

# Mont Blanc To The Matterhorn

Switzerland & France



**18** MIN AGE    **15 DAYS** FLIGHT INC.    **15 DAYS** LAND ONLY    **TWH** TRIP CODE



## Summary

The Haute Route is one of Europe's best known long distance ski-touring routes; running roughly parallel is a spectacular and demanding summer trek from Mont Blanc to the Matterhorn. The route covers approximately 100km and travels west to east, across seven alpine passes linking the valleys of Haute Savoie in France to the Swiss Valais. Following our qualified International Mountain Leader, we pass beneath ten of the twelve highest mountains in the Alps: Mont Blanc, Grand Combin, Dente Blanche, Monte Rosa and the Matterhorn, to name just a few of those over 4000 metres. Three nights are spent in high alpine huts and village inns where we can savour the peaceful mountain atmosphere; the rest of the trip is vehicle-supported camping using roomy, easy to erect tents and enjoying delicious meals prepared in camp.

## At a glance

- 10 days point-to-point walking; 3 days light backpacking
- Vehicle support on all camping days
- Altitude maximum 2965m, average 1525m
- Group normally 6 to 14, plus leader. Min age 18 yrs
- 11 nights camping, 2 mountain huts, 1 village inn (dormitory style)
- All breakfasts, 10 picnic lunches and 12 dinners included

## Highlights

- Enjoy spectacular mountain scenery and some of the best walking in the Alps
- Challenging walking amongst the highest concentration of 4000m peaks in the Alps
- Visit the exciting high alpine towns of Chamonix and Zermatt



## IS THIS TRIP FOR YOU?

**Activity level 5 - Challenging. 10 days hard walking maximum altitude 2,965m, average 1,525m**

This trip is graded Activity level 5 (Challenging) and some of the days are indeed challenging with up to 1600m of ascent and on other days similar descents. On some days when we cross glacial moraine the terrain is rough and loose underfoot. There are also some steep sections with chains provided to give support. The cumulative fatigue of hard trekking for two weeks should not be underestimated.

As this is a group holiday you need to be confident that your fitness will allow you to enjoyably walk at a consistent and steady pace that matches the group average, therefore allowing the group to finish the day at a reasonable time. You will also enjoy the trek a great deal more if your fitness allows you to walk the route in relative ease. Walking hours stated are given as approximates only. Timings stated include lunch and photo stops and will vary depending on the pace of your group.

There is one qualified International Mountain Leader (IML) that accompanies the group throughout and it is their decision if you will be able to accompany the group on any particular day. For safety reasons the group leader may also change their walking style from one where everyone walks at their own pace to one where the group walks together at the speed of the slowest, depending on the conditions, weather and visibility. The scenery on this trip is stunning, and may well be the best walking you have ever done, but it is important to be prepared and have a high level of walking fitness and stamina.

Whilst camping the support leader will erect your tent but in the morning you will be expected to pack away your own tent (these are modern pop up style tents that are very easy and quick to fold away and pack) and the whole group generally helps to load the support vehicle on the days when we move camp. After breakfast and on the nights when we eat in camp you should expect to help with the washing up.

If you have any concerns about your suitability for this trip or questions regarding the grading, please do not hesitate to contact us.

You may find our Fitness Training Guide a useful reference: [http://www.exodus.co.uk/assets/pdf/Exodus\\_WT\\_Fitness\\_Training\\_Guide.pdf](http://www.exodus.co.uk/assets/pdf/Exodus_WT_Fitness_Training_Guide.pdf)

## LAND ONLY ITINERARY

The entries in bold at the end of each day indicate the meals included.

### Day 1 - Start Les Bossons, France

Start at the campsite in Les Bossons. Wonderful views from the campsite of Mont Blanc and the Bossons glacier, especially at sunset. In the evening there is an introductory briefing by the trek crew. **(Dinner)**

### Day 2 - Warm-up day, Chamonix Valley

This is a limbering up day and there are several good walks nearby. Alternatively, take the téléphérique (optional) to the Aiguille du Midi for outstanding close-up views of Mont Blanc, the Chamonix Valley and the surrounding peaks. **(Breakfast, Dinner)**

### Day 3 - Plan Praz - Lac Blanc - Les Frasserands

From Les Bossons (1,012m/3320ft) we have a short bus journey to Chamonix from where we take the téléphérique to Plan Praz (1,999m/6560ft). The trail is on the opposite side of the valley from Mt. Blanc and affords excellent views of the whole massif lying to the south. We ascend to reach the high point of the day at Lac Blanc (2352m/7715ft). The trail descends and then contours high above the valley before descending steeply to the hamlet of Les Frasserands (1,371m - 4500ft). In the afternoon there is a very short section of ladders/steep steps with handrails to descend.

8.5 hours walking time including breaks and lunch etc. 15km/9 miles, 550m/1800ft up, 1270m/4170ft down **(Breakfast, Lunch, Dinner)**

### Day 4 - Col de Balme - Trient, Switzerland

We begin by climbing steeply to the Aiguillette de Posettes (2201m/7200ft), descend a little and then ascend towards the Col de Balme (2,191m/7190ft) where we walk across the border from France to Switzerland. Excellent views all morning of Aiguille d'Argentière and Aiguille du Tour and its glacier. After lunch we descend to the small hamlet of Trient (1,296m/4250ft). Good views of the Trient Glacier. Rough camp near Trient.

7.5 hours walking, 15km/9 miles, 1120m/3670ft up, 710m/2330ft down **(Breakfast, Lunch, Dinner)**



### Day 5 - Fenetre d'Arpette - Champex

In good weather we take the trail adjacent to the Trient Glacier to cross a high, rocky pass known as Fenetre d'Arpette (2,665m/8740ft) before descending steeply into the Arpette Valley (1,627m/5340ft) and down to our campsite in Champex (1,486m/4880ft). In poor weather we would take the lower trail, which climbs first to the Col de Forclaz (1527m/5010ft) from where we can look down into the Rhone valley. The Swiss town of Martigny is in sight far below, as we follow the 'Bovine route' to Champex-Lac.

9 hours walking, 15km/9 miles, 1360m/4460ft up, 1260m/4130ft down (**Breakfast, Lunch, Dinner**)

### Day 6 - Verbier - Cabane Monfort

From Champex we walk down to Sembrancher (717m/2350ft) then travel by train and bus to the ski resort of Verbier (1,490m/4880ft). We ascend steeply through forests and then open hillsides to reach our first mountain hut, the Cabane de Montfort (2,457m/8060ft) from where we have good views of the Grand Combin and of the Mont Blanc Massif in the distance.

Mountain huts have shared dormitory style accommodation with basic toilet and washing facilities only. The support vehicle is unable to reach this hut so we need to do some light backpacking until we re-join it in two day's time.

7 hours walking, 16km/10 miles, 925m/3030ft up, 800m/2624ft down (**Breakfast, Lunch, Dinner**)

### Day 7 - Grand Combin - Col Plafleuri

A long day with three passes to cross. We start with a steady ascent to our first col, this will either be the Col Termin or Col de la Chaux depending on conditions. If we're lucky we may spot herds of Ibex. From here we descend and before climbing

again to the Col de Louvie (2921m/9580ft) and onwards towards the Grand Désert glacier. We pass by small tarns fed by the outflows of the glacier and ascend for our final pass the Col Prafleuri (2987m - 9800ft) - the highest col on the route - with views of the Rosablanche and Mont Blanc de Cheilon. It is then only a short descent to the Cabane Prafleuri (2624m - 8600ft). Again the support vehicle will be unable to reach us so we will be doing light backpacking to this remote mountain hut.

8 hours walking, 10km/6 miles, 1080m/3545ft up, 850m/2790ft down (**Breakfast, Lunch, Dinner**)

### Day 8 - Lac Dix - Arolla

Our route today starts with a short climb to cross the Col de Roux (2,804m/9200ft). We descend across large boulders to Lac Dix (2,364m/7750ft) and walk around its shoreline before climbing again above the glacier Dix, through meadows, which during the summer are quite often filled with edelweiss, to make a steep ascent on loose scree to the Col du Reidmatten (2,919m/9570ft). Excellent views of the Pigne d'Arolla, Mont Collon and possibly the Matterhorn in the distance. Finally, a long descent brings us to the small and charming village of Arolla (1,998m/6550ft), from where we catch a bus to Les Haudères (1,436m/4710ft). Here we are met by the support vehicle.

9 hours walking, 16km - 10 miles, 675m/2215ft up, 1330m/4360ft down (**Breakfast, Lunch, Dinner**)

### Day 9 - Rest day, Arolla

A free day to relax. The twin villages of Les Haudères and Evolène lie in the most picturesque part of the Val de Hérens and there are many day walks in the area if you feel the need for a little more exercise! (**Breakfast**)

**Day 10 - Villa - Lac Moiry**

Today we have a big climb to reach our col where we'll be rewarded with stunning views. We climb first to Villa (1,730m/5675ft) then on to cross the Col Torrent (2,919m/9575ft) and enjoy vast mountain views; the Pigne d'Arolla, the Grand Combin, the Weisshorn, and make a long descent past Lac de Moiry (2,249m/7380ft) to the woods above the picture postcard village of Grimentz (1,572m/5150ft).

9 hours walking, 20km/13miles, 1510m/4950ft up, 1290m/4230ft down **(Breakfast, Lunch, Dinner)**

**Day 11 - Col de la Forcletta - Gruben**

A long day that starts with a gentle walk through woods to reach the valley bottom at Mottec (1,556m/5100ft). From here there is a short but steep climb to join the main trail at a higher level with fine views of the Matterhorn and Ober Gabelhorn. The climb continues to today's col, the Forcletta (2,874m/9426ft) where we enter German-speaking Switzerland. We have views back to Grand Combin and possibly Mont Blanc as well. Descend, with views of the Weisshorn to the southeast, to the Turtman Valley and Gruben (1,822m/5975ft). This is the longest walking day. As there is no campsite in the Gruben valley we stay in dormitories in a local auberge and our bags are brought up by the support vehicle.

9 hours walking, 20km/13miles, 1345m/4420ft up, 1035m/3400ft down **(Breakfast, Lunch, Dinner)**

**Day 12 - Augstbord pass - St Niklaus**

We climb again to cross the Augstbord pass (2,894m/9490ft) with good views of the Weisshorn and the 'Dom' and join the main Zermatt Valley high on its western side. We descend to cross the Emdbach and soon after get our first views of the Zermatt Valley plus the Weisshorn, Kleine Matterhorn and Taschorn. Descend to Jungu (1,955m/6410ft) and on to St. Niklaus (1,127m/3700ft) ) either by walking or by an optional cable car, from where we travel by train or taxi to our last camp at Randa (1,439m/4720ft).

8 hours walking, 14km - 9miles, 1070m - 3500ft up, 1790m - 5870ft down (less 830m - 2710ft descent if taking optional Jungu cable car) **(Breakfast, Lunch, Dinner)**

**Day 13 - Europaweg - Zermatt**

The final day of walking. Today we head to Tasch from where we ascend to join the Europaweg at (1930m - 6330ft). This high-level balcony path contours along the Zermatt valley with stunning views of the Matterhorn, the peaks of Monte Rosa and the town of Zermatt itself. In the afternoon there's the option to descend directly to Zermatt town centre for a well-deserved cold beer or alternatively to continue to the traditional hamlet of Findeln and descend from there. We return to camp by minibus. In recent years this path has had to close due to landslides in which case we take an alternative route dropping down into the valley before arriving into Zermatt and enjoying some free time to explore this iconic mountain town.

6 hours walking, 12km/7.5 miles, 800m/2625ft up, 585m/1915ft down **(Breakfast, Lunch, Dinner)**

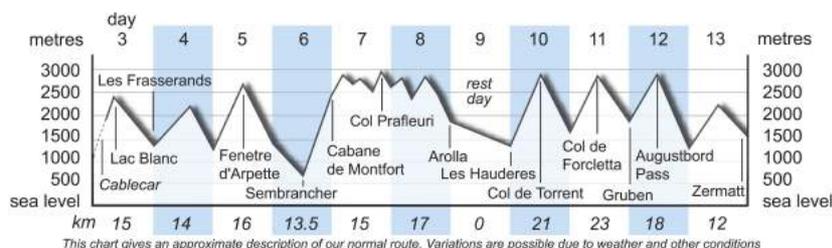
**Day 14 - Free Day**

From our camp near Randa it is a short train or minibus trip (optional) to Zermatt. Being traffic-free, Zermatt is an ideal place for a free day: there are lots of opportunities for short or long walks in the locality, or one can simply relax in town. There are also lots of optional excursions: for example by mountain cog railway to Gornergrat for spectacular views of the Gorner Glacier and Monte Rosa. Perhaps the most spectacular however is the cable car ascent to Kleine Matterhorn. Using this optional cable car, those who wish may ascend to the peak at 3,883 m. The all-round views here are exceptional, including close-ups of the Matterhorn and Breithorn. **(Breakfast)**

**Day 15**

End at the Campsite near Randa. Transfer to Geneva airport. **(Breakfast)**

For those on group flights, these depart in the morning and will arrive in the UK the same day.





## ACCOMMODATION

We use roomy, easy to erect, two person tents, staying wherever possible (which is almost everywhere) at comfortable campsites with modern facilities, hot showers, electricity to recharge batteries, mobile phones etc. To make the route sensible it is necessary to camp rough on two occasions. Facilities at these rough camps are minimal with public toilets and cold running water only. There are no showers at the rough camps. We also spend 1 night in a basic auberge and 2 nights in a refuge.

### Single Accommodation

There are unlimited single tents available on this trip for a supplement of £110 (or approx. US\$210), this only applies on camping nights (11 nights) and excludes nights in mountain huts and inns.

### Extra Accommodation

If you require any additional accommodation before the trip, we can book this for you (subject to availability) at the Hotel Richmond in Chamonix. Please notify us at the time of booking. Payment for this must be made to your agent, or us so that we can issue you with an accommodation voucher. Please note that a £5 booking fee (or equivalent) is added to the invoice.

## FOOD AND TRANSPORT

### Food

All breakfasts, 10 picnic lunches and 12 dinners are included in this trip. On eight nights we take our evening meal in camp and on four nights we take our evening meal in a nearby local restaurant or it is prepared for us by the hut or auberge. On free days 9 and 14 dinner is not included and needs to be bought

locally. Please note that should the times of flights change to arrive earlier, or depart later, additional meals will not be included. Please also note that no refund will be given for meals not taken or taken other than where designated.

### Typical Meals

**Breakfast:** Will usually consist of coffee, tea, cereal, yoghurt, fresh fruit, bread, and conserves.

**Lunch:** Picnic style lunches will normally include bread, cold meat, cheese, sometimes boiled eggs or tinned fish, fresh salad vegetables and fresh fruit.

**Evening meal:** Generally consists of a first course of soup or salad or other savoury dish, a main course of meat or fish with one or two vegetables or rice or pasta, a dessert course. Although tasty and nutritious the style of menu in restaurants in this part of Europe often lack in variety or quantity of accompanying fresh vegetables compared to menus we may be used to in the UK. The meals are prepared as a set menu for the whole group. Unfortunately there is limited flexibility to change the menu for individuals.

Drinks are not included in the price of evening meals.

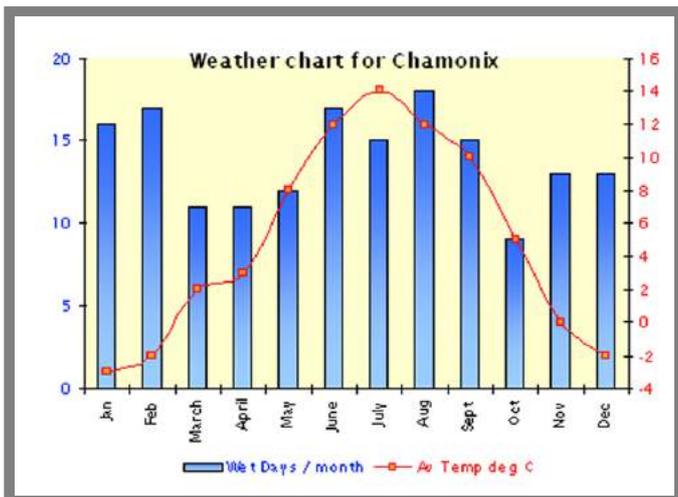
**Vegetarians:** We happily cater for vegetarians but please inform us at the time of booking.

If you have a vegan diet we recommend that you bring supplementary food and should expect that the variety of food may be limited whilst on this trip. As this kind of diet is relatively uncommon in this region it is difficult for our camping staff to get suitable produce, as well as being restricted to the number of different dietary requirements they can cater for.

**Transport**

All transport mentioned in the itinerary and téléphériques (except where these are marked as optional) are included. Transport and excursions on the three free days are not included. We normally use a private coach for the transfers to and from Geneva airport.

**WEATHER AND SEASONALITY**



From late June to early October fair weather is to be expected, but all mountain ranges create their own weather patterns and the Alps are no exception. It can and does rain and especially on the high passes it can be surprisingly cold at times. Expected daytime temperatures are in the range of 15 to 25°C in the valleys (although it can sometimes reach 30°C in July/August), 5 to 15°C on the passes (though it will feel colder if wet and windy) and 5 to 15°C in the valley at night; possibly a little lower early and late in the season. There is always the possibility of snow, even in August, and in September trips may find snow on the passes. Please be aware that on late season treks (September) the days are shorter and we will need to make early starts to make the most of the available daylight hours.

**JOINING THE TRIP IN THE UK**

15 days, normally depart London Sun, return Sun

**Itinerary Start**

The group flight from London is a daytime flight departing on Day 1 of the itinerary.

**Flights from London**

We normally use the scheduled services of Swiss International Airlines (depending on availability). As flight timings and schedules change regularly we recommend you call one of our specialist sales staff or your agent to confirm up-to-date timings. Please note timings may change at a later date and cannot be confirmed until approximately two weeks before departure.

**UK Regional Flights**

The Flight Inclusive price is based on a London departure, but we are happy to tailor this to your local or regional airport. Please visit [www.exodus.co.uk/regionaldepartures](http://www.exodus.co.uk/regionaldepartures) for a useful overview of the options available, and contact our sales team for expert advice.

If booking regional flights other than with Exodus, you must allow a minimum connecting time (in addition to the international check in time) of 1 hour at Gatwick, and 1½ hours at Heathrow; this is longer than the official minimum, but baggage handling is known to be subject to delays.

**JOINING: LES BOSSONS**

15 days, normally start Les Bossons Sun, end Randa Sun

**Low cost airlines**

It is possible to fly direct to Geneva with some budget airlines. It is likely that flights from regional airports will arrive at different times to the group flight from London; where this is the case a wait at the airport for the group transfer, or alternative transfer arrangements at your own cost, may be necessary (see below).

Alternative flight options: Bristol, Manchester, Gatwick, Luton, Liverpool, Edinburgh - Easyjet. Heathrow - BA. City, Heathrow - Swiss Air.

**Airport Transfers for land only itinerary**

Those arriving/departing on non-group flights can join the group transfer free of charge (by prior arrangement only) if your flight arrives before or, at the end of the holiday, departs after the group flight. Please note that transfers are not included for clients arriving on any other flight, even if it has been booked for you by Exodus. Please check with the Exodus office if you are unsure whether or not a transfer is included.

As mentioned group flights can be rescheduled, so you must check the group flight details 2 weeks before departure. If you do not take this transfer, or miss it, you must make your own way to the joining point at your own expense.

For those arriving at different times to the group flight it is very easy to book a shared minibus transfer with a local company and you should do this at least a week before your departure date. A shared transfer (with others who have booked with them also) can be as little as €30 one way if booked in advance with our partner Mountain Drop Offs. Book on their website - [www.mountaindropoffs.com](http://www.mountaindropoffs.com) and quote the following promotional code EXO16.

If you will be leaving the trip on day 15, but not by group transfer, then the train is probably going to be the best option. Details about timings and price of Swiss trains can be found at <http://www.sbb.ch/en>

### Take The Train

Both Geneva Airport and Les Bossons can easily be reached by train. If you book a train to coincide with the group flight timings there is a station inside Geneva airport itself. You are then welcome to join our free group transfer to Chamonix (by prior arrangement only).

It is only possible to reserve train seats 3 months before your departure date and our sales team will be happy to book this for you in cooperation with Rail Europe.

Your trip normally starts at our campsite in Les Bossons on the afternoon of Day 1 of the itinerary listed below. Details of how to reach the start point are given in the Final Joining Instructions.

## RESPONSIBLE TOURISM

Tourism can be a real help to local communities, providing income, positive cultural exchanges and a financial incentive to protect their natural environment. Ours is a 'total approach' to responsible tourism, covering everything from the way we plan and operate our trips to the practices of Exodus as a company.

Throughout this trek we visit small mountain refuges for drink and snack stops helping to support the mountain community. While trekking our leaders and support staff work hard to ensure our groups leave minimal impact on the areas they walk, taking all litter and recycling where possible.

For full details of our Responsible Tourism Policy please visit:

[www.exodus.co.uk/responsible-travel](http://www.exodus.co.uk/responsible-travel)

## PRACTICAL INFORMATION

### Passports and Visas

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information below is primarily for UK passport holders, and other nationalities should check with their travel agent or the relevant embassies. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

### Switzerland

No visa required for British passport holders.

### France

No visa required for British passport holders.

Visa regulations can change without notice: please check the current regulations in good time to obtain a visa if one is required.

### Vaccinations and Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

There are no specific health risks on this trip.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information.

### Insurance - are you adequately covered?

You must have adequate travel insurance, and if you are joining a trip which goes to high altitude, you must check that you are covered up to the maximum altitude of the trip. If you are resident in the UK we strongly recommend Exodus travel insurance, which is specifically designed to cover all activities on your trip.

**Local Time**

GMT +1

**Electricity**

There are power points available at most of the campsites en route. These will be 230 Volts AC and a standard European and or Swiss adapter will be required. When at the more remote camps you will be able to charge equipment on powerpoints supplied in our support vehicle.

**Group, Staff and Support**

The group will generally be between 6 and 14 people. There will be a local leader and drivers and local guides where needed.

We provide a qualified International Mountain Leader to escort the group on each walking day. Our walking leaders are true mountain professionals as well as being skilled group leaders. This not only helps to assure safety on the mountain but also the benefit that your leader has experience and knowledge of wider mountain environment such as flora and fauna, geology, weather and local customs. Our support leaders are also vital members of the team and insure that the camp is set up and ready when you walk off the hill (wherever practically possible) and hot, tasty and nutritious food is served.

The minimum age of clients on this trip is 18 years.

**Extra Expenses and Spending Money**

Lunches on the three free days are likely to cost between £8 and £12 (approx. US\$12-20) per day depending on whether you choose to eat picnic style or go to a restaurant. For dinners you should expect to pay between £15 and £30 (approx. US\$25-50) per meal not including wine. You will also need money for drinks in cafés or huts during the day's walk and drinks in restaurants where we take our evening meal. Typically a large café au lait or a soft drink would cost between £3.50-4.00 (approx. US\$5.50-6.50), a glass of beer £6 (approx. US\$9.50). A bottle of wine can be bought for approximately £10-25 (approx. US\$15-40) in these restaurants. Cost of excursions on the free days; e.g. the cost of the téléphérique up to the Aiguille du Midi and return to Chamonix is approximately €50 and the téléphérique from Zermatt up to the Kleine Matterhorn and return to Zermatt is approximately 108 CHF and the minibus from Randa to Zermatt is about 6 CHF one way.

**Tipping (leader and local staff)**

Although optional, a tip for the walking and support crew at the end of the trip is greatly appreciated. The sum you choose to give is entirely personal, but as a reasonable starting point, we suggest a contribution from £20 per person (US\$31) per leader. Smaller groups may wish to give a little more per person.

It is customary and appreciated to leave a small tip when settling your drinks bill at group meals.

**MONEY MATTERS****Currency Information**

The national currency of Switzerland is the Swiss Franc (CHF), with an exchange rate at the time of publication of approximately 1.5 to the UK£ and 1 to the US\$.

The national currency of France is the Euro (EUR), with an exchange rate at the time of publication of approximately 1.4 to the UK£ and 0.88 to the US\$.

Exchange rates are correct at the time of publication.

You will need to bring some money in both Euros and Swiss Francs.

**ATM availability/Credit Card Acceptance/Travellers cheques**

There are several cash machines at Geneva airport, Chamonix town centre and at several of the larger resorts en route, however cash is often easier and we advise you to bring some on the trip.

**WHAT TO TAKE****Essential Equipment and Clothing**

All camping equipment is provided except for your own sleeping bag and mat: the equipment we use is of a high standard and includes easy to erect, roomy two person tents, dining tent, stools, lighting, all pots, pans, stoves, crockery and utensils. The support vehicle carries the camping equipment and your luggage from campsite to campsite whilst on the trek for all days. The support driver collects fresh supplies of food each day and will normally have the tents up and the kettle on by the time the walkers arrive in the afternoon.

4 season sleeping bag - some camps are as high as 1600m (over 5000 feet) surrounded by snowy peaks and glaciers; it can be cold at night.

Sleeping bag liner

Sleeping mat or Thermorest; these can be bought locally in Chamonix

Sun hat, sun glasses and strong sun cream

Walking boots with good soles and ankle support (trainers are not suitable)

Good quality waterproof and windproof jacket (preferably Goretex or similar)

Waterproof trousers

Daysack of 30-40 litre capacity  
 Hat and gloves (even in August)  
 Light weight down jacket or warm 2/3 season fleece jacket and warm casual clothes for sitting in mess tent in the evening  
 Head torch  
 2 litre water bottle/ Camelbak  
 Walking poles are highly recommended

All luggage is transported between the campsites by support vehicle. Please note that we must limit you to one item of luggage

(weighing a maximum of 15kg) per person to be carried in the support vehicle. You should pack your belongings in a sturdy kitbag or holdall; suitcases should not be used, as they cannot be packed easily in our support vehicle. Exodus kitbags are available for purchase at £25, which includes postage, packaging and VAT. Please note that they are only available to residents of the UK.

#### Optional items

Ear plugs  
 Swimming costume/trunks  
 Umbrella  
 Gaiters

#### Baggage and Baggage Allowance

At time of writing the standard weight limit for hold baggage on the recommended international carrier for this trip is 20kg. We recommend packing only one piece of checked baggage.

As advice about luggage allowances for both hand and hold luggage is subject to change, we suggest you check the airline's website for the latest information prior to your departure.

#### Reading List:

The book by K. Reynolds, Chamonix to Zermatt, the Walker's Haute Route, (Cicerone Press), gives a good outline of the trek. The English language guidebook, which describes the ski route in detail, is of very limited use.

If you are interested in this book then please visit our very own Exodus shop, 'Exodus Travel Essentials' in partnership with Amazon. Please visit [www.exodus.co.uk/community](http://www.exodus.co.uk/community) for more information.

#### Maps:

The whole area is well covered by Swiss maps at either 1:50,000 or even 1:25,000. However, many sheets are required and it may be better to wait until arrival to see how many you really want to buy. At 1:50,000, sheets 5003 Mont Blanc-Grand Combin and 5006 Matterhorn-Mischabel cover all but a few corners of the route. Though not as detailed or accurate as the topographic maps, a good overview sheet is the 'Carte Panoramique

Valais' published by Hallwag, which gives an excellent feel for the countryside. For further information contact Stanfords at Long Acre, London, WC2E 9LP. Tel: 020 7836 1321. Website: [www.stanfords.co.uk](http://www.stanfords.co.uk)

### JOIN THE EXODUS ONLINE COMMUNITY

Don't forget to visit the Community area on our website. You can view the range of Exodus videos and podcasts, read trip write-ups which have featured in the national media and take advantage of some special deals on travel gear and equipment.

In the Community Travel Forum you'll find the Departure Lounge where you can discuss your trip with fellow travellers before you depart. When you get back from your holiday remember to upload your images to the relevant trip page on our website. This helps other people see what our holidays are really like and you'll be entered automatically into our monthly photo competition.

To make full use of the Community you'll need to join My Exodus. It's free, registration is simple and easy, so what are you waiting for?

<http://www.exodus.co.uk/community>

### IMPORTANT INFORMATION FOR ALL CLIENTS

Exodus operates a 24 hour duty office for emergencies, which can be contacted on 0044 (0)1582 640 045.

Every time that you travel abroad you should take the time to read the warnings in the essential information in the brochure or at [www.exodus.co.uk/about-exodus/essential-information](http://www.exodus.co.uk/about-exodus/essential-information)

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure or website, the Trip Notes supersede the brochure and website. All holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary. Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best possible alternative arrangements that maintain the integrity of the original itinerary.

As fuel prices, airport taxes and exchange rates fluctuate, and airlines manage their rates to match demand, it is proving harder than ever to guarantee our Flight Inclusive prices. Although we endeavour to keep our website as accurate as possible, daily fluctuations mean that our Flight Inclusive price may be out of date. For accurate prices we recommend that you contact one of our Travel Experts, or your Travel Agent.

The UK Foreign and Commonwealth Office (FCO) Travel Advice Service advises British tourists on the potential dangers they might experience when travelling overseas. We liaise closely with them and adhere to their travel advice. For up-to-date advice on all countries, please visit [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice). Should there be any change to advice prior to or during travel, we may have to cancel or curtail a tour at short notice, or re-route an itinerary part way through.

*Prices and exchange rates were correct at the time of publication. The most up-to-date prices can be found on the Exodus website.*

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#### **Insurance - are you adequately covered?**

It is a condition of joining any of our holidays that you must be insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). If taking an alternative policy you must be sure that you are covered for any activities that are part of this trip or optional activities that you intend to take part in. You must have adequate travel insurance, and as you are joining a trip which goes to altitude, you must check that you are covered up to the maximum altitude of the trip. If you are resident in the UK we strongly recommend Exodus travel insurance, which is specifically designed to cover all activities on your trip.

If you are a UK citizen and travelling in Europe you should obtain the European Health Insurance Card (EHIC) from your Post Office. This gives free medical care in many European countries, but should not be considered a substitute for adequate insurance.

## HOW TO BOOK YOUR TRIP

### **1. Check availability**

Go online to check availability, or contact us by phone or email.

### **2. Secure your place**

You can provisionally hold a place on this trip, usually for between three and seven days.

### **3. Complete your booking and payment**

When you're ready to book, go to [www.exodus.co.uk](http://www.exodus.co.uk) for online booking, book over the phone or you can complete a booking form (available online or on request by calling us). We accept all major credit and debit cards, or you can pay by cheque. Book with confidence: Exodus is fully licensed and bonded as a tour operator. We hold Air Traffic Organisers Licence (ATOL) number 2582 issued and bonded with the Civil Aviation Authority (CAA). We are also bonded to the International Air Transport Association (IATA) and we are members of the Federation of Tour Operators (FTO) and ABTA - The Travel Association. This means you can book your Exodus holiday with confidence, as all monies paid to us for your trip are fully protected.

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