



WALKER'S HAUTE ROUTE

2022 TRIP NOTES





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2022 TREK DETAILS

Dates: Available on demand
mid-June to mid-September

Duration: 7 days

Departure: ex Chamonix, France

Price: €2,450 per person 1:4 ratio
€2,050 per person 1:6 ratio
€1,850 per person 1:8 ratio

Trekking through larch forests. Photo: Paolo Pironi

The Haute Route is a classic journey, pioneered over 150 years ago and passing through the Alps from Chamonix in France to Zermatt in Switzerland. The Walker's Haute Route was devised as an alternative to the original mountaineering route and skirts the more technical glacial terrain. This makes the long distance trek more accessible and achievable for most trekkers, while still rewarding you with endless panoramic views, unique and remote mountain huts and a route steeped in alpine history.

HISTORY

The original or Classic Haute Route was first developed as a summer mountaineering route by the British Alpine Club in 1861. Then known by its English name, the High Level Route, the trail traversed from Chamonix to Zermatt via glacial passes through the Pennine Alps.

In 1911, the journey was completed as a winter ski tour for the first time, after which it became better known by its French title, the Haute Route.

As the European trail system advanced over the 20th century, the Walker's Haute Route was developed as a trekking alternative to the Classic route, avoiding the difficult glaciated terrain. Always staying under 3,000m/10,000ft, it is regarded as the most magnificent hut-to-hut hiking trail in the Alps.

ITINERARY

Private departures are available on demand from mid-June to mid-September.

DETAILED ITINERARY

Day 0

We arrive at the La Chaumière lodge in Chamonix, where the guide will undertake a briefing to go over the details of the trek, check equipment and answer any questions.

Day 1

Aiguillette des Posettes to Trient

We start our journey by taking a short ride on the Mont Blanc Express train as far as Montroc.



▲ Cloudy, cool weather is ideal for trekking. Photo: Andrew Hughes



▲ Enjoy the atmosphere of alpine villages and lodges. Photo: Paolo Pieroni



▲ All smiles in the shade of the larch forests. Photo: Paolo Pieroni

From here we begin by walking up through forest to reach the flank of Aiguillette des Posettes. The trail then leads to a col from where we enjoy outstanding views of the Le Tour Glacier, Mont Blanc and the Chamonix Valley. We continue on trekking towards Les Tseppes before a short climb up to the Col de la Forclaz (1,527m/5,010ft), where we spend the night.

Distance: 13.5km/8.5 miles

Time: 6–7 hours

Day 2

Col de la Forclaz to Lac de Louvie

Today we follow the Bovine Trail, starting with a steady climb to the Alpage de Bovine (1,980m/6,500ft), where we can stop for a short break and refreshments. From here, we head down the gorge to the rustic café Plan de L'Au (1,330m/4,360ft), where our taxi driver is waiting to transfer us to Fionnay Village (1,490m/4,890ft). We join another trail which leads us to the Cabane de Louvie (2,230m/7,320ft), where we overnight, soaking in the stunning views across the Mont Blanc Massif to the Grand Combin.

NOTE: No luggage transfer service on this day.

Distance: 18km/11 miles

Time: 7–9 hours

Day 3

Cabane de Louvie to Cabane de Prafleuri

Today will be even more spectacular as we traverse two high cols and enjoy stunning scenery. Our trek begins along a lakeside path before rising steeply up to the Col de Louvie (2,921m/9,583ft) and descending sharply onto the edge of the Grand Desert Glacier. We finally cross the Col de Prafleuri (2,987m/9,800ft) and then descend to the Cabane de Prafleuri (2,624m/8,609ft) for the night.

NOTE: No luggage transfer service on this day.

Distance: 18km/11 miles

Time: 7–9 hours

Day 4

Lac de Dix to La Sage

The day begins with a short but steep climb to the Col des Roux (2,804m/9,199ft), which overlooks the beautiful Lac de Dix (2,365m/7,759ft). An easy descent takes us down to a trail by the lakeshore, where we have views of Mont Blanc de Cheilon and the Pigne d'Arolla. The chances of seeing wildlife are high today, with ibex often frequenting the higher terrain around the Col de Roux and marmots living around the lakeshore.



A classic trail across the Alps. Photo: Paolo Pieroni

A steep ascent brings us to the Col de Riedmatten (2,919m/9,577ft) or the Pas de Chèvres (2,855m/9,367ft), which has ladders offering secure and easier ascent to the col. From here, it is all downhill to the village of Arolla (1,998m/6,555ft) and after a cold beer, we transfer to La Sage (1,700m/5,600ft).

Distance: 22km/13.5 miles

Time: 8–9 hours

Day 5

La Sage to Zinal

Today we rise early as we have quite a distance to cover and two cols to cross. The first ascent to Col de Torrent (2,912m/9,554ft) is long, but the walking is easy. We then descend to Lac de Moiry (2,249m/7,379ft), the perfect lunch stop to take in the views of the Pennine Alps. Onwards we continue to the Col de Sorebois (2,847m/9,340ft), a shorter, but steeper climb than we enjoyed this morning. An easy descent to Zinal (1,675m/5,495ft) and our overnight accommodation follows.

Distance: 24.5km/15 miles

Time: 8–9 hours

Day 6

Zinal to Gruben

We begin our traverse of the mountainside through larch woods and a summer meadow. At a junction in the path we can opt to cross the Col de le Forcletta (2,874m/9,429ft) or the slightly longer Meidpass (2,790m/9,154ft). We usually we take the Forcletta route for its more outstanding views, which we should arrive in time to enjoy over lunch. We then descend down into the edelweiss meadows below and head to Gruben (1,822m/5,978ft) for the night.

Distance: 19km/12miles

Time: 7–8 hours

Day 7

Gruben to Zermatt

We start the day walking through woodland, high pastures and rocky upland wilderness. Our final pass is Augstbordpass (2,894m/9,495ft), from which we descend to the hamlet of Jungu, then onwards the town of St Nicklaus. There is an option to take the cable car down from Jungu, thereby eliminating the last 1,000m/3,000ft of descent. Once in St Nicklaus (1,118m/3,668ft) we train or taxi to Zermatt.

Distance: 13km/8 miles

Time: 5–7 hours



▲ Travel high into the European Alps. Photo: Tammy Schiro

Day 8

Enjoy breakfast before departing for home.

OUR GUIDES

Adventure Consultants trekking guides are International Mountain Leaders or qualified under the BMG/NZMGA and/or IFMGA/UIAGM. They are professional trekking guides and operate to the highest industry standards. Our standards demand that our trip leaders are not only great guides but have strong people skills as well. You will find your guide friendly, approachable and focused on providing a safe and enjoyable trip in line with your objectives and comfort level.

Success with the highest margin of care is always a hallmark of our approach; promoting the realisation that trekking in the high mountains can be undertaken safely.

TEAM SIZE

We cater for private groups with a maximum of 8 trekkers in each departure.

PREREQUISITE EXPERIENCE

The Walker's Haute Route is suitable for trekkers with a reasonably high level of fitness. The trek requires participants to be able to walk between 6–9 hours per day, with daily ascents and descents of 1,500m/4,900ft or more.

It is imperative that you are able to carry a 10kg/22lb daypack each day, and a bag with overnight gear on Days 2 and 3, where there will not be access to your main luggage.

TREKKING SEASON

We operate in the Alps mid-June to mid-September and other times as conditions allow. In June and early July, the high passes may still have snow on the ground and as temperatures rise up into the summer months from mid-July, we traditionally experience more settled weather and warmer temperatures.

WEATHER

Europe has a continental climate, which in general encourages more stable weather. However, the weather in the high mountains can be changeable and at times, very severe. June may still bring some cooler weather and even snow, whilst July and August bring settled hot weather.

COMMUNICATION & MESSAGES

Our guides are in cell phone communication with our operations base throughout the trip. This assists us with schedule and weather forecast updates, accommodation coordination and safety backup. Your own mobile phone should work in the region, though you may want to check with your own service provider first. Local mobile phones can be rented at the international airports.



▲ Take in views of the spectacular Matterhorn. Photo: Tammy Schiro

EQUIPMENT LIST

Trekking in the European Alps requires that you have high-quality clothing and equipment due to the extremes of weather conditions. Our focus is on having the essential clothing and equipment to keep you warm and comfortable during the trek.

You will be sent an equipment checklist on confirmation of your booking. Your guide will go through this with you at the beginning of your trip. You can rent technical equipment for the trek but you must provide your own clothing appropriate to trekking as per the equipment list.

LUGGAGE TRANSFERS

We will arrange for your luggage to be transferred between your accommodation destinations each night, meaning you only have to carry a light daypack with the essentials you will need for the day.

Please note that due to the remote locations of the Cabanes de Louvie and Prafleuri, we are unable to offer this service on nights 2 and 3 and you should be prepared to trek with overnight gear on these days.

FITNESS & HEALTH

To make the most of your trekking experience we encourage you to work on your fitness prior to the trip. You will find that training on hills with a 5–7kg/11–15lb pack on is the best preparation for the mountains, with the aim of building your endurance. Your guide will be attuned to your fitness levels and will regulate the pace accordingly.

Our registration form requests that you advise us of any medical problems you may have and of any medications that you are taking. Any information you supply will be treated as confidential.

FOOD

Adventure Consultants will provide breakfasts and picnic lunches for the duration of the trek and evening meals on the hut/refuge nights while the trip is running. Should you decide to take a restaurant lunch that is not in the programme, this will be at your own expense. Evening meals on hotel nights are not included, so that you have the option to explore many of the wonderful restaurants in the region. Any additional food, beverages or meals you purchase that are not mentioned in the inclusions will be at your own expense.

We provide nutritious lunches and a supply of snack



Spectacular scenery abounds in all weather! Photo: Olivier Baron

food throughout the trek. It is a good idea to bring a small selection of your favourite snack food and hydration drinks with you to ensure you are fuelled by your preferred brands. Actual amounts required will depend on your consumption but 2 snacks per day in addition to the lunches that we provide would seem reasonable.

If you have any special dietary requirements, please advise us at the time of registration. If your dietary requirements are especially strict, you may be advised to bring a supply of your required food types with you to ensure you are provided for.

ACCOMMODATION

Accommodation is provided on a twin share B&B basis from the evening of Day 0 through to the morning of Day 8 after breakfast.

Accommodation in the mountains is in alpine huts in shared bunk rooms or dormitory rooms. Blankets are provided and no sleeping bag will be required. There is no single supplement (or private rooms) available in the mountain huts, but we can arrange this for you at additional cost on hotel nights during the trek. Please enquire about costs at time of enquiry.

TRAVEL

We commence our Walker's Haute Route from Chamonix in France. The closest international airport is at Geneva, just over the border in Switzerland. Regular shuttles operate between Geneva airport and Chamonix, with the trip taking about 1½ hours. Your shuttle driver will drop you directly at your accommodation.

The trek ends in Zermatt, Switzerland. The closest major airports are in Zürich and Geneva, which both offer services to a wide range of international destinations. Trains are easily the cheapest and fastest mode of transport from Zermatt to these hubs. Services transfer at Visp and will see you arrive in Zürich in 3½ hours and Geneva in 4 hours.

Alternatively, taxi/shuttle services are available from the airports, and offer a door to door service to your accommodation. Transfer costs are at your own expense, but we can provide advice and assistance with your transfer arrangements.

INSURANCE

We strongly recommend that you take out Trip Cancellation Insurance and Travel Insurance, as well as Medical and Rescue Insurance to protect yourself in the event of injury or mishap prior to or during your trip.

While our focus is on safety and our track record supports this, the mountains do have hazards and there is the potential for mishap. Should you be injured whilst on the trip, there is a very efficient rescue service nearby.

PRICE

The cost of the trek ex Chamonix is:

€2,450 per person at a 1:4 guide-to-trekker ratio

€2,050 per person at a 1:6 guide-to-trekker ratio

€1,850 per person at a 1:8 guide-to-trekker ratio



This is an inclusive cost and covers the following:

- Guide
- Mountain huts for 2 nights (dormitory rooms on a half board basis, breakfast and dinner included)
- Hotels for 6 nights on a twin-share B&B basis
- Picnic lunches
- Transport and luggage transfer as per schedule

The trek fee **does not** include the following:

- Any lift, hut, hotel or transport costs additional to the programme due to weather or logistics (any changes will be actioned only after you have been consulted by your guide)
- Personal clothing and equipment
- Evening meals on hotel nights
- Airport transfers to/from Chamonix/Zermatt (although we can arrange this for you)
- Any extra hotel nights prior to and after the trek
- Any hotel single supplement costs
- Extra additional meals or snacks/drinks purchased from huts or hotels
- Travel insurance
- Gratuity

PAYMENT DETAILS

All payments should be made by bank transfer to the following bank and account:

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington
New Zealand

For the account of Adventure Consultants Limited

Account Number: 1000-594771-0002

Account Type: Euros

Swift Address: BKNZNZ22

NOTE: All bank transfer charges are for the remitter's account.

We also accept your deposit and balance payment by credit card (Visa, Mastercard or Amex) plus a 3% card charge.

DEPOSIT

A deposit of €500 will secure a place on the trek.



▲ Enjoy the wonders of the Alps. Photo: Paolo Pieroni

BALANCE

The balance of payment is payable 60 days prior to your trip start date.

CANCELLATION & REFUND POLICY

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 60 days prior to your trip commencement date. A trek member may then cancel their participation on the following basis:

- Cancellations outside of 60 days will result in the loss of the trip deposit.
- For cancellations made within 60 days of the trip commencement date we reserve the right to retain 50% of the full fee.
- For cancellations made within 30 days of the trip commencement date we reserve the right to retain 75% of the full fee.
- For cancellations within 15 days of the departure date a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS TREK

If you would like to join this trek please feel free to book using our online booking form at <https://www.adventureconsultants.com/treks/european-alps-trekking/walkers-haute-route/book-now> and return your completed application to us with a deposit for the trip.

CONTACT US

If you require more information, please contact us at:

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▲ The Matterhorn at sunset. Photo: Olivier Baron



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

