

TMR	Day	Trek	TO	ROUTE AND ACCOMMODATION NOTE - TAKE PLENTY OF CASH for refuges	Km
Sun, Aug 17	1		Brisbane to Geneva	Dep Brisbane 12.45pm Etihad, arr Sing 7.05pm, dep Sing 00.30am Air France, arr Paris 7.55am, Dep Paris 10.05am arr Gen 11.15. Dep Geneva (Mon 22 Sep) 2.50pm Air France arr Paris 4.00pm, Dep Paris 7.55pm arr Sing 2.45pm, Dep Sing 7.55pm QANTAS arr Bris 5.15am	
Mon, Aug 18	2		Geneva to Zermatt	3h50m train to Zermatt Dep 12.23 arr 4.13pm (OR 1.23 arr 5.13). Tourist Office at Bahnhofplatz 5 re Europaweg and Theodul glacier. Get Gas at North Face Bahnhofplatz 7 OR Intersport Glacier Bahnhofstrasse 19/1st basement level Open 8am to 7pm. HOTEL DUFOUR TRADITIONELL (Riedstrasse 35) Booking 533.938.109 PIN1925, \$185 incl b'fast. Standard room. Room on 28th Aug has Matterhorn views. Hotel review 9.3. STOP and shop in Zermatt for lunch for next two days	
Tue, Aug 19	3	1	Zermatt to Europa Hutt or Randa	EUROPA HUT is booked for 2 persons in a room for 6 for demi pension. Europaweg Suspension Bridge IS CLOSED so if going the high route, need to go down near Randa & up - adds 2.5hrs for a total of 7 hrs from Zermatt OR walk 10k along valley then 4k up to the Europa Hut . From Randa it is a climb of 800 metres to get to the Europaweg - allow about 2 hours and the Europa Hut is a bit above the path.	17
Wed, Aug 20	4	2	Grachen	HOTEL DESIREE (\$175 - superb) is BOOKED via Booking.com Breakfast not dinner is included. Booking Number 320.988.030 PIN 5144. Watch out for some small rockfalls along this section from Europahut to Grachen. Highest Point is 2663 at Grosse Graben. Stop and shop in Saas Fee for lunch for next day	14
Thu, Aug 21	5	3	Saas Almagell	BERGHOTEL FURGGSTALDEN 3905 Saas-Almagell, Switzerland is booked for \$116 AUD (for 2 people not each I think) and includes breakfast and dinner. Booking Number 781.027.561 PIN Code 6619. Mostly Hotels at Saas Almagell, so best to shop in Saas Fee before going down to Saas Almagell to buy food etc	18
Fri, Aug 22	6	4	Macugnaga	HOTEL ALBERGO RISTORANTE DUFOUR is booked for \$129 AUD Breakfast Included .Booking number 801.008.542 PIN code 1068 Distance is 20k to Alagna or 16k to Rifugio Pastore. Stop and shop in Macugna for lunch only that one day	16
Sat, Aug 23	7	5	Alagna	INDREN HUS Booking number 801.086.141 PIN code 3087, OR could have gone to Tre Alberi Liberiat (Via Nicolao Sottile, 13020 Riva Valdobbia Vercelli, Italy but \$286 per night) but 2.5k up and back. 16k to Rifugio Pastore and 3.5k further to Alagna. Total of 20k Macugna to Indren Hus in Alagna. English couple did Macugna to Tri Alberi Liberiat in one long day and missed Pastore. Stop and shop in Alagna for lunch for that day plus next day	20
Sun, Aug 24	8	6	Gabiet (Albergo del Ponto)	ALBERGO DEL PONTE (Height 2386m) (Cost 69Euro pp half pension for a double room) - (Received reply August 5th) seems REALLY nice. - about 600 metres walk between Albergo del Ponte and Gabiet.	12
Mon, Aug 25	9	7	Alpenzu	RIFUGIO ALPENZU (Confirmed on August 4th by Roberto Stocchi - 50 euro per person half board) Go via Path No 4 around Gabiet Lake or go via Staffal is a bit longer. THEN Go Via Col de Pinter with Fabulous Views on the GSW to Rifugio Alpenzu. STOP and shop in Gressony la Trinite for lunch and also to buy enough linches for next 2 days	10
Tue, Aug 26	10	8	Resy/Rifugio Ferraro	RIFUGIO FERRARO In the hamlet of Resy. (Confirmed by Fausta on August 4th) Follow the GSW to Crest and Frantz le Rascard Hotel could stop for lunch if needed. Two Refuges in Resy (Rifugio Ferraro - part of Circuit of 6 Rifugios). From Crest, walk along ridge, then take path across to Ferraro and DON'T go down into St Jacques - would be going down then up. Looks like a bridge across Torrent de Fourcare. pdf map of Circuit of 6 Refuges shows direct path.	17
Wed, Aug 27	11	9	Theodul Hut	THEODUL HUT is confirmed by email from Olga on August 4th BEST to stay at Theodul hut and meet up with people crossing glacier next day. On August 4th the Glacier was in good condition according to Olga at Teodule Hut. Could leave Ferraro via TMR route OR GSW route??	14
Thu, Aug 28	12	10	Zermatt	HOTEL DUFOUR TRADITIONELL \$191AUD including Breakfast Booking number 487.456.797PIN code 9946 Zermatt Alpin Centre email reply. <i>If you are experienced walkers, you can also do it by yourself. Most people do it without a guide (it is like a Trail .If you take a guide, the price would be 80.00ChF pp. (the guide takes you down from Klein Matterhorn to the Theodul Hut. We take reservations. Angelina Schwery.</i> STOP and shop in Zermatt for lunch for next 2 days. Also POST maps to Luca. Post office is at Bahnhofstrasse 46	11

Zer to Cham	Day	Trek	TO	ROUTE AND ACCOMMODATION NOTE - TAKE PLENTY OF CASH for refuges	Km
Fri, Aug 29	13	1	Zermatt to St Niklaus	HOTEL EIDELWEISS Riedmatten 1 is booked (by Marianne for 70CHF per person per night includes breakfast - about \$180. It's about 1k further along the valley road from St Niklaus village but there is a mini Migros store 200 metres back towards St Niklaus in Eyastrasse 1	18
Sat, Aug 30	14	2	Gruben	Steep climb to Jungen (refuge has a mattress room only) then to Gruben: Hotel Schwarzhorn (room or dorm) or Waldesruh. Neither has good reviews but the Schwarzhorn seems to have internet - could do 24/25k to Hotel Weisshorn OR go to Cabane Bella Tola - amazing views in wrong direction. The extra 9k to Hotel Weisshorn is not difficult. An extra 4 hrs but makes total for day 25k	16
Sun, Aug 31	15	3	Zinal	Hotel La Pointe de Zinal. It is 14k if via Cold de Forclatta or 19k if via Weisshorn Hotel (10k to Weisshorn then 9k to Zinal). Could turn it into 2 days and stop at Weisshorn Hotel (built in 1882) or could get from Saint Niklaus to Weisshorn 25k in one day	14
Mon, Sep 01	16	4	Cabbane de Moiry POSSIBLY MISS THIS	Cabane de Moiry. Has rave reviews about food and views but is about 3k up and back same track and makes 2 days of a one day trip which could be From Zinal to La Sage via Barrage du Moiry in one day = 8k Zinal to Barrage + 10k Barrage to La Sage = 18k (ie 24k less 6k return up and back to Cabbane du Moiry)	14
Tue, Sep 02	17	5	La Sage	Hotel de la sage rated #1	10
Wed, Sep 03	18	6	Arolla	Hotel Pigne d'Arolla or Hotel du Glacier. Bournissen Sports - Gas bottle??? THIS SEEMS BEST OPTION for GAS BOTTLE. Web Photo shows all kinds of sports and also shows they stock Coleman and Campingaz (which makes iso butane cans)	10
Thu, Sep 04	19	7	Cabane de Prafleuri	via 3 cols	16
Fri, Sep 05	20	8	Cabane du Mont Fort	OR go straight to La Chable. BUT sports stores not likely to be open on Sunday if in Chable on Sunday	14
Sat, Sep 06	21	9	Le Chable or Verbier	Happy sports Le Chable gas bottle?. If via Verbier - many sports stores - InterSport Phillipe Roux, Medren Sports has hiking gear Route de Verbier 59 Verbier. IF via Verbier - add 10k, but route avoiding Verbier via Camplan looks more interesting. Hotels Le Chable La Ruinette Rte de Verbier 1 Le Chable, Hotel La Poste or Gietroz. OR BnB Claudy et Elizabeth Michellod-Dutheil.	9
Sun, Sep 07	22	10	Champex	Hotel du Glacier or Au Plein Air, or Belvedere??. Hotel Alpina - just up from the Belvedere BUT Belvedere has GREAT reviews. Pension Relais d'Arpette is up the valley and 2.5k from Au Plein Air. We passed on walk down from Fenetre last time. There's a sports store called Look Sport - Gas Bottle??	13
Mon, Sep 08	23	11	Trient /Forclaz	Relais du Mont Blanc OR Gîte et Table d'hôtes la Gardienne (THIS SOUNDS NICE) OR Hotel du Forclaz (TERRIBLE REVIEWS) - OR Refuge Les Grandes near Trient Glacier on route from Fenetre. Go via Bovine (16k easy) or Fenetra d'Arpette (14k and height at Fenetre is 2665m). Trient is about 2k further on than Forclaz and Les Grandes is 3.5 k before or after Forclaz depending on going bovine or fenetra route. NOTE - Les Grandes is self contained - no food but sounds nice. And only 3k to Col de Balme so next day is downhill.	14
Tue, Sep 09	24	12	Chamonix/ La Flagiere/ Argentiere/	Trient to Tre le Champ = 12k, Tre Le Champ to Flagiere = 8k (via ladders OR Des Montets), Flagiere to Col Brevant = 6k, Col Brevant to Moede Anterne = 8k, Tre Le Champ to Argentiere = 2k. Possibly stay Refuge La Flagiere, OR Hotel Dahu Argentiere, OR Chamonix (20k from Trient via Argentiere) . Sport stores in Argentiere or Chamonix. Hotels in Chamonix, Le Clocher or Balcons du Savoy (not sure about one night stay here), Hotel de L'Arve, Le Faucigny (hotel de Charme)	21

GR5 Ch- Gen	Day	Trek		ROUTE AND ACCOMMODATION NOTE - TAKE PLENTY OF CASH for refuge	Km
Wed, Sep 10	26	1	Chamonix to Refuge Moede Anterne	Refuge Moede Anterne or further 3k at Refuge Alfred Wills (website for both is www.tourdesfiz.com.) It's 8k up from Chamonix up to Col de Brevant (elevation 1046m to 2368m) then 8k from Col Brevant to Anterne. ALSO its 6k from La Flagere to Col Brevant. Either way its a further 8k from Col Brevant to Anterne. From Chamonix, go to start of cable car and walk straight up or go to right and around - less steep.	16
Thu, Sep 11	27	2	Sixt-Fer-Cheval or Samoens	Sixt-Fer-à-Cheval - hotel recommended is Le Petit Tetras OR Gite Auberge de Salvagny. If going all way to Samoens (a further 8k) Hotels in Samoens just in case are 1. Gai Soleil. 2. Edelweiss 3. Chambre d'Hôtes de Plampraz, Chemin Rural de la Plampraz.	16
Fri, Sep 12	28	3	Golese	Refuge Golese is modern and has rooms as well as dortoirs. Website is www.refuge-golese.com/. Probably leave from Sixt-Fer-Cheval, go thru Samoens (6k from Sixt-fer-a-Cheval to Samoens) then 10k up to Golese. Hotels in Samoens just in case are 1. Gai Soleil. 2. Edelweiss 3. Chambre d'Hôtes de Plampraz, Chemin Rural de la Plampraz	16
Sat, Sep 13	29	4	Chesery	The Refuge de Chésery is an old 19 th century barn initially built for cows. Sounds like des Motettes. Another refuge is le Golese about 8k further on than Samoens then its only 17k to Chapelle d'Abondance	16
Sun, Sep 14	30	5	Chapelle d'Abondance	Hotel Lenseleille, Hotel Esprit Montagne, Hotel L'Alpage. After Chapelle d'Abondance Then Go direct to Gingolph and via dent mountains or to Chevenoz and to Thonon then Geneva	22
Mon, Sep 15	31	6	Chevenoz or St Gingolph	Chevenoz: 20k to Chevenoz B and B at La Chouette Couette is a B and B at Le Sablon Chevenoz. (PREFER THIS ROUTE _ LESS STEEP) Saint Gingolph (18k but down a steep mountain) with Hôtel des Alpes, Hôtel Aux Ducs de Savoie, Hotel Le Man or Hotel Le Rivage, Hotel des Alpes, Hotel Le National	20
Tue, Sep 16	32	7	Thonon or Evian	Thonon: Chevenoz to Thonon is 25k. Hotel L'Arc en Ciel, or Hotel Café du Palais, or Hotel Savoie Et Lemman Decathlon Sports sore at Publier but only 4 days left for gas can. (PREFER THIS ROUTE _ LESS STEEP) Evian: Gingolph to Evian is Dozens of hotels at booking.com on waterfront - Good Reviews for La Detanche, L'Oasis, Le Littoral, Savoy	25
Wed, Sep 17	33	8	Yvoire/or Sciez OR Habere poche	Yvoire: Jules Verne, Le Vieux Logis, Villa Cecile, Hotel du Port, Le Pre de la Cure (Yvoire) Sciez: Chateau de Coudree - TERRIBLE Reviews, Hotel les Cygnes Port de Sechex 74200 Margencel is a Logis Hotel and looks good Habere Poche: a Fontaine d'Argence at Haber Poche. Hotel Le Panoramik at Hirmentaz a bit further up Balcony de Le Man.	16
Thu, Sep 18	34	9	Hermance OR Bonne	Hermance, L'Auberge d'Hermance looks OK. Bonne: Hotel Climotel, or Hotel Baud (Expensive) Balcony de Le Man.	11
Fri, Sep 19	35	10	SPARE DAY OR Cologny	Cologny the Auberge du Lion d'Or (FAMOUS RESTAURANT) Hotel Maison Le Fort or The Restaurant Hôtel du Parc des Eaux-Vives at Parc Le Grange on outskirts of Geneva. PLENTY OF HOTELS IN ANNEMASSE or keep going to Geneva and have Friday and Saturday night in Bern	
Sat, Sep 20	37	11	Geneva/Bern/Bern	After walk to Geneva take evening train to Bern to Luca and stay night in Bern. Hotel Astoria (\$234) (Looks OK)and Hotel La Pergola (\$277) and Hotel National (\$135 shared bathroom or \$180 own bathroom) are close to Luca Seitz & Seraina Nufer Hopfenrain 16 Bern 3007. Return on Monday in plenty of time for 2.50pm plane to Paris. TRAIN takes 1 hr 40 mins to Geneva Aeroport.	476
Sun, Sep 21	38		Bern	With Luca	
Mon, Sep 22	39		Bern to Geneva	Depart Bern after coffee with Luca. Train takes 2hrs and need to change at Geneva for Geneva Aeroport so need a train from Bern around 8am Dep Gen 2.50pm Air France arr Paris 4.00pm, Dep Paris 7.55pm arr Sing 2.45pm, Dep Sing 7.55pm QANTAS arr Bris 5.15am	
Wed, Sep 24			Brisbane	Lose a day and Arrive Brisbane 5.15am WALK 500k 33 days = 15k per day.	

				NOTES	
High Climbs	Ht	Climb		Refuge Les Grandes (2113m) is owned by the SAC, has 15 dortoir places but self-catering facilities only. This converted alp building	
TheodulPass	3295			stands on a grassy shelf below the Glacier des Grands and is infrequently manned (for reservations phone 026 660 6504.	
Zermatt	1620	1675		TOTAL TOUR DE MONTE ROSA	149
KleineScheidegg	2061			TOTAL ZERMAT TO CHAMONIX	169
Grindelwald	1034	1027		TOTAL CHAMONIX TO GENEVA	158
Chaviere	2796			TOTAL	476
Modane	1092	1704		Number of Days	33
				AVERAGE PER DAY	14.4
School Holidays					
Saas-Amalgell		Jun 19 - Aug 12			
Bern		Ju 15 - Aug 10			
Geneva		Jul 1 - Aug 23			
Martigny		Jul 122 - Aug 16			
Zermatt		Jun 19 - Aug 12			
France		Jul 5 - Sep 1			