



wild women on top haute route - chamonix to zermatt

A UTracks holiday is all about exploring Europe - your way. It's about U + the walking tracks and cycling trails you want to discover. Since we began in 2006, UTracks has quickly become known as the leaders in active European holidays. Our itineraries are creative - and very affordable. Set

explore europe your way

your own pace on a flexible self guided trip or enjoy the benefits of an experienced local guide on a guided tour. Together with our sister company Sherpa Expeditions, we offer over 400 active tours across the continent and it's many exotic islands. There's an active holiday idea everyone including families, culinary enthusiasts, history buffs, experienced alpine walkers or those that just want to see Europe differently. The physical demands range from introductory to challenging - with all offering unique opportunities to discover the 'untrodden' Europe, spanning postcard landscapes, centuries-old cultures, rural lifestyles and tempting culinary delights. Compare the price and you will see that we offer exceptional value active programs that are virtually all-inclusive, giving you more time to enjoy the natural and cultural wonders you've come to experience. Whether you prefer cycling or walking, 2-star or 4-star, small groups or self guided, land, river or sea - UTracks can help you to explore Europe exactly the way you want.

TRIP COST

Joining Chamonix valley : \$4090

Trip Concludes: Zermatt

All prices are per person

OPTIONS & SUPPLEMENTS

TRIP NAME:	WILD WOMEN ON TOP HAUTE ROUTE - CHAMONIX TO ZERMATT
TRIP CODE:	HRW
TRIP DURATION:	12 DAYS
GRADE:	CHALLENGING - 5
ACTIVITY:	GUIDED ALPINE WALK
ACCOMMODATION:	9 NIGHTS MOUNTAIN REFUGES/ GÎTES IN DORMITORY STYLE ACCOMMODATION, 2 NIGHTS HOTEL
DATE DETAILS:	→ 2019 15 AUG - 24 AUG

highlights

- Trek through stunning alpine scenery amongst the highest peaks in Western Europe including the Matterhorn and Dent Blanche
- Follow the historic route from the head of the Chamonix Valley to Zermatt
- Enjoy culinary specialties such as Raclette

the trip

The Haute Route from Chamonix to Zermatt is steeped in mountaineering legend, a route first taken by British climbers at the end of the 19th century. We join this historic route using the 'trekkers version' from the head of the Chamonix Valley, where we are immediately immersed in the incredible mountain scenery. Skirting glaciers we ascend passes gaining breathtaking views of the surrounding peaks, including the 4000m+ peaks of Dent Blanche, Zinalrothorn and Weisshorn. On reaching Zermatt we take in the instantly recognizable form of the Matterhorn and appreciate the scale of this mountain and its tumbling glaciers. Staying in a mixture of comfortable alpine huts, gîtes and hotels, we experience traditional European mountain culture and the camaraderie of our fellow travellers. Suitable for experienced trekkers, this route is rugged at times with considerable altitude gains of between 800m and 1300 metres per day, and requires participants to have a high level of fitness and endurance.

wild women on top team benefits

When you join a Wild Women On Top trip, you become part of an incredible team, and the success of your adventure will depend on the preparation that each team member puts in to building their fitness, mental tuffness and emotional tuffness!





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It is all about the T.E.A.M: Together Everyone Achieves More.

Wild Women On Top Adventures are unique mind, body, spirit experiences, which support you in the wilderness and empower you to take on extraordinary challenges with a group of likeminded women. You will need to prepare for your adventure and we will show you how, every step of the way. BEFORE you book for a Wild Women On Top Trip, please note the following benefits & conditions:

1. To ensure you get trek fit for your adventure, you should Trek Train at least three times a week, alternating interval training and endurance training with cross training such as swimming and yoga. Your Coach will also suggest additional trip specific activities.

Remote Members must follow training recommendations from the coach, using our online programs & in our book "How to Prepare for World Class Treks" by Di Westaway. Should you be training remotely, your Coach will require you to "check in" and report on your training each week in the months leading up to your trip.

2. To build team spirit & ensure you're really prepared, your Trip Coach may recommend additional team training activities and briefings as required.

3. So you have more fun with your team, you will be required to take part in a CHECK TREK to make sure your training and preparation is on track, and to learn more about trekking in wilderness environments, your gear etc. This will give you a mini goal to aim for in the lead up to your trip and ensure that you are fabulously prepared for your adventure with great tips and feedback. Your Coach will advise a deadline by which you need to have satisfactorily completed one of our Check Treks or completed a remote assessment signed off by the Trip Coach.

If you cannot complete the Check Trek or any supplementary Trek Checks assigned by your Coach to a satisfactory level, you will not be eligible for the trip and will be subject to the costs incurred according to World Expeditions cancellation policy.

4. So that we all have a great adventure, please support the Wild Women On Top Golden Rules (see www.wildwomenontop.com) and take responsibility for providing feedback before and during your adventure. This is your chance to make sure you don't miss out on any happy hormones so don't hold back! Make the most of it.

5. Some Wild Women On Top trips are accompanied by a Wild Women On Top Coach who supports & unites the group with empowering passion, guidance & tips in wilderness challenges and shares Wild Women On Top Traditions & culture. However the Coach is NOT the guide, navigator or first aider. The Local Guides and staff provided through World Expeditions are responsible for delivering all on the ground aspects of the trek.

6. In some extreme environments, including at high altitude, your Coach may not be in a position to support you if they are unwell, so it's important to seek assistance from the World Expeditions guides who are leading and managing the trip on the ground.

7. You must commit to the World Expeditions payment schedule.

8. Expect the unexpected. We provide wilderness experiences, and **** sometimes happens. Remember, "Magic happens when you step outside your comfort zone". We reserve the right to change these Team Benefits at any time. Wild Women On Top reserves the right to amend these requirements at any time – WWW.WILDWOMENONTOP.COM



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itinerary at a glance

Day 1	Train to Chamonix
Day 2	Meet guide and group in Le Tour and walk to Switzerland (6hrs /+814m, -740m)
Day 3	Cross the Fenetre d'Arpette and continue to Champex (7hrs/+1300m, -1000m)
Day 4	Short transfer to Bourg St Pierre and walk through Entremont Valley (7-8hrs /+800m)
Day 5	Continue trek to Louvie (7hrs /+600m, -700m)
Day 6	Louvie to Praz Fleury (7hrs /+910m, -525m)
Day 7	Praz Fleury to Les Haudères (7hrs /+714m, -1327m)
Day 8	Les Haudères to Grimmentz via the Torrent Pass (2919m) (6hrs /+858m, -841m)
Day 9	Cross the Forclettaz Pass (2871m) to Grübern (7hrs /+1090m, -972m)
Day 10	Grübern to Zermatt Valley (7hrs /+1075m, -990m)
Day 11	Trek along the flanks of the Matterhorn (4hrs/+443m, -443m), return to Zermatt
Day 12	Trip concludes

detailed itinerary

Note: The following description is a guide only.

IMPORTANT: The heading for each days description below shows the approximate time it will take to complete the walk for someone of good to excellent fitness and the days ascent in metres. The hours indicated are for walking only and do not include breaks for lunch and rest stops. The planned itinerary can be affected by mountain weather and trail conditions. Early season departures may need to be re-routed depending on trail conditions. The substituted walks are in spectacular alpine environments which are in an area less affected by snow. If you do not want to miss parts of the planned itinerary we recommend you travel in the middle of the season when there is less chance your trip will be affected.

DAY 1	Train to Chamonix This morning you will need to make your own way to Paris Gare Lyon train station for your train to Chamonix. The train will give you a chance to see the spectacular countryside on the way. On arrival in Chamonix you will be meet and transferred to your hotel. NOTE- please note that trains can only be booked 2 months in advance so you will get further details one these are confirmed. meals: NIL
DAY 2	Meet guide and group in Le Tour and walk to Switzerland (6hrs /+814m, -740m) Leaving from the village of Le Tour or Chamonix you take the scenic high mountain path of Balme heading towards Switzerland. Weather permitting you will be able to take some wonderful photos of the Mont Blanc chain including the impressive "La Verte", the Drus and the Needles of Chamonix. You will cross the border between France and Switzerland before making your way down to the village of Trient. Continue to your refuge for overnight accommodation. (+814m/2670ft, -740m/2428ft) meals: L,D





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DAY 3 Cross the Fenetre d'Arpette and continue to Champex (7hrs/+1300m, -1000m)

Walk via the "Fenêtre d'Arpette" (2665m/8743ft) route, which is a variant on the Tour du Mont Blanc and is quite challenging. In adverse weather conditions this pass is not recommended and we will use an alternate route. The trail is not as well defined as the lower route but as with many pass crossings, the rewards on a good weather day are the extraordinary views to the Trient Glacier. The descent to Champex is steep though you will have the opportunity to have a hot shower at your lodge.

(+1300m/4265ft, -1000m/3280ft)

meals: B,L,D

DAY 4 Short transfer to Bourg St Pierre and walk through Entremont Valley (7-8hrs /+800m)

Short bus transfer to Bourg Saint Pierre in the Entremont valley. Follow a wonderful panoramic trail with views over the whole Mont Blanc range and Dents du Midi to reach the Cabane des Mille.

(+800m/2625ft).

meals: B,L,D

DAY 5 Continue trek to Louvie (7hrs /+600m, -700m)

The trek today takes you across the Alp du Val de Bagnes where you can appreciate the wonderful mountain scenery. On a clear day you will have views of the Grand Combin and Mont Blanc. Tonight you will overnight in a mountain hut. Note: You will need to carry your overnight gear including sleeping sheet, clothing for day 5 and toiletries as there is no luggage transfer possible today.

(+600m/1968ft, -700m/2297ft)

meals: B,L,D

DAY 6 Louvie to Praz Fleury (7hrs /+910m, -525m)

An early morning start as you will have a big day trekking across three alpine passes. You may encounter Ibex as they are often seen on the remote mountain passes. Follow a steep descent which leads to the Grand Desert a moraine-strewn area of dry glacier. You will cross the glacier to reach the Col de Praz Fleury at 2965m/9730ft. Take a final steep climb to the refuge where you will overnight.

(+910m/2985ft, -525m/1722ft)

meals: B,L,D

DAY 7 Praz Fleury to Les Haudères (7hrs /+714m, -1327m)

Today you will walk up the banks of the Dixence River and then over the Riedmatten pass. You may get your first glimpse of the Matterhorn. Continue down to the village of Arolla and onto Les Hauderes where you will overnight in a Gite and be able to have a well deserved shower!

(+714m/2343ft, -1327m/4353ft)

meals: B,L,D

DAY 8 Les Haudères to Grimmentz via the Torrent Pass (2919m) (6hrs /+858m, -841m)

A shorter day as you walk through flower filled pastures to get to the Torrent pass (2919m/9575ft). Walk the Moiry Valley and the Sorrebois pass (2800m/9185ft). Enjoy the breathtaking views of the surrounding 4000m peaks of Valais: Dent Blanche (4356m/14,290ft), Zinalrothorn (4221m/13,850ft), Obergabelhorn (4063m/13,330ft) and Weisshorn (4504m/14,775).

(+858m/2815ft, -841m/2759ft)

meals: B,L,D



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DAY 9

Cross the Forclettaz Pass (2871m) to Grüben (7hrs /+1090m, -972m)

The route today takes you across the Anniviers Valley located on the left bank of the Rhone. You are now heading towards the Forclettaz pass (2871m/9420ft) before descending to the village of Grugen. Our accommodation tonight is in a hotel in the village of Grüben in the Turmtantal, a very narrow valley inhabited only in summer where German is the main language.

(+1090m/3576ft, -972m/3189ft)

meals: **B,L,D**

DAY 10

Grüben to Zermatt Valley (7hrs /+1075m, -990m)

Today you will trek via the Augstbord Pass (2894m/9495ft) enjoying panoramic views of the Oberland and Valais. You will travel through Jurgen and St Nicklaus before arriving into the Zermatt Valley. You will either catch a bus or a train to Zermatt where you will overnight in a hotel.

(1075m/3527ft, -990m/3248ft)

meals: **B,L,D**

DAY 11

Trek along the flanks of the Matterhorn (4hrs/+443m, -443m), return to Zermatt

Today you will follow the Hornli Ridge on the flanks of the Matterhorn. The ridge follows a beautiful and exposed line between the steep east and north faces of the peak. The Matterhorn is steeped in history of human dramas. The first attempt to reach the summit was made in 1857 with the first successful attempt made by Edward Whymper in 1865. After a few hours walking along the flanks of the Matterhorn you will return to Zermatt for your overnight accommodation.

(+443m/1453ft, -443m/1453ft)

meals: **B,L**

DAY 12

Trip concludes

Your trip concludes today in Zermatt.

meals: **NIL**

inclusions

- 9 breakfasts, 10 lunches, 9 dinners (does not include drinks) – continental breakfasts are served and usually consist of breads, jams, coffee, tea and juices. Lunch is picnic style. Dinner will consist of 2 or 3 courses which include regional specialties
- 9 nights mountain refuges/ gites in dormitory style accommodation. Dorms will usually accommodate between 8 and 20 people, with separate mattresses and duvets (you will need to bring a sleeping sheet and earplugs).
- 2 nights hotel
- Train Paris to Chamonix (2nd class)
- Transfer from train station in Chamonix to Hotel
- Luggage transfer by minibus (except day 4 & 5) – 15kg limit
- Experienced mountain guide
- Internal transfers between walks by minibus
- Trip escorted by Wild Women on Top coach

items not included

- Travel to and from the trail head
- Drinks
- Items of a personal nature
- Storage of luggage
- Transfers
- Travel insurance - mandatory



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getting there

BY TRAIN

FROM PARIS - If you are flying into Paris you can take a train from Paris to Saint Gervais les Bains le fayet and change to a local train to Chamonix. The journey time from Paris Gare de Lyon is around 8 hours whilst the night train from Paris Austerlitz takes around 11 hours. For any information & reservations you can contact France Rail, www.voyages-sncf.com

FROM GENEVA – It is possible to take a train from Geneva to Chamonix but it is not recommended. It takes 3 hours and you need to get to a train station on the other side of Geneva.

FROM ZURICH - The train requires up to 4 changes and will take between 5.5 and 6.5hrs.

BY AIR

Your closest airport is Geneva Airport which is around 1.5 hours by train from Martigny. There are hourly trains from the airport to Martigny. Continue for a further half hour by local train to Le Chable and the Chamonix Valley. Alternatively you can take a bus or transfer service. See above and below for details.

TRANSFER SERVICE

Transfers from Geneva Airport to the Chamonix Valley can be arranged through Mountain Drop offs. Please use the following link:-www.mountaindropoffs.com/advertlink=anlegu_tra

trip grading -

This trip is graded challenging (5) and includes daily walks of 4 to 8 hours and an average daily ascent of 1100m. There are some challenging stages during the walk with steep uphill, descents, and many sections of the trail which require care. The accent is on keeping a steady pace with time to stop and take photos (subject to weather conditions). You will need a good level of fitness to participate fully in this adventure. It is considered suitable for experienced walkers only. Early in the season (June) you may encounter snow on the passes which may be quite deep and make the trip more challenging. At any time during summer, weather conditions may be variable and you should be prepared for all conditions including snow, ice, strong sun and extreme winds.

As with all our challenging programs, we expect participants to be regular outdoors people, enjoying aerobic sport around four or five times a week over some period of time. Preferably this has been a long term interest but if not, you have set a program of fitness preparation with at least three months lead in time to your trip. The fitter you are for your trip, the more of a holiday it will be. Activities as close to the actual activity on your trip are the best training; in this instance walking with and without a pack. This builds leg strength, aerobic capacity and confidence in your ability to travel comfortably with a pack for extended periods. At the same time, you are also comfortable with the layers you like to wear and footwear.

trip organisation

Our groups consist of a maximum of 15 people. Minibuses spare you the worry of carrying your own belongings (except day 4 & 5). There is a 15 kg maximum for the bags and any excess will be refused unless prior arrangements have been made, so make sure you weigh it beforehand. Lunches are picnic style and the guide will split the lunch supplies between the group members to carry during the day. Your hike begins in Le Tour and we will confirm the meeting place and time at least 2 months before the departure date. Excess luggage needs to be stored at your pre-accommodation hotel for collection. In some circumstances we can arrange for it to be transferred to Zermatt. Ask our office for details.



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dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

accommodation



DURING TOUR

Accommodation is on a full board basis whilst trekking starting from lunch on day 2 and finishing at lunch on day 11. The mountain huts that you stay in are dormitory style mixed sex rooms with shared bathrooms but no showers. The gîtes are simple rural retreats, similar to a hostel with mixed sex rooms, shared bathrooms with showers. The hotels will also be in dorm rooms with shared facilities.

the region

This trek passes through the Valais Region of Switzerland. The Valais is Switzerland's third largest canton (state). The area is quite diverse as it occupies the valley of the River Rhone. 20% of the canton is covered by glaciers however surprisingly the area has the driest climate and the lowest rainfall within Switzerland. For the Swiss, the Valais represents a piece of heritage all but lost elsewhere in the country: in the most unlikely corners of Geneva or Zurich, you can find restaurants done up as traditional Valaisian-style darkwood chalets, complete with windowboxes full of geraniums and farm tools as decoration on the walls, serving up the local speciality Raclette. The climate of the valley is perfect for wine growing and the vineyards are famous for producing some of the finest wine in the country.

Julius Caesar in a push to conquer the Celtic peoples in the first century BC crossed the Grand-St-Bernard Pass from Italy and spread out through the valley. They got as far as modern-day Sierre and left a legacy of Latin still used today. Christianity arrived before the fourth century, with the travelling clerics and merchants over the same pass but the Reformation did not make it any further into the valley then Aigle, in neighbouring Canton Vaud. The mighty Bernese army was stopped by the mountains and the wildness of the terrain. During the Middle Ages many of the community left the mountains to seek a better life elsewhere due to the harshness of living in the valley. The Valais remained independent until 1815 when, following a brief period of French governorship, it joined the Swiss Confederation as a new canton.

fast facts

COUNTRIES VISITED

France

VISAS

Visas not required for citizens of Australia, Canada, USA and New Zealand for up to 90 days in a period of 180 days for all Schengen countries (see www.schengenvisa.info/schengen-visa-countries-list/ for countries part of the Schengen). Please ensure your passport is stamped on arrival in the Schengen area. For all other nationalities and for longer stays in countries covered by the





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Schengen Agreement (Australian New Zealand, Canadian and US passport holders), please contact the relevant embassy. Stays of longer than 90 days in the Schengen area require a long stay visa for the country you are spending most time in. However long stay visas are unlikely to be issued unless there is a valid reason (eg. studying in country). Unfortunately we cannot assist in obtaining visas for long stays due to individual country visa requirements.

MIN GROUP SIZE	10
MAX GROUP SIZE	15
SPECIALIST GEAR REQUIRED	Wet weather gear, sunscreen, walking boots, warm clothes, day pack and sun hat – walking sticks are recommended. A comprehensive gear list is provided in the pre-departure information provided on booking.

special notes

TRANSFERS

During the trip there will be sections of the route which are travelled by vehicle. These transfers are included in the trip price. It is not possible to traverse the whole route on foot in ten days due to the distance involved and the mountaineering aspect of some stages. This trip follows the 'walkers route'.

how to book

To book a Wild Women On Top trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function, details of which will be provided at the time of the trip launch with Wild Women On Top. We can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take in conjunction with the main trip.

Important: You must be a financial member of Wild Women On Top to join this tour. Please go to WWW.WILDWOMENONTOP.COM, ring 0434 027 912 or email admin@wildwomenontop.com for more details on training and memberships.

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slide shows

UTracks invites you to attend our inspiring adventure travel slide shows. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers. Ask our staff for a slide show schedule or register on our website – www.utracks.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

e-newsletter

To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly e-newsletter! You can do this on line through our website, www.utracks.com or contact our office.





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IMPORTANT NOTE

THESE TRIP NOTES REPRESENT THE MOST CURRENT INFORMATION AVAILABLE FOR THIS ITINERARY, AND SUPERSEDE ANY INFORMATION DETAILED IN THE CURRENT BROCHURE, INCLUDING BUT NOT LIMITED TO THE ITINERARY AND PRICE.



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