



Alps Chamonix & Zermatt Hiking

Trip Planner

THANK YOU FOR CHOOSING MT SOBEK

We look forward to hosting you! This **Trip Planner** includes essential information to prepare for your upcoming adventure. Please read it carefully, and contact your *Adventure Coordinator* if you have any questions.

About three weeks prior to departure, we will email you **Final Details** which will include information on your guides, accommodations, meet-up instructions, and emergency contacts in case you are delayed en route.

Important Information

[Alps Chamonix & Zermatt Hiking](#) Trip Planner for 2026

Activity Level 3: Moderate hiking often for 3-5 hours per day on mountain terrain between 6,000 feet and 10,000 feet elevation. Expect rugged trails that include periods of steep ascents and descents. Trails are often rocky, can be muddy and slippery when wet, and the weather can change quickly. Hiking poles are encouraged.

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



INFO@MTSOBEK.COM

Arrival & Departure

Booking Your Flights

Please check with your Adventure Coordinator before purchasing your flights. While we can typically confirm whether your trip will run well in advance of your departure, many factors affect this decision. In some cases the decision may be made just prior to your final payment date.

For assistance making your air arrangements, we recommend:

EXITO TRAVEL

Phone: 1-800-655-4053

Email: mtsobek@exitotravel.com

ARRIVAL: Please arrive in **Geneva, Switzerland** (airport code **GVA**) by **1:00 pm on Day 1** of the itinerary. On Day 1, a MT Sobek representative will meet you in the GVA Arrivals Hall at **2:00 pm** for the group transfer to Chamonix. You will be transferred by a punctual transportation service, so it is important to be on time. The transfer takes approximately 90 minutes. Your Final Details will include additional information on the group arrival transfer and orientation on Day 1.

Consider your first day's activities: Day 1, following your afternoon transfer to Chamonix, rest or explore the town before meeting up with the group and your guides for an orientation and welcome dinner.

DEPARTURE: You can schedule your departing flight from **Geneva, Switzerland** (airport code **GVA**) **after 2:00 pm** on **Day 7**. On **Day 7**, there will be one group transfer from Zermatt departing the hotel at **8:30 am** arriving at GVA at approximately **12:00 pm**. The transfer generally takes about 3.5 hours. Your Final Details will confirm additional information.

Extending Your Stay

If you are extending your stay in Chamonix or Zermatt, we recommend our group hotels. Please check below for the hotels on your specific departure.

Chamonix

[Alpina Eclectic Hotel](#) (July 12 & August 2)

[Park Hotel Suisse & Spa](#) (June 21 & September 6)

Zermatt

[Hotel Christiania](#) (all departures)

You may book your extra nights with the hotel directly. When booking and checking in, be sure to state that you are with the MT Sobek group so that they can assign you to the same room. We recommend making fully refundable bookings.

If you plan to stay in Geneva before or after your trip, additional convenient hotel options are:

Central Geneva (15-20 minute taxi ride or train to/from airport):

[Hotel Royal](#)

[Hotel Edelweiss](#)

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Geneva International Airport:

[Movenpick Hotel & Casino](#)

[Holiday Inn Express](#)

[Crowne Plaza](#)

Passports and Visas

Passports

US citizens need a passport to enter Switzerland and France (European Union).

If you don't have a passport, apply for one now because the process can be lengthy. If you do have a passport, check the expiration date. Most countries require that your passport be valid for at least six months beyond the date you complete your trip and contain at least one blank page for each country you plan to visit. For more information, visit [Department of State US Passports](#).

Minors Traveling

If a minor is not accompanied by all parents or legal guardians, we strongly urge the parent/legal guardian who is traveling to carry a notarized document from all guardians granting approval for the minor to travel outside their country or state of residence. Air carriers and local authorities do request such documentation from time to time. Similarly, if the minor is traveling with their sole parent or guardian, he or she is recommended to carry notarized documentation of such.

Visas

US citizens do not need a visa for stays up to 90 days. Citizens of other countries should check with their local embassy for entry requirements for Switzerland and France.

On Your Trip

Accommodations

Please refer to the online trip [itinerary](#) and Final Details for the accommodations on your adventure. We use carefully researched 4-star hotels in the mountain villages near our hikes. Hotels in European mountain towns some times have rooms and beds that may be smaller than you are accustomed to in the United States.

Communications

There will be a phone in your guestroom each night. Internet access or WiFi is available at all hotels on this trip. There is generally good cellphone reception throughout this region, even in the mountains. Contact your service provider to determine if your phone will function while abroad and to discuss international rates and fees. Your guide will have a cellular phone to be used in the event of an emergency.

Electronics

France and Switzerland are all on the 220-240V system. Check the voltage on your personal electronics chargers to determine if you need a voltage converter. There are electric outlets at every accommodation, so you can charge your personal electronics every night. Keep in mind that while your hotels will usually have a safe in your room, they often are not big enough to store a laptop or tablet.

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France uses the round two-pin Type E outlets

Switzerland uses Type J and Type C outlets

In Switzerland, type J is the most common and has 3 round pins. Type C has 2 round pins and also fits in Type J sockets. It's important to choose an adapter that is specifically for Switzerland because their outlets are unique and cannot take other 2- or 3-pin adapters, such as the ones in France. Please be sure your adapter specifically says Switzerland in the list of applicable countries. A good resource to see images of plug types is <https://www.power-plugs-sockets.com/>.

Meals

Please list all dietary restrictions and food allergies on your Participant Information Form so that we can inform your guides. We can successfully accommodate many special diets, but due to regional limitations or cooking facilities, please be aware that we may not be able to fulfill every request. If your dietary needs are critical (e.g. severe nut or wheat allergies), please let us know as soon as possible.

Swiss and French food are both known for their use of fresh regional ingredients and in the countryside you may encounter hearty stews, sausages, and cured meats served with fresh baked bread. Cheese is central to both cuisines, with many varieties to be explored. French pastries or Swiss chocolate make a welcome way to end the day.

BREAKFASTS: All breakfasts are buffets at the hotel featuring cereals, breads, yogurt, fruit, cheese and cold cuts. Juices, coffee, and tea are included.

LUNCHES: Most lunches will be picnics prepared by your guides, and will include a sandwich, fruit and snack. There is one hot lunch in Vevey/Montreux.

DINNERS: Dinners are served at the hotel or a nearby restaurant and are usually 3 courses. Chicken, fish, red meat and soup or salads are commonly accompanied by bread, cheese or pasta.

ALCOHOL: A limited amount of beer and wine selected by your guides is included with dinners. Additional alcohol is available for purchase.

Money

Your land cost includes most major expenses of the trip. We recommend budgeting **\$600-\$800** for personal expenses such as meals on your own, souvenirs, laundry, and optional tips to your Guides.

The local currency in France is the Euro; in Switzerland the currency is the Swiss Franc. Check out www.xe.com for current exchange rates.

You will want to exchange your cash, or withdraw money from an ATM, at the first available opportunity when you arrive in Geneva. Airports generally have the best rates and are very convenient. Banks in Chamonix and Zermatt close at 5:00 pm on weekdays, and keep in mind that we generally do not return into town until after closing hours.

Visa and MasterCard are widely accepted in Europe. Bank network systems such as Cirrus and Plus are available along the way. Make sure that your PIN number will work internationally, and let your bank know you will be traveling. Most banks will deactivate your card if they notice unusual activity, including transactions made in faraway places.

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Tipping Guidelines

Tipping your adventure guides is a common practice to show appreciation for their hard work, care and expertise. The amount we recommend that you tip may vary based on factors such as the length of the trip, the expectations and level of service, as well as cultural considerations. What you decide to tip should be based on your overall satisfaction.

Your trip is supported by one MT Sobek Guide for every 8 guests. Tips for additional taxi/transfer drivers, guides, restaurant, and hotel staff are included in your trip price.

On this international adventure, we recommend tipping each of your Guides the equivalent of \$100-150 per guide, per participant, in local currency.

Our local team is unable to accept gratuities paid by apps (Venmo, Zelle, PayPal, etc.), checks, or credit card. We recommend bringing local currency with you, or visiting an ATM machine at the airport or in town upon arrival to the trip, to obtain cash.

Remember that tipping is always optional, and is sincerely appreciated.

Transportation

Due to the efficiency of Swiss public transportation, and our effort to be mindful of our environmental impact, we will use a public Swiss bus and cable cars where it makes sense. Private transfers will be provided on days 1, 4 and 7.

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Packing List

LUGGAGE

- ☐ Soft-sided wheeled duffel or suitcase
- ☐ Daypack with 30-35 liter capacity
- ☐ TSA-approved luggage locks

CLOTHING

- ☐ Underwear for every day of travel
- ☐ Long-sleeved, lightweight shirts
- ☐ Short-sleeved T-shirts (synthetic, wicking fabric)
- ☐ Full-length pants (synthetic, wicking fabric)
- ☐ Hiking shorts (synthetic, wicking fabric)
- ☐ Swimsuit (optional – for hotel pools/saunas)
- ☐ Smart casual clothes for dinners

OUTERWEAR

- ☐ Medium-weight sweater or fleece jacket
- ☐ Waterproof, breathable rain jacket with hood
- ☐ Waterproof, breathable rain pants
- ☐ Waterproof gloves or mitts

FOOTWEAR

- ☐ Hiking boots
- ☐ Comfortable walking shoes
- ☐ Sandals (optional)
- ☐ Socks

HEADWEAR

- ☐ Warm hat that covers your ears
- ☐ Sun hat with wide brim or baseball cap
- ☐ Bandana and/or neck gaiter (buff)

TRAVEL ACCESSORIES

- ☐ Hiking poles
- ☐ Camera & Charger
- ☐ Electrical adapter/converter plug
- ☐ Toiletry kit
- ☐ Personal medical kit
- ☐ Sunglasses
- ☐ Sunscreen and lip protection
- ☐ Hand sanitizer
- ☐ Spare prescription glasses, sunglasses, or contact lenses
- ☐ Reusable water bottle(s) or backpack hydration system (recommended minimum: 2 liter total capacity)

OPTIONAL TRAVEL ACCESSORIES

- ☐ Travel umbrella
- ☐ Ace bandage or brace
- ☐ Small Ziploc bags or stuff sacks
- ☐ Travel packet of laundry detergent
- ☐ Reading and writing material
- ☐ Face mask

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Please give us a call toll-free at 888-MTSOBK (687 6235)

Packing Notes

Packing for Weather

When hiking in any mountainous area, each day you need to be prepared for full sun, wind, rainstorms, the possibility of light snow, or clear skies, at any time during the season. Rain and wind can lower the temperature significantly and quickly. During the day, temperatures typically range between the 60s and the 70s F, although in case of wet or windy weather, temperatures can drop into the 30 and 40s or lower.

Dressing in layers is the key to staying comfortable throughout the day. Your outermost layer should keep you warm and dry, such as a waterproof, breathable rain jacket and rain pants, and even a fleece jacket/warm layer as necessary.

We suggest that you layer with synthetic clothing. Synthetic fabrics are the most effective barriers against cold and wet weather conditions. They provide the best insulation, are light in weight, wick away perspiration, and dry quickly if wet. Wool and wool/synthetic blends are also suitable. We strongly discourage the use of cotton garments in cold or wet mountain conditions. On hot, sunny days cotton is perfectly acceptable, but you should always have synthetic or wool/synthetic layers with you, in case the weather changes.

TEMPERATURE (F) - AVERAGE LOWS & HIGHS

June

Chamonix: 53/64

Zermatt: 51/62

July

Chamonix: 58/70

Zermatt: 56/68

August

Chamonix: 58/69

Zermatt: 56/67

September

Chamonix: 53/63

Zermatt: 51/61

Clothing Notes

Laundry

Laundry service is offered at your hotels. There are also self-service laundromats in Chamonix. If you wish, you can also hand-wash a few items in your room and hang them up to dry. We recommend bringing a travel clothesline and small packet of detergent for this purpose.

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Daypack

Each day you'll carry with you in your daypack a fleece jacket and a rain shell - even if it is sunny when you wake up. You will also carry snacks, packed lunch, drinking water, sunscreen, hat, gloves, rain pants, camera, and your hiking poles. We recommend having a rain cover for your daypack. Please choose your daypack wisely!

Footwear

Choosing your hiking boots is one of the most important decisions you will make when preparing to hike in the Alps. You will need sturdy, medium-weight, waterproof hiking boots with good lug soles. Many people prefer to hike in low-ankle trail shoes. These are acceptable for some hikes, but you will also need to bring a pair of high-ankle boots for rocky terrain, or in case weather conditions require additional traction or support. If you're buying new boots, be sure to completely break them in prior to the trip.

To choose the right hiking boots, look for the following features:

Solid, sturdy soles. You should not be able to feel rocks or tree roots beneath your feet.

Good leg and ankle support. This will help protect against a twisted ankle.

Proper fit. Your feet shouldn't slip around from front to back or side to side.

Waterproof. It's important to keep your feet dry!

Health & Training

Prior to traveling, and before beginning any training regimen, please consult with your physician. Make an appointment with your doctor to discuss your current health, any immunizations or medications you may need for your trip, and current/planned exercise regimen. Check with the [US Centers for Disease Control & Prevention \(CDC\)](https://www.cdc.gov) for information on recommended immunizations, and/or your healthcare provider for health concerns at your destination.

MT Sobek is not a medical authority and can only provide general information, which may not be accurate at the time of travel.

Staying Healthy

MEDICAL CARE

It's important that we have your accurate and up-to-date health information — especially in the event of a medical emergency on trip. Your Adventure Guides are responsible for the safety of all trip members, and may evacuate or disqualify you in the field if necessary. Please note that no refunds are given if you must leave the trip due to physical exertion for which you are not prepared.

Please be aware that hospital facilities could be far away, a doctor may not always be available, and evacuation can be prolonged, difficult, and expensive. We highly recommend purchasing travel protection.

SELF CARE

If it is going to be hot during your trip, consider bringing some powdered electrolytes to add to your drinking water to replenish minerals lost by sweat. On hiking and trekking trips, it's also a good idea to pamper your feet. Wear liner socks or use moleskin or Compeed patches if your feet are prone to sweating which can lead to hot spots and blisters. Don't forget to clip your toenails! Stay healthy by washing/sanitizing your hands regularly, especially before eating and touching your face. It's a good idea to bring a supply of hand sanitizer and to use it frequently.

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Tips for Getting in Shape

Give yourself at least six months prior to your trip to get into your best possible cardio condition. Check with your doctor before starting any exercise program to determine your target heart rate during exercise. Do some cardio several times a week - walking, biking, running, swimming, etc.

Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. We suggest spreading out this exercise during the course of a week. For example, get outside on a 2-4 mile hike or do aerobic activity for 40 minutes twice or more per week.

Travel Protection

Travel protection cannot prevent mishaps from occurring, but it can reduce the burden of unexpected expenses and additional travel arrangements that need to be taken care of with little notice. We **highly** recommend purchasing travel protection before your trip. *Note: Many plans require purchase within a certain time from making your reservation or before final payment is made.*

If you intend to rely on your Credit Card Travel Insurance benefits, here are a few important questions to ask your credit card company prior to your trip:

- What if I have a medical emergency, an accidental injury, or get sick?
- What if any of those things happen to my traveling companion, or close family member?
- What if I have a travel delay and miss part of the trip or my trip is interrupted?
- What if my luggage is lost, stolen or damaged?
- What if I need to be evacuated or need help in an emergency?
- Are pre-existing medical conditions covered?

Arch RoamRight

The MT Sobek Travel Protection Plan may be purchased at any time up to 10 days before your departure date. However, we encourage you to purchase this plan within 14 days of your initial trip payment in order to be eligible for certain time sensitive benefits.

We offer the MT Sobek Travel Protection Plan for purchase designed with you and your travel investment in mind. The Plan includes trip cancellation and interruption coverage, baggage loss protection, and emergency medical expense coverage along with emergency medical evacuation coverage. For pricing, please contact your Adventure Coordinator. If you have specific coverage questions you may call Arch RoamRight at 844-631-6699. Full details of the plan are available by visiting: <https://partner.roamright.com/?AgencyCode=MTSOBEK>. The plan becomes effective upon MT Sobek's receipt of the premium amount. Deposits are not applied toward your travel protection premium. If you would like to purchase the MT Sobek Travel Protection plan, please contact your Adventure Coordinator.

General Trip Notes

Sustainability

We pride ourselves on being an environmentally responsible company and following "leave no trace" principles in the field. We request that on your trip you carry out whatever you carry in, including non-biodegradable items such as batteries, empty plastic containers, food wrappers, and so on. We suggest that you carry a large zip-lock bag in your

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backpack for your trash while you're on the trail. As you pack for your trip, think about ways to minimize waste, e.g. reuseable or recyclable materials.

Itinerary Changes

We always strive to provide the best and safest experience possible. Itinerary changes to accommodate unexpected changes in weather, transportation or logistics may be necessary which may impact accommodations, vehicle transfers and the timing of activities. This may or may not include changes to vehicle transfers, accommodations, and/or the timing of daily activities. Please arrive with a spirit of adventure and willingness to be flexible.

Security

It is always wise to follow some simple safety precautions such as carrying minimal spending money and keeping a credit card stashed in a money belt or neck pouch. Remember that electronics, camera bags, jewelry, and purses attract attention. Certain accommodations such as mountain huts and tents may not have safes or door locks. If you must bring valuables on the trip, please understand that they're 100% your responsibility.

Smoking

Guests may not use cigarettes, cigars, e-cigarettes, vaporizers, or any other such item in areas where others are affected, such as in vehicles, within enclosed areas, or in the presence of others. Smoking is prohibited in the majority of MT Sobek accommodations.

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