

"DON'T WORRY, WE'VE ALREADY ASKED ALL THE QUESTIONS YOU'RE THINKING ABOUT—CHECK OUR FAQs FOR THE ANSWERS!"

# THE WALKERS HAUTE ROUTE GUIDED TREK: FREQUENTLY ASKED QUESTIONS

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We've compiled a list of the most commonly asked questions about this trip.

Hopefully you find some of these useful but if you have a specific question that isn't covered in the FAQ's, then please do not hesitate to get in touch.

For more information please head over to our Haute Route trip [here](#).

## WHAT IS INCLUDED IN THE GUIDED TREKKING PACKAGE?

- 12 nights accommodation
- 12 Breakfasts
- 12 Picnic Lunches
- 12 Dinners
- Accommodation in Chamonix the night before the trek
- Accommodation in Zermatt the night after the trek
- Fully qualified trekking guide
- Luggage transferred from Chamonix to Zermatt
- All planning and logistics

## WHATS NOT INCLUDED?

- Flights
- Airport transfers
- Personal drinks and snacks
- Travel insurance
- Luggage transfers between stops (pre-book with us in advance)

## WHAT IS THE ROLE OF THE GUIDE?

Your guide is responsible for:

- Navigating the route
- Ensuring safety on the trail
- Offering support and encouragement
- Providing information about local geography, history, and culture
- Handling any emergencies that arise

## WHAT IS THE WALKERS HAUTE ROUTE TREK?

The Haute Route trek is one of the world's great multi-day treks and is possible only in July, August and early September each year. The route links two renowned alpine mountaineering centres, Chamonix in France, home to Mont Blanc and Zermatt in Switzerland, home to the Matterhorn. It covers 221km's of stunning Alpine trails.

## WHAT IS THE DIFFICULTY LEVEL OF THE WALKERS HAUTE ROUTE TREK?

The Walkers Haute Route trek is considered a tough to challenging trek, with a variety of terrains and altitude changes, and requiring a good level of fitness and experience in long-distance trekking. The main thing people aren't prepared for is the elevation, it's worth pre-trip trying to get in as much training with elevation gain and descent before your trek! This is considered a tougher trek than some of its other Alpine treks such as the Tour du Mont Blanc Trek and Alta Via 1.

## DO I NEED TO TRAIN BEFOREHAND?

It's recommended to come well prepared, even if you're moderately active. You should build **endurance, strength, and stamina** through walking, hiking, or cardio exercises in preparation.

## WHAT EQUIPMENT AND GEAR DO I NEED FOR THE WALKERS HAUTE ROUTE TREK?

You can find a full kit list [here](#). Best tip: don't carry too much! You'll always need less than you think. FYI – good trail shoes are fine for the WHR, big bulky hiking boots aren't necessarily needed.

## **WILL I HAVE ACCESS TO THE INTERNET AND CELL SERVICE DURING THE WALKERS HAUTE ROUTE TREK?**

Access to internet and cell service during the Walkers Haute Route trek may be limited in remote areas. Most areas are pretty good for signal apart from some of the higher passes you go over.

## **HOW DO I GET TO THE STARTING POINT OF THE WALKERS HAUTE ROUTE TREK?**

The starting point of the Walkers Haute Route trek is Chamonix (France). The nearest major airport to the starting point is Geneva Airport, from which you can take a transfer, bus, or rental car to reach the starting point. If you're not starting at the beginning of the Haute Route then please get in touch and we can advise on best options. See our direction page [here](#).

## **WHAT'S THE FOOD LIKE ON THE WALKERS HAUTE ROUTE TREK?**

One of the great things about tackling this trek is the food you will be able to sample. Each country has its own specialities and each accommodation does things a little differently. The typical menu is likely to follow a Haute-Savoie feel with options like Raclettes, Tartifettes and Rostis.

If you know you get hungry or like a little pick-me-up then we recommend stocking up on snacks. Having a chocolate bar or bag of nuts stashed away for that final push up a col (pass) is always welcomed.

You will also be able to enjoy local wines and/or beers on your trip. Depending on how brave you are feeling, you can try out the local liqueur, G n pi.

On the Haute Route, mountain huts (cabane) offer hearty, traditional meals that reflect the local Swiss cuisine, often with French and Alpine influences. Here's what you can generally expect:

**Breakfast** is typically simple and may include:

- Fresh bread
- Butter and jam
- Cheese or cold cuts (sometimes)
- Yogurt and cereals
- Coffee, tea, or hot chocolate

**Packed lunches** available at huts might include:

- Sandwiches (often with Swiss cheese, ham, or local sausages)
- Salads (especially in summer)
- Snacks like chocolate, energy bars, dried fruit, or local cheese

**Dinner** is the main meal at the huts and often includes:

- Soup (vegetable, potato, or onion soup)
- Pasta dishes (e.g., spaghetti with tomato sauce or cheese)
- Rösti (a traditional Swiss potato dish, sometimes served with bacon or cheese)
- Meat dishes such as stews, sausages, or roast beef
- Fondue or raclette (melted cheese dishes, common in some huts)
- Seasonal vegetables or potatoes as side dishes
- Desserts such as chocolate cake, fruit tarts, or Swiss specialties like meringues with cream

**Vegetarian options** are generally available, including pasta, rösti, or vegetable dishes. However, options for vegan, gluten-free, or other specific dietary requirements can be limited, so it's a good idea to notify the huts in advance or bring some supplementary snacks.

The food on the Haute Route is filling and designed to refuel hikers after long days on the trail. Meals are often communal, providing a welcoming atmosphere to relax and share stories with fellow trekkers.

## WHAT'S THE WEATHER LIKE ON THE WALKERS HAUTE ROUTE TREK?

On the whole you are likely to experience temperatures in the mid 20's (Celsius) during July to September. However, in the mountains the weather can be quite unpredictable and there is always a chance that the temperature can drop very low (to freezing sometimes) or go as high as the early 30's, so come prepared. By prepared, we mean having lots of layers and plenty of suncream, a hat, sunglasses etc.

## WHAT SORT OF CULTURE SHOULD I EXPECT?

You will experience the French and Swiss cultures on this trip. Think wine and croissants in France and cheese and efficiency in Switzerland. Although these two countries are separated only by mountain peaks you can see very distinct nuances between each of them.

You are also likely to encounter many different nationalities enjoying the tour alongside you. People come from all over the world to experience the Walkers Haute Route trek, which is also what makes this trip so special.

## **IS THERE SNOW ON THE TRAILS EARLY AND LATE SEASON?**

Yes, snow can be present on the Haute Route in both early and late seasons.

- **Early Season (June to early July):**

In early summer, there is often still snow on higher sections of the Haute Route, especially on the high mountain passes. Some of the snow from winter may not have fully melted yet, making certain areas slippery and more challenging to traverse. It's important to be prepared for potential snow crossings, and sometimes crampons or trekking poles are recommended.

- **Late Season (mid-September to October):**

In the late season, especially from mid-September onward, fresh snow can start to fall on higher elevations, particularly during cold spells. Weather can change quickly in the Alps during this time, and snowfall is more likely at night or on exposed ridges and passes.

## **WHAT INSURANCE DO I NEED?**

Let's face it, these types of trips don't come risk free. We're putting ourselves in amazing environments but also environments that carry an element of risk with them. In order to protect yourself adequately you will need a specialist travel insurance that caters for the types of activities you will be undertaking. It is a condition of our agreement that you are covered by adequate travel insurance for your arrangements. [Click here](#) to understand which one is for you.

## **DO I NEED TO HAVE PREVIOUS EXPERIENCE?**

You don't need any previous trekking experience but it is worth having some hill-walking experience behind you. A high level of fitness will help prepare you for the amount of walking you'll be doing on this trek. You must be able to walk comfortably on mixed ground (plenty of ascent and descent) for long periods of time, wearing a backpack.

## **WHAT ARE THE MOUNTAIN HUTS LIKE?**

They are fairly basic but comfortable. You will sleep in dormitories on a shared basis, sometimes up to 6-8 per room (private rooms can be requested but availability is limited). The lodges offer breakfast and dinner (half board – included in your package), as well as options for buying snacks and a packed lunch for the following day. See [here](#) for more information on what to expect from your accommodations.

### **WHAT HAPPENS IF THE WEATHER TURNS BAD?**

Guides are experienced in handling various weather conditions. If the weather becomes unsafe (severe storms, etc.), the guide may alter the route or make adjustments to the itinerary to keep the group safe.

### **WHAT MONEY DO I NEED?**

There are two types of currencies used while on the trip: Euros and the Swiss Franc, though most if not all Swiss refuges on the TMB will accept Euros (€1=1CHF). You will need to carry some cash on the trip as not all businesses accept credit card. Along the route you will find ATM's in some of the towns you stay in but we recommend planning ahead. You can expect to spend anywhere from €20-€50 per day, depending on what you order.

### **WHAT'S GOOD TREKKING ETIQUETTE?**

It is mostly common sense but there are a few things that are good to bear in mind. It's often more exerting travelling uphill so when you're traveling downhill it is a nice courtestu to step aside to let uphill travellers pass (if the trail is too narrow to accommodate two people side-by-side). Follow the "Leave No Trace" principle: don't leave any rubbish behind on the trails, including organic waste (such as egg shells or orange peels), and try not to disturb the natural habitat (this includes not wandering off the trail).