

## MATTERHORN CIRCUIT 7 days / 6 nights

This is a beautiful hike through the wilderness of the Swiss Alps, at the foot of one of the most scenic Swiss mountains. The route takes us across the borders and into the heart of the Alps with its varied and fascinating geology. Walk on sediments dating from pre-historic oceans and hear the whisper of ancient tales of the first Alpine tourists. Get a taste of altitude and enjoy the majestic beauty of the mountains.



Mirroring Effect - Matterhorn Majestic

**Highlights:** A circuit hike across two countries and five valleys. Discover the richness and variety of the fauna and flora and get the chance to savour the local gastronomy of the Aosta valley.

**Practical:** Challenging tour with 6 to 8 hours' hiking per day. Daily vertical ascents and descents of 1000m and more. Accommodation and half-board in mountain gîtes or hotels, in dormitories or shared bedrooms. Picnic lunches consisting of local produce. Hikers are taken care of by a Swiss certified mountain leader and, for days 4 and 6, by a mountain guide.

- Day 1            Cable-car from St. Niklaus to Jungu. Jungu (1,955m) – Augstbordpass (2,894m) – Gruben (1,818m).  
Vertical ascent: 939m  
Vertical descent: 1,076m  
Overnight stay in dormitory (Hotel Schwarzhorn)
- Day 2            Gruben (1,818m) – Meidpass (2,790m) – Hotel Weisshorn (2,337m) – Vissoie (1,200m). Bus transfer to St-Jean.  
Vertical ascent: 972m  
Vertical descent: 1,590m  
Overnight stay in a gîte (Gîte de St-Jean)

- Day 3 St-Jean (1,370m) – Grimentz (1,600m). Bus transfer to the Moiry dam. Moiry dam (2,260m) – Col Torrent (2,916m) – Villa (1,720m). Transfer to Arolla (2,006m) by post bus.  
Vertical ascent: 886m  
Vertical descent: 1,196m  
Overnight stay in dormitory (Hôtel des Glaciers, Arolla)
- Day 4 Transfer from Arolla to the bottom of the Haut Glacier d’Arolla (2,089m) – Col Collon (3,074m) – Prarreyer (2,010m).  
Vertical ascent: 985m  
Vertical descent: 1,064m  
Overnight stay in a gîte (Refuge de Prarreyer)
- Day 5 Prarreyer (2,010m) – Col Valcournera (3,072m) – Perrières (1,900m), then transfer to Cervinia (2,006m).  
Vertical ascent: 1,062m  
Vertical descent: 1,172m  
Overnight stay in hotel (Hôtel Le Mignon)
- Day 6 Cervinia – Testa Grigia by cable-car. Testa Grigia (3,479m) – Trockener Steg (2,939m) – Furi (1,867m) by cable-car – Zermatt 1,600m  
Vertical ascent: 680m  
Vertical descent: 1,487m  
Overnight stay in hotel (Hotel Primavera)
- Day 7 Zermatt-Sunegga by cable-car. Sunegga (2,288m) – Randa (1,439m).  
End of the circuit  
Vertical ascent: 580m  
Vertical descent: 1,412m