opportunity to see the increasingly rare edelweiss flower.

[Fatmap Track Here](#)

17km / 1267m up / 1106m down / 6-7 hours trekking

DAY NINE:

GRUBEN TO GRACHEN

Today we take on your final high pass, the Augstbordpass at 2894m. Behind the pass is a descent into a bowl where we follow a rocky trail which clings to the mountainside. We will stop at the Twära viewpoint for a magnificent view into the Mattertal (although the Matterhorn mountain remains elusive until we reach Zermatt!). We then begin the descent to the pretty hamlet of Jungu, followed by a final steep section to the town of St. Niklaus. There is an option to save your knees and take the “characterful” cable car down from Jungu which eliminates the final 1000 metres of descent. From St Niklaus we take a short bus ride up to Grachen where you’ll find a quiet, charming village overlooking the Weisshorn on the other side of the valley.

[Fatmap Track Here](#)

17km / 1124m up / 1821m down / 7-8 hours trekking

DAY TEN:

GRACHEN TO EUROPAHUTTE

On this penultimate day of the trek we begin the 'Europaweg' a famous 2 day section between Grachen and Zermatt. After leaving Grachen behind, we traverse alpine meadows and deep gorges along the mountainside to the Europahütte, a beautifully located mountain hut which towers high above the valley. This is your final night in the mountains so make the most of it!

[Fatmap Track Here](#)

15.7km / 1244m up / 597m down / 5-6 hours trekking

DAY ELEVEN:

EUROPAHUTTE TO ZERMATT

Our final day of the full trek as well as the finale of the short 'Europaweg' section. Today we cross the impressive Charles Kuonen Suspension Bridge which scales over a gorge for a whopping 494 metres! Known as the longest suspension bridge in the Alps this will certainly get your heart racing and what a way to finish your trek. Onwards to Zermatt, where again we can take a cable car down from Sunnegga to save around 700m of descent. This signals the end of the trek as you are reunited with your luggage bag from Chamonix. A quick goodbye drink with your guide and we bid farewell and wave you off on your onward journey.

[Fatmap Track Here](#)

21km / 955m up / 1568m down / 8-9 hours trekking