



Alps Haute Route Trekking

High Passes From Mont Blanc to the Matterhorn

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

We love talking travel!

Contact us at info@mtsobek.com

or call **800-974-0300**



Feel the difference

with **Mountain Travel Sobek**

Unrivalled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





Leading the Way

World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





Why take this trip with us?

REASON 1

MT Sobek has been leading Alps adventures for over 50 years and the Haute Route is one of our best ultimate challenge Level 5 adventures — perfect for expert trekkers.

REASON 2

An iconic ski route, this adventure has been custom-designed as a trek for MT Sobek and combines strenuous full days on the trail with carefully chosen, comfortable lodgings in gorgeous alpine settings.

REASON 3

We work with professional local guides, who are truly the best in the Alps. Many of our Alps-loving guests return to hike with them year after year!

At A Glance

ACTIVITIES

High-altitude hikes, challenging summits that involve steep trails, scrambling, and walking on snow, with spectacular scenery, occasional wildlife spotting, and panoramic drives.



LODGING

Charming, first-class accommodations in alpine towns and villages, featuring comfortable rooms, on-site restaurants, and stellar vistas of surrounding scenery.



CLIMATE

The days can change from hot to cold and wet. Snow is even possible at the high passes. Come prepared for everything.



KNOW BEFORE YOU BOOK

Accommodations

Please come prepared for the experience of sleeping in the mountains, and in old towns and villages where the architecture might date back centuries. Most guestrooms and bathroom facilities are quite small, and amenities may be fairly basic.

Hotel Schwarzhorn on Day 7 does not have en-suite bathrooms. The bathrooms are shared and just down the hall.



Alps Haute Route Trekking

High Passes From Mont Blanc to the Matterhorn

Experience the Haute Route or “High Road” of the Alps on this challenging itinerary designed for serious trekkers. The Haute Route connects Mont Blanc to the Matterhorn on one of the most spectacular hikes in all the Alps, showcasing majestic mountain passes, alpine pastures, glorious glaciers, and delightful alpine huts. Embrace the thrill of summiting ten passes in ten days, guided by top professional guides, and enjoy the comfort of warm hospitality at night in a string of charming alpine towns and villages.

11 Days

Start: Geneva, Switzerland

End: Geneva or Zermatt, Switzerland

Departing: July, August, September

Activities: Hiking & Trekking

Lodging: Comfortable Hotels

Group Size: 3-16 Guests

ACTIVITY:



Check mtsobek.com for date-specific pricing.

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"Around every turn, over every pass they view continuously moves from incredible to never-to-be-forgotten. It really made me think of the amazing power of nature."

- Jeffrey S.

The Itinerary

DAY 01

Arrive in Geneva & Head to Chamonix

Arrive at the airport in Geneva, Switzerland and get picked up at 2pm for a group transfer to the famous mountain-ringed resort town of Chamonix, France. Once at the hotel, enjoy time to rest or explore this charming town before meeting the guides and the rest of the group for a welcome dinner and orientation at 6:30pm.

ACCOMMODATION: Lykke Hotel and Spa Chamonix

MEALS: Dinner

TRANSPORTATION: 1.5-hour private van transfer

DAY 02

Warm-Up Hike in Chamonix

From the hotel, take a funicular to Planpraz (6,600'). From this panoramic viewpoint take in your first complete vantage point of the Mont Blanc massif. The hike will lead to the Col Cornu (7,919') and then to the Black Lakes (8,530'). There are a number of options for the descent; the guides will select the one that best suits the group. Dinner tonight is on your own to explore the many fine dining options of Chamonix.

ACCOMMODATION: Lykke Hotel and Spa Chamonix

MEALS: Breakfast | Lunch

TRANSPORTATION: Funicular ride

ACTIVITY: 6 hours/7 miles hiking with 2,150' elevation gain & 2,500' elevation loss

DAY 03

Ascend to Col de Balme

Step aboard the sleek red cars of the “Mont-Blanc Express” this morning for a 20-minute scenic train transfer, passing through forest and over bridges below the Mont Blanc massif to the village of Montroc, at the head of the Chamonix valley. Walk up through alpine pastures to the Col de Balme (6,999'), and hike into Switzerland. After traversing above the tree line with dramatic views of the valley below, descend along the great Trient Glacier to the Col de la Forclaz (5,035'). Transfer by private bus to the little ski resort of Siviez.

ACCOMMODATION: Hotel Nendaz 4 Valleys & Spa, Haute-Nendaz

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 1.5-hour private van transfer

ACTIVITY: 7 hours/11 miles hiking with 3,300' elevation gain & 2,900' elevation loss



Siviez—Grande Dixence

Today is a long but beautiful day of hiking. From the village, pass by the dam of Cleuson, then climb 2,700-feet to the lunar landscapes of Le Grand Desert (the "big desert"), a glacial area rich in minerals. Scramble through boulder fields and scree slopes to the Col de Prafleuri (9,785'), where there are very good odds of seeing edelweiss and ibex. Then descend from the pass to our hotel, located at the foot of Le Grande Dixence: Europe's highest dam, at 7,065 feet.

ACCOMMODATION: Hotel du Barrage, Grande Dixence

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 8 hours/13 miles hiking with 3,700' elevation gain & 3,400' elevation loss



Grande Dixence—Arolla

From the hotel, hike above the dam and then continue around the lake, before our start up toward the Pas du Chat (7,800'). The terrain is rocky and you'll cross a glacier moraine before hiking over boulders and large flat rocks to the Pas de la Chevre (9,785' "pass of the goat"). Then climb two sets of new ladders, before descending to Arolla (6,660'). This stage of the journey is considered true alpine, with rich mineral rock and a backdrop of the legendary summits of Pigne d'Arolla, Mont-Blanc de Cheilon, and Mont-Collomb. End the day with a short walk through the beautiful Arolla pine forest, and to the typical charming Swiss hamlet of Arolla with its wooden chalets and flower-filled window boxes.

ACCOMMODATION: Hotel du Glacier, Arolla

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 8 hours/13 miles hiking with 2,720' elevation gain & 2,800' elevation loss



Arolla & Hike to Grimentz

Start the day with a 30-minute transfer by private bus to Cotter (5,790') where you begin the ascent to Col de Torrent (9,630'), paired with majestic views of Mont Blanc and other peaks of the Dent Blanche range (14,380'). From the pass, weather permitting, take in 360-degree vistas of snowcapped mountains and turquoise glacial lakes. Head down through cow-filled meadows to the picturesque Swiss village of Grimentz (5,300'), possibly seeing marmots and eagles along the way. Have a stroll around this old village with its vanishing way of life.

ACCOMMODATION: Hotel Cristal, Grimentz

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 30-minute private bus transfer

ACTIVITY: 7 hours/11 miles hiking with 4,180' elevation gain & 3,468' elevation loss



DAY 07

Hike from Grimentz Via Zinal Pass to the Hamlet of Gruben

Today move from the French-speaking to German-speaking Switzerland; this is the bilingual canton of Valais. After a short transfer by private bus to Zinal (5,500'), the hike begins with a steep climb through a forest of larch trees, heather, and blueberries. Then make a long "balcony" traverse with views of the Matterhorn, before beginning another steep ascent toward the Col de Forcletta (9,480'). Descend through beautiful green hills with large mossy rocks and babbling brooks to the summer hamlet of Gruben (6,012'), home for the night.

ACCOMMODATION: Hotel Schwarzhorn, Gruben

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 15-minute private bus transfer

ACTIVITY: 8 hours/13 miles hiking with 4,180' elevation gain & 3,468' elevation loss

DAY 08

Gruben & Descend to St. Niklaus

Today's first challenge is the Augstbordpass (9,550'), the last major pass on the trek, which leads into the Matternvispa valley. From the top, make a long 5,900-foot descent with fairly steep exposure. The views are superb, of the Weishorn, Breithorn, and Mischabel, all topping 14,000 feet, and green hills dotted with slate-roofed wooden houses. Hike down into the picturesque Mattertal valley and discover the charming village of St. Niklaus (3,630'), renowned for the stunning onion-domed steeple of its church. Enjoy an overnight stay in this quaint alpine retreat.

ACCOMMODATION: Matterhorn Inn, Tasch Hotel La Reserve Hotel Heimatlodge

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 7.5 hours/12 miles hiking with 3,538' elevation gain & 5,900' elevation loss



Tasch to Zermatt

Begin the day with a private transfer to the Valais village of Tasch at the foot of the famed Matterhorn. From the village, a path climbs through the forest to Taschalp (6,600'), a hamlet located on the famous Europaweg, a long-distance trail between Grächen and Zermatt considered by many to be one of the most beautiful hikes in the Alps. From this splendid balcony above the Mattervispa, admire the Matterhorn situated like a crown in this valley. Continuing above the valley, follow the trail to Zermatt. Just as the pioneers of alpinism did, arrive in Zermatt by foot. Dinner tonight is on your own to explore the many fine dining options of Zermatt.

ACCOMMODATION: Hotel Bella Vista, Zermatt Hotel Butterfly, Zermatt

MEALS: Breakfast | Lunch

TRANSPORTATION: 15-minute private bus transfer

ACTIVITY: 6.5 hours/8 miles hiking with 2,600' elevation gain & 2,100' elevation loss



Zermatt

Enjoy a full day in one of the most iconic Alpine towns in the world. There are many options today — a full day of hiking, a half day of hiking, or no hiking at all. Your guides will offer to lead you on trails above the town for great views of the Matterhorn with charming village visits. In the evening, meet with the group and trip leaders for a farewell dinner.

ACCOMMODATION: Hotel Bella Vista, Zermatt Hotel Butterfly, Zermatt

MEALS: Breakfast | Dinner

ACTIVITY: 4 hours/3 miles hiking with 1,000' elevation gain & 1,000' elevation loss



Depart from Geneva or Zermatt

After breakfast, transfer 3.5 hours to Geneva airport, or take the train from Zermatt to other destinations in Europe on your own. (Please do not schedule your outgoing flight to depart until after 2pm).

MEALS: Breakfast

TRANSPORTATION: 3.5-hour private bus transfer



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Lykke Hotel and Spa Chamonix

Designed to wrap guests in a soothing slow travel experience, Lykke Hotel & Spa is a 4-star property nestled at the foot of Mont Blanc. Rooms are decorated to bring nature inside and feature balconies, most with a mountain view. The restaurant uses local and natural ingredients inspired by traditional Scandinavian style. An indoor pool, sauna, hammam, and herbal tea room invite further relaxation.

Hotel Nendaz 4 Vallees & Spa

The 4-star Hotel Nendaz 4 Vallees is located in the heart of the Haute-Nendaz mountain station and "Quatre Vallées" ski resort. With a wonderful blend of chic Valaisian style and authentic mountain atmosphere, this is one of the top chalet-style retreats in the region. Relax in comfort in one of its 62 elegant rooms, discover local specialties at the L'Aigle carnotzet restaurant, or rejuvenate mind and body in Spa des Bisses.

Martigny Boutique Hotel

This modern, centrally located hotel is artfully decorated and boasts breathtaking mountain views. The hotel has a bright and airy restaurant with a wine bar. Guestrooms are equipped with free Wi-Fi, flat-screen TVs, minibars and en suite bathrooms.



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Hotel du Barrage

The recently renovated Hotel du Barrage is located in the heart of the Valais, amidst beautiful mountain scenery and in the shadow of the Grande Dixence dam. Its 60 comfortable rooms are simply furnished and its restaurant offers a wide selection of food and beverages — perfect for fueling up for your journey. You can also take in lovely views from the terrace.

Hotel du Glacier

The Hotel du Glacier enchants with its flower-laden balconies, stunning mountain panoramas, and alpine chalet charm. Its snug wood-paneled rooms come with a private bath or shower, TV, and modern amenities. Enjoy all the wonders of the Swiss mountain village from the hotel's sunny terrace and dine on delicious local fare in the restaurant.

Hotel Cristal

Perfectly located in the authentic Swiss Alpine village of Grimentz, Hotel Cristal offers a delightful stay in unforgettable surroundings. Its comfortable and spacious rooms are well-appointed with modern amenities, and also include an en-suite bathroom and balcony. The hotel's Wellness studio includes a sauna, gym and massage treatments.

Hotel Schwarzhorn

With its idyllic location in the pretty village of Gruben in the sunny Turtmanntal Valley, Hotel Schwarzhorn exudes alpine charm. Its 15 comfortable rooms come clad with fir and pine wood. The restaurant with a terrace serves regional specialties.

Hotel La Reserve

Situated in the idyllic mountain village of St. Niklaus, just a few minutes by car from Zermatt, Hotel La Reserve is a lovely spot for a restful night. Simple rooms have been renovated with local reclaimed wood and feature large windows and a cozy atmosphere. The restaurant and pizzeria serves regional Swiss dishes and international fare accompanied by local wines indoors or on the terrace.

Hotel Heimatlodge

Modern interiors and heated wood floors invite travelers into Hotel Heimatlodge's well-equipped and soundproofed rooms. The hotel is centrally located in the heart of St. Niklaus, in the deepest valley in Switzerland, surrounded by impressive mountains, including Weisshorn, Brunegghorn, and Birhorn peaks. Continental breakfast and snacks are included and there are several restaurants to choose from nearby.

Hotel Butterfly

A part of the Best Western Signature Collection, Hotel Butterfly occupies a quiet location in the center of Zermatt. Alpine-style rooms have en-suite bathrooms, and all come equipped with flat-screen TVs. Guests can unwind at the wellness area with a Finnish sauna, an infra-red cabin and a steam room, and enjoy the on-site restaurant and cocktail bar.

Departure Dates

This trip is available to run in: July, August, September

Book early for a greater choice of available dates.
Once you book, your price is GUARANTEED!

July 14-24, 2025

August 2-12, 2025

August 18-28, 2025

September 1-11, 2025

July 13-23, 2026

July 27-August 6, 2026

August 10-20, 2026

August 31-September 10, 2026

What's Included

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



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