



PLANNING YOUR FIRST ALPINE TRIP

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Are you planning your first Alpine trip? Few things are as exciting, or daunting. If you are unfamiliar with Alpine environments or trekking, the prospect of journeying here can feel like entering a whole new world. However, with the right preparation, this new world is guaranteed to open your eyes and expand your horizons.

At Adventure Base, we specialize in leading people on epic journeys through our guided Alpine treks and our self-guided Alps treks. Our team has accumulated decades of experience exploring the stunning mountains and valleys of France, Switzerland, and Italy, so we know this region like the back of our hand.

Keep reading for our guide to preparing for your Alpine journey, or feel free to contact us with any questions about our treks.

CHOOSING THE DESTINATION FOR YOUR ALPINE TREK

First up, you'll have to choose your Alpine destination. Perhaps you dream of the Dolomites, or eating Swiss cheese beneath Matterhorn. Maybe you dream of setting your eyes on Mont Blanc, or even hiking through Italy, France, and Switzerland all at once!

Here are our top three route suggestions for exploring the Alps:

- **Dolomites Alta Via 1:** If you want to explore the Italian Alps, the Dolomites Alta Via 1 is one of the most famous routes in the region. This route is 120-kilometers in total, but you can choose to do specific sections over a couple of days.
- **Haute Route:** The Haute Route takes you from Chamonix in France to Zermatt in Switzerland, connecting Mont Blanc and Matterhorn. While you don't summit these iconic mountains, you'll get to embark on one of the world's greatest multi-day treks lasting approximately 11 days. If you're a beginner, you can also do the shorter walkers route which stays below 3,000 metres.
- **Tour du Mont Blanc:** Do you want to traverse Italy, France, and Switzerland in one single trek? Then the Tour du Mont Blanc is for you. This iconic route covers 166 kilometers, but you can vary the distance and duration to your liking.

Whether the Alps will be your first introduction to multi-day trekking or not, there are a number of route options to choose from that will suit any level of experience. We can also help create a tailor-made Alps trek for you and your group, designed specifically around your needs and interests.



THE BEST SEASON FOR ALPINE ADVENTURES

The best time to embark on your alpine adventure is in the summer months, between July and September. During this time, you'll enjoy better weather, longer days, and trails mostly free of snow. If you want to climb at higher altitudes, this season is ideal. However, climate conditions can change quickly on the mountain, so it's important to be prepared for all weather.

GETTING FIT FOR YOUR ALPINE TREK

Trekking in the Alps is no walk in the park. You'll be in some of the highest mountain ranges in the world and tackling steep ascents and descents, depending on your route. However, since you are not summiting mountains, altitude sickness is unlikely.

Still, to make the most of your Alpine adventure you'll want to be as physically prepared as possible, especially if you have little previous trekking experience. This will decrease your chances of experiencing strain, fatigue, or injury on the trail. With the right training, you'll be well on your way to having an enjoyable Alps journey.

For tips on how to get fit, read our guide to [Trekking Training](#)!



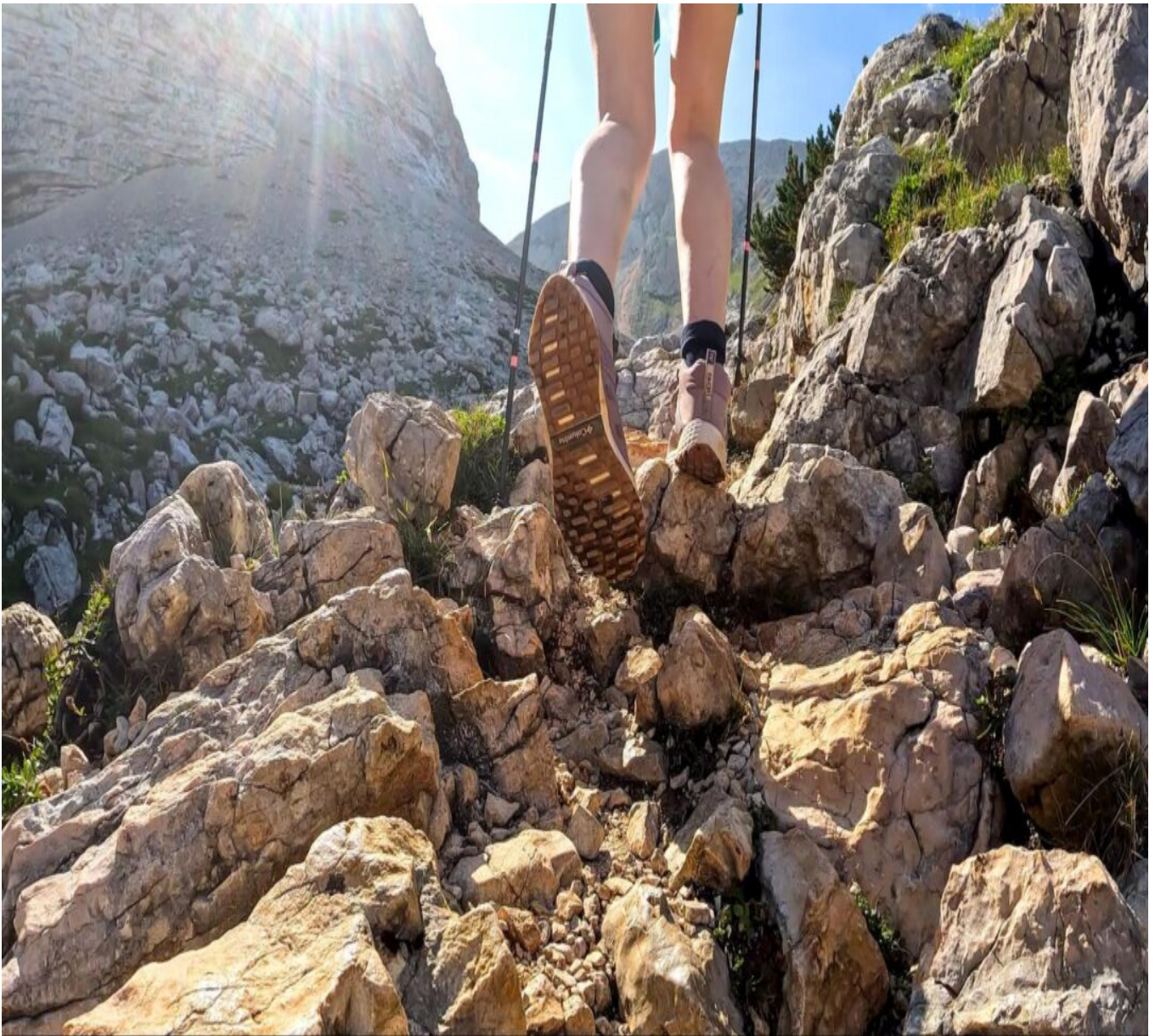
WHAT TO PACK FOR YOUR ALPINE JOURNEY

When packing for an Alpine journey, you need to be prepared for all kinds of conditions. Even when hiking in the summer, the weather can change quickly. As long as you have the correct equipment, you won't have to worry.

Here is our foundational packing list when it comes to clothes and equipment:

- Sturdy hiking boots or trail shoes with good grip and ankle support
- Breathable t-shirts
- Trekking shorts or trousers
- Thermal tops
- Thermal bottoms
- Waterproof trousers
- Waterproof jackets
- Down jacket
- Sun hat
- Beanie
- Thin gloves
- Merino socks
- Trekking poles

For more detailed information on what to pack, you can take a look at our [Tour Du Mont Blanc Trek Kit List](#) which will apply to most Alpine treks.



ACCOMMODATION ALONG YOUR ALPINE TREK

During your multi-day journey, you'll likely stay in a variety of different accommodations. Before and after your trek, when you are staying overnight in towns like Chamonix and Zermatt, you can stay in comfortable hotels and lodges. However, on the trail the only options are typically remote mountain refuges which provide basic amenities. You might not be staying in luxury, but you'll be pleased to rest in a bed and have a warm and hearty meal after a day of hiking.

The mountain refuges are all a part of the experience, as you'll get to enjoy a simple way of living while connecting with your fellow travelers. You can learn more about them with our guide: [Mountain Refuges: Simple Shelters, Big Adventures](#).



CHOOSE ADVENTURE BASE FOR YOUR FIRST ALPINE TRIP!

If you're ready to start planning your first Alpine trip, Adventure Base is here to help. We offer self-guided Alpine treks which include your accommodation, food, itinerary, and ground support. This is an excellent option if you want to explore on your own without the hassle of organizing. There are a range of routes to choose from, offering you plenty of flexibility too.

However, if you'd prefer to embark on your first trek with the company of a guide, we also offer guided Alpine treks that cover famous routes including the Dolomites Alta Via 1, the Haute Route, and Tour du Mont Blanc. Whichever way you choose to see the Alps, our team is waiting to welcome you. If you have any questions about our treks, don't hesitate to contact us.