

## Haute Route Summer Alpine Trek

**“Take the next step” – our glaciated high level trek is a truly amazing journey on foot from Chamonix to Zermatt.**

### Haute Route Alpine Trek – summary

Our itinerary connects alpine paths, high mountain huts, remote glaciers and easy alpine peaks on a journey of discovery from France to Switzerland.

On route, as well as enjoying the incredible scenery, we invariably encounter bouquetin and chamois, discover alpine meadows filled with gentians, asters and eidelweiss and often spend the entire day meeting few other walkers.

This trip is suitable for fit adventurous hill-walkers who would like to “take the next step” and learn to use crampons on easy alpine trekking terrain.

### Haute Route Alpine Trek – is it for me?

The Haute Route is one of Europe’s, if not the world’s, best known long distance touring routes for both skiers and walkers, depending on the time of year. Our route is a spectacular and demanding 8 day mountaineering trip from Chamonix, at the foot of Mont Blanc, to Zermatt in Switzerland.

This incredible journey through the French and Swiss Alps on glaciated terrain is suitable for adventurous and fit hill walkers, as well as mountaineers. Along the route we walk on alpine footpaths, across snow-covered glaciers and climb some easy alpine peaks.

### Haute Route Trek – fitness requirements

Participants on this course should be fit hill walkers that are used to long days on the hill. For more information on fitness for alpine climbing refer to our Fitness for the Mountains guide.

### PRICES – SUMMER 2018

- **Saturday to Saturday – 8 days**  
A bespoke itinerary can be arranged with more or fewer days.
- **Guide only price – from £350 per day, plus guide expenses**
- **Maximum group size - 6 people**  
Additional guides can be arranged for larger groups.

### We can help you arrange... \*

- Transfers to and from Chamonix
- Accommodation in Chamonix
- Accommodation and meals in the mountain huts
- On route transfers – Champex to Mauvoisin and Zermatt to Chamonix
- Lift passes where required
- Equipment hire.

\*not included in guide only price

### We do not organise...

- Flights
- Insurance.

### Equipment requirements

- Equipment list available when booking.

### To make a booking

For more information about the Haute Route Summer Alpine Trek, or to book:

tel: +44 (0) 330 321 1017

email: [info@mountainadventureguides.co.uk](mailto:info@mountainadventureguides.co.uk)

## Haute Route Alpine Trek – sample itinerary

### DAY 1

Training day on the Mer de Glace. We learn basic crampon, ice axe techniques and glaciated roping systems on the Mer de Glace, which is a short cog railway journey from Chamonix. The skills learnt on this day are the core requirements for trekking the Haute Route.

### DAY 2

The first day of the high level route starts from Le Tour at the head of the Chamonix valley. We walk on alpine paths past the Albert Premier mountain hut. Shortly afterwards we put on crampons, rope up and travel up the glacier de la Tour, crossing into Switzerland. With tantalizing views of the summit of the Matterhorn on the horizon, we cross the Trient glacier to the Orny hut where we spend the night.

### DAY 3

From the Orny hut we descend a spectacular path into the village of Champex. After a brief stop for coffee we take a short taxi ride to Mauvoisin. From here we cross the dam and climb above the lake on beautiful alpine meadows to the Chanrion hut.

### DAY 4

From the Chanrion hut we retrace our steps for a short way before climbing steeply to the Col de Lire Rose. The terrain becomes more and more rugged before we gain the next col, Col de Mont Rouge, and begin travelling on glaciers again. From the final col of the day we descend under the dramatic peak of Mont Blanc de Cheilon before arriving at our hut for the night, the Cabane des Dix.

### DAY 5

An early start gives us the opportunity to climb the Pigne d'Arolla, at 3798 metres. This is one of the high points of the route and gives an incredible 360 degree view. A short descent takes us to the amazingly situated Vignettes hut where we can have a welcome drink. We then have a long descent into the beautiful valley of Arolla and a hot shower in our hotel for the night.

### DAY 6

Today is all about going up! From the village of Arolla we take a steep zigzagging mountain path with stunning views of Mont Collon, which dominates the head of the valley, to the Bertol hut. This hut is spectacularly perched on an exposed rocky ridge and requires climbing some steep metal ladders to gain the front door and a well-deserved rest.

### DAY 7

This is the crux day of the Haute Route. We must have good weather to attempt the journey from the Bertol hut to the summit of the Tete Blanche 3724 metres. From here we may climb the Tete de Valpelline 3802 metres before descending the Stochji glacier and a final climb to the Schonbiel hut opposite the North face of the Matterhorn.

### DAY 8

From the Schonbiel hut it is a gentle walk into Zermatt down beautiful alpine tracks with fantastic changing views of the Matterhorn throughout the whole journey. In Zermatt we have time for sightseeing and lunch before the taxi ride back to Chamonix.

## BOOKING FORM

To make a booking please complete the form below. Scan and email back to info@mountainadventureguides.co.uk or send by post to: Mountain Adventure Guides, Cherry Blossoms, Barline, Beer, Devon, EX12 3LP, UK

**To secure a booking a deposit of 25% of the total cost of the course is required.**

A booking will be held for you for a maximum of 10 days without a deposit. If we have not received a deposit after this time the reserved place or places will be made available to others.

Once we have received your booking form and deposit we will issue you with a confirmation form to notify that you have been booked onto the course.

**The balance of your course is due no later than eight weeks prior to the start date.** If the booking is made less than 8 weeks prior to the course then the total cost is payable immediately. Once we have received the full balance for the course we will send you a final confirmation form.

**Payment:** deposits and balances can be paid by bank transfer or UK bank cheque.

- Cheques made payable to: **Mountain Guides Ltd**
- Bank transfers in GBP sterling: **Lloyds Bank TSB** (Trinity Square, Axminster, Devon, EX13 5AL, UK)  
Sort Code: **30-90-37** / Account No: **28768560**  
IBAN: **GB58LOYD30903728768560**  
BIC: **LOYDGB21275**  
Reference: **your name**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

COUNTRY: \_\_\_\_\_ POSTCODE: \_\_\_\_\_

TEL NO.: \_\_\_\_\_ MOBILE NO.: \_\_\_\_\_

EMAIL: \_\_\_\_\_

COURSE NAME: \_\_\_\_\_

DATES OF COURSE: \_\_\_\_\_ NUMBER OF PEOPLE IN GROUP: \_\_\_\_\_

TOTAL COST OF THE COURSE: £ \_\_\_\_\_ 25% BOOKING DEPOSIT: £ \_\_\_\_\_

ANY MEDICAL CONDITIONS WE SHOULD BE MADE AWARE OF?  YES  NO

IF YES, PLEASE GIVE MORE INFORMATION: \_\_\_\_\_

EMERGENCY CONTACT NAME AND TEL NO.: \_\_\_\_\_

I HAVE READ AND UNDERSTOOD THE TERMS AND CONDITIONS OF MOUNTAIN GUIDES LTD.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

## MOUNTAIN GUIDES LTD: TERMS AND CONDITIONS

**Booking and Payment :** Mountain Guides Ltd shall include where appropriate its associates and employees. The Client means the person who makes the reservation and must be a minimum of 18 years old. By making such a booking the Client shall be deemed to have accepted the terms of these booking conditions.

**Deposits and bookings:** No contract shall exist between Mountain Guides Ltd and the Client until a 25% deposit has been paid and a confirmation email has been sent from Mountain Guides Ltd.

**Final balance:** The final balance is to be paid no later than 8 weeks prior to the start of the course the Client has booked for and if a booking is made within this 8 weeks then full payment is required. If payment is not received by the due date then Mountain Guides Ltd reserves the right to cancel the reservation without further notice, retaining deposits and the right to levy cancellation charges.

**Payment:** must be made by bank transfer or UK cheque

**Cancellation:** If you wish to cancel your course, cancellation will only take effect when written or email notification by the Client is received by Mountain Guides Ltd. The following cancellation fees will become immediately payable to Mountain Guides Ltd.

**Notification of cancellation given:** cancellation fee

Up to 8 weeks prior to course start: deposit (25%)

Less than 8 weeks: 100%

We strongly recommend all Clients to arrange suitable travel insurance to cover losses.

**Holiday Insurance:** It is mandatory that whilst on a Mountain Guides Ltd course the Client has personal insurance to fully cover themselves for personal accident, rescue and third party risks. Mountain Guides Ltd will also not be held responsible for your luggage and personal effects whilst on a Mountain Guides Ltd course.

**Cancellation or amendment by Mountain Guides Ltd:** We reserve the right to cancel any course if there are insufficient bookings for that course or we have irresolvable staffing issues e.g. illness or injury. In the unlikely event that Mountain Guides Ltd has to alter or cancel your holiday the Client shall be offered:

- a) an option to transfer to another course. If the price of the new course is more than the original one the Client will be requested to pay the difference. If the price of the new course is less than the original one the Client will receive a full refund of the difference,
- b) an option to pay a supplement for the course to run the course,
- c) a full refund,

unless the cancellation or alteration is due to forces beyond the control of Mountain Guides Ltd such as fire, floods, natural disaster, political unrest, riots, strikes, war or any other circumstances amounting to Force Majeure.

**Surcharges:** Mountain Guides Ltd shall endeavour not to surcharge your holiday cost, but if surcharging is necessary we will attempt to keep any increase to a minimum and will advise the Client of the adjustments at the earliest opportunity.

**Equipment:** The Client will be responsible for the loss or damage to equipment loaned or hired to the Client. The cost of repair or replacement of the equipment will be charged to the Client.

**Safety:** Mountain Guides Ltd will make every effort to safe guard the Client's safety in the Mountains however the Client must be aware that when undertaking activities in the mountains there is an element of risk. Climbing, skiing and mountaineering are activities with a danger of personal injury or death and participants should be aware of and accept these risks and be responsible for their actions and involvement. While your guide every reasonable step to reduce these risks to a minimum, they cannot be totally eliminated.

Mountain Guides Ltd has the right to cancel or curtail the participation of any Client that they believe is potentially placing themselves or other members of the group at risk.

**Client Participation:** Mountain Guides Ltd also has the right cancel or curtail the participation of a Client that is acting in an inappropriate behaviour that is disruptive to others in the group.

**Weather:** Mountain Guides Ltd cannot be held responsible for the snow and weather conditions prevailing at the time of your course. In adverse weather conditions Mountain Guides Ltd will make every effort to ensure that your course will be tailored to provide a suitable alternative programme.

**Accommodation:** Where Mountain Guides Ltd undertakes to book accommodation on behalf of the Client there will be an Agent either in or nearby to Chamonix who can be easily contacted. The Agent is available to sort out aspects of the accommodation while the Client is in occupancy. Whilst every effort is made to ensure that the accommodation is in acceptable order and with adequate equipment, Mountain Guides Ltd will not accept responsibility for deficiencies beyond its control.

**Client Liability:** It is the Clients' responsibility to ensure that the accommodation/ apartment/ chalet is left in a clean condition, with replacement of all breakages, if this is not possible, the breakage should be reported to the Agent and paid for. The client must adhere to all chalet exit regulations by signing a document on arrival. A returnable damage deposit of 500E is authorized at the time of full payment or on arrival from your credit card and will be returned within 2 weeks of departure, less any costs incurred for cleaning and damages not reported or paid for. Mountain Guides Ltd shall be entitled to recover from the Client costs for damages or losses caused by the Client or a third party. If the Client fails to do so, the Client must indemnify Mountain Guides Ltd against any claims (including legal costs) subsequently made against Mountains Guides Ltd or its agents as a result of the Client's actions. Mountain Guides Ltd and its Agents reserve the right to terminate the holiday of any Client whose behaviour or that of any of the Client's party is considered to be unacceptable.

If there are any problems about the condition of the accommodation/ apartment/ chalet and any inventory discrepancy, the Client should contact the Agent directly on a number which will be supplied at the time of booking. The Client is unable to request a change of apartment during their holiday. Mountain Guides Ltd disclaims any liability for disputes between the Client and the local Agent. Mountain Guides Ltd disclaim any liability for negligence of use by the Client of items associated to the accommodation/ apartment/ chalet.

**Third Parties:** Mountain Guides Ltd does not accept liability for any act or default or omission on the part of the suppliers of any service that Mountain Guides Ltd offers and over whom Mountain Guides Ltd has no direct control or has information link to on this website. All company links and information on this site is the sole responsibility of that company or their site. Mountain Guides Ltd disclaims any responsibility or liability for any issues relating to these companies. The Client will be bound by the operating conditions of the suppliers of the other services that make up the holiday. In no event shall the liability of Mountain Guides Ltd to the Client exceed the price paid for the relevant holiday or arrangement.

**Complaints:** Any complaints should be addressed to Mountain Guides Ltd at the time of the course or within one month of the end of the course.

**Disputes:** Any contract between the Client and Mountain Guides Ltd shall be governed in all respects by English Law. Only English Courts shall have jurisdiction in relation to any claim or dispute arising out of or connected with any such contract.

**Information Accuracy:** Every effort has been made to ensure that the information supplied by Mountain Guides Ltd is accurate to the best of our knowledge at the time of writing.