Tour de Monte Rosa

Trip Code: TMR

Version:

WALK & TREK	GUIDED GROUP	9 CHALLENGING



HIGHLIGHTS

- Complete a full 9-day walking circuit around the Monte Rosa massif
- Walk hut-to-hut and overnight in a succession of atmospheric Alpine refuges
- Be immersed in stunning Swiss and Italian Alpine scenery, with views of the Matterhorn
- Experience one of Europe's finest walking holidays - an undiscovered gem

AT A GLANCE

- 9 days trekking
- Max altitude - 3317m
- Join at Saas-Almagell

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Classic walking holiday adventure trekking around Monte Rosa in the Swiss Alps. One of the finest long-distance trekking opportunities in Alpine Europe is the walking circuit of the huge, many-summitted massif of Monte Rosa (4634m) in the Swiss Alps. Starting out from the picturesque Alpine village of Saas Almagell, our walking follows a clockwise direction, crossing from Switzerland then trekking into Italy and then back again. This undiscovered gem of a walking route around Monte Rosa keeps to the high ground as much as possible, close up beneath towering Alpine peaks, crossing airy passes and encountering snowfields and even walking over glaciers.

En route, there are stunning views of many of the big peaks of the Alps, such as the Dom (4545m) Weisshorn (4596m) and particularly memorable Matterhorn (4478m). This generally overlooked area is pure Alpine magic and a real trekking paradise, with its steep forested valleys, high meadows and crown of impressive snow-capped peaks. We follow good walking trails throughout and enjoy either comfortable mountain hut or hotel accommodation, including one night in the famous Alpine town of Zermatt.

Is this holiday for you?

The Tour de Monte Rosa is one of the most challenging of the KE classic Alpine walks. It is not practicable to provide vehicle support for this circuit, as nights are spent in inaccessible mountain refuges. So, this is an unsupported trek. You will have to carry all of your own equipment from the start of the trip to the finish. In practice, especially considering that neither sleeping bag nor camping mattress are needed for this trip, you should be able to keep the packed weight of your rucksack to as little as 8kg. The Tour de Monte Rosa is a wilderness trek and there are several sections where easier alternatives are not an option, a fact which adds to the challenge. Although the trek is generally on good mountain paths and it does not involve any mountaineering, this is a trip for the experienced trekker. On average, we will walk for 7 - 8 hours each day, with some longer days. There is a considerable amount of ascent and descent on this trekking holiday.

Itinerary

Version:

Holiday Information

What's Included

- Professional English-speaking guide
- All accommodation as described
- Meals as detailed in the meal plan

What's not Included

- Travel Insurance
- Meals as detailed in the meal plan
- Airport transfers
- Transfers and cable cars not part of the itinerary
- Miscellaneous personal expenses

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on Travelling by Train.

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

You should join at the group hotel on the evening of Day 1 of the trip itinerary. There will be a briefing held at approximately 18:00 and you should aim to be there for this time.

Arriving by Air

the easiest way to get to Saas-Almagell to fly to Geneva Airport and travel by train from there. We recommend that you make your onward booking with Swiss Federal Railways on https://www.sbb.ch/en/timetable.html or by telephone on 00 41 900 300 300, alternatively if you have a smart phone you can download the SBB Mobile app. The SWISS TRANSFER TICKET may provide the cheapest way of getting from the airport to your holiday destination. go to www.swisstravelsystem.ch and look for Swiss Transfer Ticket. These tickets need to be purchased online and in advance.

The railway station is in the airport at Geneva and there is an hourly service (throughout most of the day) involving a train to either Visp or Brig and then a bus to Saas-Almagell. The journey takes 2.5 hours - 3.5 hours on the train and about 1.5 hours for the final leg by bus.

Due to Switzerland's integrated public transport system a ticket may be purchased at the train station in Geneva that covers both the train journey to Visp/Brig and the bus on to Saas-Almagell.

From Brig - take the bus and change at Saas Grund Post to direction 'Mattmark' - Get off at bus stop Sportsplatze/Bergbahn

From Visp - If coming by train from Visp - change to bus at Stalden, then Saas Grund Post for Mattmark

There are several stops in Saas-Almagell and we recommend that you opt for Sportsplatze/Bergbahn or Dorfplatz.

The buses provide digital displays indicating which stop they are approaching.

Arriving by Train

It is also possible to get the train from the UK to Brig or Visp and then follow the above for the bus jourey from here.

There will be a guest card provided for free travel on the buses once at the hotel.

Please note: although a picnic lunch is available from the hotel. There are no stores / shops close to the

hotel, so extra snacks / extra lunch goodies are best purchased in advance of arriving at the hotel.

(There is no time on the morning of day two to go shopping! - it's a big day!)

Meal Plan

All meals except lunches are included in the holiday price from dinner on day 1 to breakfast on day 11. Lunches, supplementary snacks and drinks can be purchased from the huts or supermarkets when in the valley. Along the Tour de Monte Rosa, you will have opportunities to stock up on snacks. Shops can be found in Macugnaga (Day 2), Zermatt (Day 7) and Grächen (Day 9).

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

When in the towns and villages all tap water is drinkable. In mountain huts there is usually not a sustainable drinking water supply. Water in plastic bottles is brought in to the hut. All huts have a recycling point. If you have to purchase water in plastic bottles please buy the largest bottle you can so as to use less plastic. Please take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water if you can fill from a local stream. Bottled water is not provided. We do not encourage the purchasing of single use plastic bottles. Local authorities are working to find solutions to using plastic water bottles in huts. We monitor the situation carefully for updates.

As to be expected, the food available in restaurants and hotels in Italy and Switzerland is excellent. In huts food is simple and wholesome with usually a limited choice which will include a vegetarian option. Continental breakfasts and evening meals are provided by our accommodation. Along the Tour de Monte Rosa, you will have opportunities to stock up on snacks. Shops can be found in Macugnaga (Day 2), Zermatt (Day 7) and Grächen (Day 9).

Accommodation

During this trip the group will spend 2 nights at a group hotel, this will be in either twin or triple rooms. Whilst on trek, there are 8 nights spent in village hotels, mountain huts or similar accommodation (gites). Most of the accommodation away from the group hotel is on a non-segregated, dormitory-style basis. In some high mountain huts, washing facilities are limited. Single rooms are not available.

Note: The accommodations mentioned in the itinerary are given as examples of the type of accommodation used for this trip. The actual accommodations may vary between departures depending on availability.

Group Leader & Support Staff

A qualified (IML) guide will accompany the group throughout.

Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

The package price includes all accommodation and guiding. You should make an allowance for lunches, additional snacks, drinks etc. Beer, wine and soft drinks are available every night. On the tour we spend 5 nights Switzerland and 5 nights in Italy and you should take your spending money in a mix of Swiss francs and Euros. Approximately 200 Swiss Francs and 120 Euros should adequately cover typical personal spending requirements. At a couple of the mountain huts drinking water will need to be purchased, these amounts should also cover this. There are ATMs in Geneva Airport where only Swiss Francs can be drawn,ATMs in Zermatt where both currencies can be drawn, ATMs in Macugnaga where Euros can be drawn and ATMs in Saas Grund where Swiss Francs can be drawn.

Guidance on Tipping

Tipping for good service has become the norm. However, it is important to remember that tipping is voluntary and should be seen as a 'thank you' for a job well done. There are no set rules as to how much to tip but we do recommend that the group as a whole decide on the level of tips rather than individually.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack (of around 30 - 40 litres). Since group members will carry all personal equipment during the trek, it is important to keep the overall weight of this equipment to a minimum. Neither a sleeping bag nor a camping mattress is needed and it should be possible to keep the weight of your pack to around 8 kg.

At the start of the trip, you will leave your travel clothes and anything you do not need for the trek in your main bag at the group hotel. From that point until the arrival at the group hotel on Day 10, you will not have access to this bag. Luggage with wheels is useful for this holiday.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

The unit of currency in Switzerland is the Swiss Franc.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. Regular hiking is the best preperation for a trip like this but if this is not possible you should adopt a weekly exercise regime which you gradually increase leading up to your trip. Jogging, squash and swimming are good for developing better stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

The temperatures that we can expect to encounter during the day will be reasonably warm, ranging from 15°C/ 59°F to 25°C/ 77°F. It can be cool in the evenings at our highest overnight stopping places, falling close to freezing point at night. The weather is usually stable during July and August, but mountainous areas do generate their own weather systems and occasional rain and even stormy weather cannot be ruled out. You should be prepared for all eventualities!

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- The Grand Tour of Monte Rosa. (2 volumes). Cicerone Press. C.J. Wright.

- Walking in the Valais. Cicerone Press. Kev Reynolds.

Maps

Switzerland Topographic Survey Hiking Edition. 1:50,000

Sheet reference; 5028T Monte Rosa - Matterhorn. Topographic survey of Switzerland maps are highly regarded for their superb graphic relief and hill shading, providing an almost 3-D picture of the terrain. Contours are at 20m intervals. The overlay distinguishes between hiking routes, mountain routes requiring proper footwear, and alpine routes where equipment is needed. The maps also show roads with bus service and the positions of bus stops, as well as mountain huts and refuges.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You should bring the following items:

- Hiking boots
- Socks
- Underwear
- Trekking trousers
- Waterproof overtrousers
- Waterproof jacket
- Shorts
- Thermal baselayer shirts (1 short sleeve, 1 long sleeve)
- Casual shirts and/or T-shirts
- Fleece jacket or warm jumper
- Lightweight thermal gloves
- Sunhat
- Warm hat
- Sunglasses
- Earplugs (particularly if you are not the one snoring!)
- Selection of dry bags (to keep trek bag contents dry)
- Daypack max 40 litres
- Headtorch and spare batteries

- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 2 litres (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Sleeping bag liner / sheet sleeping bag
- Washbag and toiletries
- Lightweight travel towel
- Antibacterial hand wash
- Trekking Poles (required for glacier crossing)
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium) painkillers, plasters and blister treatment.

The following items are optional:

- Spare laces
- Trainers
- Sandals
- Gaiter
- Camera
- Pen-knife (remember to pack sharp objects in hold baggage)
- Travel clothes
- Lightweight down pullover or jacket

- Reusable cloth bag for shopping (to avoid plastic bags)

Notes:

Sleeping bags are not required, as bedding is provided. However you need to bring a sheet sleeping bag for use in the mountain huts.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel the Chamonix Valley. Geneva has the nearest airport.

Why Choose KE

Why KE

No-one else is offering this classic and challenging full circuit trek around Switzerland's highest mountain, a true hidden gem of the Alps and a fantastic choice for anyone who has already completed the Tour du Mont Blanc or is looking for a different kind of Alpine tour.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change