

AROUND MATTERHORN

You are stepping over the Swiss and Italian borders whilst trekking around Matterhorn. A trek on 4000 m peaks' doors, which will make you see the most beautiful mountains of Switzerland Valais ! Breathe in the mountain air with full lung...

You move on a glacier in the middle of a grandiose landscape with, in the horizon, the iconic silhouette of this Italian-Swiss giant... the Matterhorn...

It is an elegant geological natural sculpture and certainly the most mythical summit of the Alps.

You will navigate on desolated peaks, go through vertigo-inducing cliffs, discover quaint villages and gorgeous glaciers in this mountaineering adventure through the heart of the Alps. Sometimes in lush forests, sometimes in the alpine meadows, this trip offers you the chance to discover the valleys of Annivier, Hérens and Aosta, crossing several passages over alpine mountain passes rising to heights of 3000m.

Throughout your journey, the peaks surrounding you are an invitation to dream, or maybe the departure of a new high-altitude adventure.

 Region	Swiss alps
 Activity	Summer Trekking
 Duration	6 days
 Group	4 to 8 people
 Code	TCERV
 Price	From €1,045
 Level	4/5
 Comfort	3/5
 Language(s)	English

ITINERARY

Day 1 ST NIKLAUS - COL D'AUGSTBORD - GRUBEN



We meet with your guide in front of St Niklaus cable car station, to then ascend to Jungu (1955), a village known for its traditional farms. You start your hike crossing this picturesque village whilst enjoying the view of the Zermatt Valley. Climbing up to the Augstbordpass (2894m), you will wander through lush forests, woodlands and mountain pastures in a very mineral environment, before the path opens up onto rocky terrain. With a little luck, you will meet marmots and ibexes.

A downhill later, and here you are in the very typical and picture-perfect alpine hamlet of Gruben Meiden in the Turtmantal valley, and stay overnight in a delightful swiss B&B.

6 to 7 hours, elev : + 1000 m, elev min : 1075 m, accomodation in bnb.

Day 2 GRUBEN - COL DE FORCLETTAZ - ZINAL



Wake up bright and early and climb to the Col de Forclettaz (2874 m). Do not forget to look around to enjoy the view of the Bishorn, this magnificent mountain that rises to 4153 m as well as the Turtmann Glacier. You walk along the Anniviers Valley and cross the Meidpass (2790m), and follow the nice downhill slope to Zinal, where you spend the night. If you're a complete fan of locally brewed beer, Zinal has a number of craft beers worth having a sip (or pint) of, but make sure to stay reasonable, we have a long day tomorrow.

6 to 7 hours, elev : + 1100 m, elev min : 1300 m, accomodation in bnb.

Day 3 ZINAL - LAC DE MOIRY - LES HAUDERES - AROLLA



Hopefully, you don't have a headache from drinking too much beer last night!

You start your day with a bus transfer to Lake Moiry, one of Switzerland's biggest dams. From here you climb up to Col de Torrent (2916 m) where you will enjoy the view of the Dent Blanche (4357 m), the Grand Cornier (3962 m) and the Dent d'Herens (4171 m).

Descent to the small village of Haudères (1458 m) in the Val d'Arolla, then hop on a shuttle bus to Arolla to have a good rest.

6 to 7 hours, elev : + 600 m, elev min : 1300 m, accomodation in bnb.

Day 4 AROLLA - COL COLLON - PRARAYER



Today you will approach the high mountain through the crossing of the glacier Arolla. Accompanied by a mountain guide, you will advance safely. Enjoy the view of the 4000 m majestic and imposing peaks. Collon Pass (3087 m) marks the border between Switzerland and Italy: it is our first pass over 3000 m. You then go down to a mountain refuge run by a lovely local family. Have some well-deserved rest time before tomorrow's climb.

7 to 8 hours, elev : + 1250 m, elev min : 1250 m, accomodation in mountain hut

Day 5 PRARAYER - COL DE VALCOURNERA - BREUIL CERVINIA



During the ascent to the Valcournera pass (3075 m), suck in the panoramic views of the dam and Lake Place Moulin, in the heart of Valpelline. Some passages are equipped with fixed ropes to help you climb. At the top, it is the lake of the Mont Dragon and the Grande Lago that will delight you. After leaving behind the Perucca hut (2909 m), you will climb up and overlook the Tsignanaz lake (2158 m), then descend to Perrères. A shuttle bus will take you to Breuil-Cervina.

7 to 8 hours, elev : + 1300 m, elev min : 1200 m, accomodation in bnb.

Day 6 BREUIL CERVINIA - THEODULPASS - ZERMATT



After a short cable car transfer to Testa Grigia, the Matterhorn guides refuge (3480 m) marks the highest point of your trek, and also the border between Italy and Switzerland. You descend on the Teodulo glacier with a mountain guide. You'll be breath taken by the beautiful landscapes of high mountains in front of you, with the summit of Breithorn (4 165 m) and the majestic Matterhorn (4478 m) in all its glory. You will then make your way back to Zermatt, an authentic Swiss mountain village.

6 to 7 hours, elev : + 1500 m, elev min : 1900 m, accomodation in bnb.

DATES & PRICES

International departures:

No departure for now

Trip code: TCERV

Included

- The technical organization of the stay
- Supervision by a mountain leader and a mountain guide for the passages on glaciers
- Accommodation in Lodges, inns and shelters.
- All half-board and picnics.
- Transfers foreseen in the normal course of the program: bus and ski lifts
- Luggage on J3 in Arolla (you will then find your luggage on arrival in Zermatt): 4 nights without luggage accompanied.

Not included

- Registration fees (18€ per person)
- Transfers to the rendezvous point and from the dispersal point (Zermatt / St Niklaus route for find the cars)
- Food supplies
- Insurance / assistance: search, rescue and repatriation costs in the Swiss and Italian territories.
- Drinks and personal expenses in the refuges: plan for Swiss francs.

Terms and conditions

Inscription

By booking one of our travels, the customer bindingly accepts the general terms and conditions of sale. Each customer must fill a registration form. The booking is definitively registered when the customer has settled the payment of a deposit of 30 % of the total trip's price (subject to availability at the time of registration). In case of short term booking – within 30 days before the travel departure, the full trip's price is due immediately. Payments can be settled via bank transfer (SWIFT code/IBAN number) or online, directly from our website (available soon). You will receive an email with a booking confirmation as quickly as possible.

Facturation

Once your booking registered, we send you an email with the invoice. Full payment is required at least 30 days before your arrival. If the customer does not settle the payment of the travel's price within the period agreed upon, Altaï Alpes gets the right to cancel the booking without additional charges.

Annulation

For any reason, if you decide to withdraw from a trip, the amount already paid will be refunded subject to the following exceptions:

- Cancellation up to 45 days before the agreed beginning of the trip: You will be charged 20 % of the travel's price, in addition with every non-refundable expenses for additional services booked on request (internal flights, site entrance tickets, activities...)
- Cancellation between 44 and 15 days before the agreed beginning of the trip: You will be charged 50 % of the travel's price, in addition with every non-refundable expenses for additional services booked on request (internal flights, site entrance tickets, activities...)
- Cancellation less than 14 days before the agreed beginning of the journey: You will be charged 100 % of the travel's price, in addition with every non-refundable expenses for additional services booked on request (internal flights, site entrance tickets, activities...)

Any cancellation shall be notified in writing (email, letter or fax). The cancellation will be effective as soon as we receive your written statement. If we notice early that the minimum number of participants for a trip cannot be reached, Altaï Alpes will exercise its right of withdrawal immediately. In that situation, you will be informed of the cancellation of your travel no later than 21 days before the agreed beginning of the journey. Altaï Alpes can also cancel a travel in case of major circumstances such as volcanic eruption, civil disturbances, strikes, weather and climate conditions, in order to ensure traveler's security... In such cases, you will immediately be refunded of any payments. However, you will not be entitled to any compensation.

Modification du contrat

If any change is made in the travel's contract at the customer's request, any fee that might arise from this change shall be paid by the customer. In any cases, every request for changes shall be notified in writing. In case of external events that could not be foreseen, Altaï Alpes might change some aspects of the travel contract. We will endeavour to inform you of any change as quickly as possible.

Prix et révision des prix

All travel prices for groups on our website have been calculated for the indicated number of participants. The price list is confirmed after the booking. If the number of participants is lower than expected, an additional payment charge might be applied. For each travel and program, we mention the price per person – valid for the minimum number of participants – and we provide you with detailed explanations about the services included or not. Any change, of the currency exchange rates or on the price of travel's services in particular regarding the cost of the fuel, might entail price revision.

Cession du contrat

In case of transfer of the contract by the customer to an assignee, modification and cancellation conditions will be applied.

Insurance

We recommend you to get your own insurance before your departure to cover the activities undertaken by Altaï Alpes. Please email us your insurance contract information (insurance company's name, contract number, phone number) and bring this information with you during your trip.

PRACTICAL INFO

Staff

Our trip is supervised by a mountain guide who will bring you the technical elements needed for trail progression. The glacier stages will be supervised by a mountain guide. The guide and the guide may have to modify the program to ensure safety in function weather conditions, mountain or the condition of the participants.

Food

Meal

- Picnics for lunch
- In the evening, meals are served at the accommodation
- Bring some snacks according to your taste before departure: cereal bars, chocolate bars, dried fruit ... and do not hesitate to bring small specialties from your region for aperitifs!

Water is expensive in the shelters. Count 5 to 8 Swiss francs per bottle following the refuges.

We advise you to take purification tablets (Aquatabs or Micropur type) which will allow us to consume running water.

Remember to take change in Swiss francs for coffees, juices, beers or coca during stop ... often shelters do not have a credit card machine and do not accept euros

Accommodation

The accommodation is in hostels, lodgings and refuges comfortable and warm: the rooms and dormitories will be shared and mixed, and collective sanitary facilities.

Budget & exchange

Switzerland uses the Swiss Franc (CHF). It is better to change money before departure, however euros are widely accepted in Switzerland.

Credit cards and debit cards are very useful for cash advances (but don't forget to bring your PIN number!). ATMs are available in most of the towns you will cross during your stay, but there are no guarantees that your credit card will actually work in Switzerland. Also, refuges often don't have EPT (Electronic Payment Terminal): it is best to bring cash. Be aware of the fees usually applied when purchasing products or services on a credit card.

Always take more rather than less, as you don't want to spend your trip constantly feeling short on funds.

As currency exchange rates can often fluctuate, we recommend to check the following website for daily exchange rates:

<https://www.xe.com/>

Tips

Clients usually pay for the guides' drinks : you might find it practical to make a group kitty at the beginning of your stay (no obligation).

Vital equipment

- Bonnet
- Hat (or cap) for sun and / or scarf
- Sunglasses of excellent quality and category 3
- 1 pair of fleece or wool gloves
- Breathable technical underwear
- Breathable technical under
- pull (carline, light fleece ...) with long sleeves
- 2 breathable T-shirts with short sleeves
- Polar jacket

- 1 anorak or jacket / down vest
- 1 windproof and waterproof jacket Goretex type.
- 1 breathable technical tights
- 1 comfortable hiking pants
- 1 shorts or cropped pants
- 1 windbreaker pants Goretex type
- 2 pairs of socks, a thin pair and a thicker one (avoid the cotton that causes blisters)
- 1 nightwear

EQUIPMENT

- Trekking shoes with Vibram sole and waterproof, and holding the ankle, which you will have beforehand worn on some hikes to make them at your feet. You must never leave with new shoes, otherwise beware of blisters ...
- Telescopic sticks
- A pair of leggings
- A sheet type meat bag (there are blankets in refuge)
- A small toiletry bag with a quick drying towel (showers possible everywhere)
- A sun protection cream (face and lips) + after-solar
- A headlamp, with spare batteries
- 1 water bottle or camel-back of 1.5 liters
- A pocket knife
- Toilet paper + lighter
- Two to three plastic bags (100 liters) to protect the backpack and business in case of rain
- A Tupperware for midday salads, with knife, fork and spoon.

Luggage

You will bring 2 bags:

- A travel bag for your spare clothes, transported by the assistance vehicle (10 kg maximum, 60 per 40 cm). Warning ! Only one bag not exceeding 10 kg, any surplus will be refused or invoiced.

Baggage is delivered in drive to Arolla then Zermatt. Your spare belongings and your sleeping bag should be grouped in 1 bag only. Baggage is brought in the morning of day 6 and kept at the dispersal site in Zermatt.

- A 40L backpack with wide ventral strap and chest strap for your daily belongings

Remember to insulate the spare linen from moisture. You will have to be able to put your things there for 3 days, with picnics.

Medicine

Your guide has a pharmacy of first urgency.

Plan with your doctor your personal pharmacy:

- Personal drugs
- Pain reliever (preferably paracetamol)
- Double skin
- Elastoplast
- Local disinfectant
- Anti-inflammatory
- Antispasmodic
- Anti-diarrheal
- Anti-vomiting
- Intestinal antiseptic
- Eyewash
- Light sleeping pills
- Earplugs

- Broad spectrum antibiotic
- Vitamins C

Non-exhaustive list.

Passport

Please make sure your passport and travel documents are valid.

Visa

- Up to 90 days visit in Switzerland : citizens from most countries do not need a visa to visit Switzerland.
- Over 90 days visit in Switzerland : non-EU or non-EFTA citizens must have a visa to visit Switzerland over 90 days.

For further information, please check the following website : <https://www.swiss-visa.ch/>

Identity card

For EU and EFTA citizens, you can use your identity card to travel to Switzerland.

Mandatory vaccines

No required vaccination.

Health information & recommendations

It is important to consult your doctor for medical travel information well before departure. We recommend that you carry a First Aid kit as well as any personal medical requirements.

Please keep in mind that we are often in remote areas, away from medical facilities. Please carefully read the brochure and itinerary when selecting your trip, to make sure our style of travel suits you.

Please note you will travel to high altitude. Most people can travel to 2 500m with minimal effects. However, everyone reacts differently to altitude and altitude sickness can occur.

For details on how to best prepare your trip please consult your physician.

Weather

The Swiss climate is moderately continental in the plateau, Alpine in the mountains, and more temperate in the Canton of Ticino. In the mountains, the climate varies with altitude and slope exposure, but in winter, they are located above the blanket of fog and low clouds that often covers the plateau, so they are also sunnier in this season. The cold wind, which in Switzerland and in central France is called Bise, blows from the north-east and is more frequent in winter and spring.

Late winter and early spring (February-March) are recommended for a ski holiday, since the days are longer than in December and January.

For further information on the wether during your trip, please check the following website : <https://www.meteoswiss.admin.ch/>

Electricity

The electrical current in Switzerland is 230V, 50Hz. Swiss sockets are recessed, three-holed, hexagonally shaped and incompatible with many plugs from abroad. They usually, however, take the standard European two-pronged plug.

Most refuges have electric plugs, but some haven't. If you scared of running low on battery, bring an external battery with you.

Local time

Switzerland is in the Central European Time Zone (CET). Central European Standard Time is 1 hour ahead of Greenwich Mean Time (GMT+1).

Sustainable tourism

We do our best to offer trips subscribed to the principles of responsible and sustainable tourism. Our aim is to allow visitors to

discover the many facets of Switzerland by taking you off the beaten path and getting you in touch with its nature and residents, while ensuring that your visits do not have a negative effect on its natural environment and people.

- Most of our accommodations are run by locals, thus ensuring that the largest part of the revenue generated through your trip will stay within the region.
- France is known for its exquisite cuisine. The art of cooking and the joy of eating are part of everyday life. Each region has its particular foods and flavors which we would like you to explore and appreciate.
- Water is a precious and rare good. Our team and those travelling with us are thus advised to use it with consideration and avoid excessive water use where possible.
- Please try to recycle your waste whenever possible, even though recycling may not be a well-known concept in all areas.
- Be cautious and respectful when hiking. Make sure to wear suitable footwear and avoid picking flowers, moving stones or lighting fires.