

Yves ASTIER, guides-alpamayo
Professeur de Langue Espagnole / Prof de Ski de Fonds
Moniteur d'Escalade / Guide Haute Montagne
06707785244 mail @orange.fr
B.P. 9
73701 Bourg ST Maurice cedex/France
Tél. 06.07.78.52.44
www.guides-alpamayo.com
y.astier@wanadoo.fr

guides-alpamayo : we're based in VAL d'ISERE

LA HAUTE ROUTE on skis

CHAMONIX – ZERMATT SKIING

(Ski- touring for skilled skiers)

“The Haute-Route” (from French Alps to Switzerland)

This itinerary is the famous HAUTE-ROUTE first followed in summer 1903. This is a good ski-tour among the 4000 m peaks of french and swiss Alps, from Chamonix to Zermatt (Valais).

Level : skilled skiers, able to ski off piste everywhere and in altitude (if you don't know much about ski-touring, please ask first for our introduction course in Beaufortin or Val d'Isère or from Val d'Isère to Italy....

Guiding : by a UIAGM mountain guide.

Example of programm

Day 1 : sunday 9 h a.m., meeting at the start of the cable-car GRANDS-MONTETS. Checking of yours skis and individual gear. Going up with this cable-car, and skiing down the glacier to Argentière hut (2771 m) ; a short going-up with skins at the end for 1 hour and half (or so) to reach the refuge.

Day 2 : up to the Col du Chardonnet (2490m), then steep skiing down (rope necessary), then going through “Fenêtre de Saleina” (3267m) ; night at Trient hut or at Champex village.

Day 3 : Col des Ecandies, skiing down le Val d'Arpette to Champex ; night et Montfort hut (2457m).

Day 4 : Col de la Chaux (2940 m), Col de Monin (3303 m), then ascent of Rosa Blanche (3336 m) and skiing down to the hut “Cabane des Dix” (2928 m).

Day 5 : ascent of Pigne d'Arolla (3796 m), before skiing down to “Les Vignettes hut” (3158 m). Beautiful glaciers scenery !

Day 6 : down and up to Col de l'Evêque (3392 m). Then Col du Mont-Brûlé (3213 m), Col de Valpeline (3568 m) followed by an ascent of the panoramic Tête Blanche (3274 m) between two worlds, two different landscapes skiing down Stockji glacier... Night at Schoënbühl hut, already out of the world of glaciers.

Day 7 : down to Zermatt (1616 m) and going back.

Dates : a tour every week from mid-mars to mid-may, we can do this tour also from Arolla to Zermatt, in 4 or 5 days only.

Price : 630 € for Arolla-Zermatt (in 4 or 5 days) or 950 € for Chamonix-Zermatt.

This price includes :

- organisation + guiding by a mountain guide,
- accomodation full-board in huts,
- loan of an ARVA tranceiver + 1 shovel for each two persons (and a probe).

Doesn't include :

- the bus to return to Chamonix,
- rental of skis and gear,
- drinks,
- (eventually ski-lifts and taxis, if any).

Gear and clothes you must have (bring) :

Garments :

- wool cap or headband + balaclava
- 1 pair of warm waterproof gloves,
- 1 pair of mittens
- capilene or thermic underwear and tee-shirts, (and underwear pants),
- gore-tex ski trousers and light jacket,
- eventually a dawn jacket (“doudoune”) better without sleeves
- 2 pairs wool socks,
- polar fur jacket.

Gear :

- glacier sunglasses + ski goggles
- gaiders,
- 1 thermos 1,5 l bottle, (no Camel Back in winter),
- sunblock cream and lipstick (s),
- a first-aid kit and your own usual medecines,
- passport,
- a 50 l rucksack or your “35 l Airbag rucksack”,
- skis-touring skis and climbing skins + ski-crampons + ski poles,
- light harness, with 2 screw-gate karabiners,
- ski boots or better, ski-tour boots