

## CHAMONIX EXPERIENCE

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# CLIMB THE MATTERHORN 6 DAY COURSE

Duration 6 days   Physical level 4/5   Technical Level 3/4   Price from 4690€

The most famous and respected mountain of the Jungfrau, the summit of Mount Eiger looms at 3970m over the Bernese Oberland. The subject of many books and films, it's dramatic peak has inspired alpinists for hundreds of years. We climb it via the Mittellegi ridge, first ascended in 1921.

### ITINERARY

**Arrival Day :** Your guide will meet you at our office in Chamonix on the evening prior to the start of the trip. This is a great opportunity to run an equipment check, discuss the itinerary, weather forecast & conditions, and answer any questions you have.

#### Day 1 – Rock Climbing In Chamonix

We start the Eiger climbing course with rock climbing at one of the great multi-pitch areas in Chamonix to refresh our rope work skills. We will choose nice easy itineraries that will give us the opportunity to check your level and work on improving your climbing and rope skills. Les Aiguilles Rouges or Plan des Aiguilles offer some great climbing and scrambling terrain to practice on.

#### Day 2 – Mer De Glace & Couvercle Hut (2687M)

Today we will do an ice axe, crampons and rope skills refreshment on the glacier at Mer de Glace. Your mountain guide will also teach you basic crevasse rescue skills which are essential for safe travel on glaciers. You will then hike up to the Couvercle hut, where you will spend the night. Sleeping at altitude is an excellent way to acclimatise.

#### Day 3 – Aiguille Du Moine (3412M)

Today is an early start to climb the Aiguille du Moine at 3412m via the normal route, on a south face over mixed terrain of rock and ice. Aiguille du Moine is a magnificent mountain; you'll have a great climb and a long day! You will descend back to Chamonix after the climb and your guide will drop you back at your accommodation.

#### Day 4 – Aiguille Du Peigne (3192M)

Today we tackle the normal route on the Aiguille du Peigne; it is 500m long, but a relatively easy and fast climb (4b max). The Aiguille du Peigne will give you a good idea of what to expect on the Eiger climb: a quick simul-climb up and down the mountain, while being protected by your guide on a 'short rope'.

#### Day 5 – Grindelwald, Mittellegihütte (3355M)

Your 4 days of training are completed and you're ready to climb the Eiger! With your guide, you will drive over to Grindelwald where you will hike up to the Mittellegihütte (3355m). The hike takes around 2.5 hours over rocky and glaciated terrain up to the hut, where you will spend the night. Get a good night's sleep, as tomorrow we begin our ascent of the Eiger!

#### Day 6 – Ascent Of The Eiger (3970M)

Today is the big day! We usually do our ascents via the Mittellegi ridge which is the most spectacular. The climb is 615m over a rock and mixed terrain of up to 5b. If the conditions are not good for the ridge, we will choose another itinerary, such as the classic South Ridge (AD or III). These itineraries are not technically very difficult, but they involve a full day of scrambling over tricky terrain where you have to stay well focused. After the descent we will travel back to Chamonix, where the course will finish over a well-deserved glass of beer.

As with all mountain activities, this itinerary is dependent on weather and mountain conditions and therefore may change. It may also be adapted to the group level.

### PRICE DETAILS

2026: Collective groups from 4690€ per person for groups of minimum 2 participants

Private groups: contact us for personalised program and pricing

Included in trip package:

- 6 days of guiding & tuition
- 2 nights in mountain huts with breakfast and dinner
- Lift passes as per the itinerary
- Transport as per the itinerary (including return journey Chamonix-Grindelwald)
- Group safety equipment
- Office based support

Not Included in the trip package:

- Drinks, lunches and snacks in huts
- Personal equipment
- Accommodation in Chamonix
- Travel to Chamonix
- Mountain rescue and travel insurance (covering course cancellation for any reason)

### DATES

The best time of year to climb this route is usually July to September, see our [web page](#) for dates and availability. For private trips, contact us for availability.

### PHYSICAL & TECHNICAL REQUIREMENTS

#### FITNESS AND EXPERIENCE

- You need to be an experienced alpine climber on rock, snow and ice.
- You should be experienced and comfortable climbing PD+ or harder, climbing and traversing on a steep and exposed terrain, climbing in crampons on rock, snow and ice.
- You need to have multi-pitch climbing rope skills including belaying the lead climber, abseiling in full independence, using prussic and securing yourself on belay points.
- You have to have an excellent level of fitness and stamina. You must be able to climb for 10-15 hours over technical terrain without losing focus and confidence.

#### TRAINING

The best preparation for this course is regular running, hiking, swimming and biking with focus on endurance, ideally 4-5 times per week. Keep your rock climbing level up with regular outdoor climbing sessions, you should be confident and quick climbing routes up to French grade 5b.

This is a physical ascent at high altitude, and participants must be prepared for long demanding days in alpine conditions. If you would like a training plan specific to mountaineering, we recommend [Uphill Athlete](#).

## EQUIPMENT

- **Mountaineering boots**
- **Warm hat**
- **Thermal underwear** (top preferably with long sleeves and long johns - wearing cotton next to your skin can mean you get cold as it does not disperse moisture in the same way as a thermal, wicking garment)
- **Fleece layers** (better to carry several thin layers than thick bulky ones, to allow you to adjust your clothing according to temperature, weather and activity)
- **Light down jacket**
- **Wind & waterproof jacket** (Gore-Tex or similar breathable material with a hood, a shell jacket is good)
- **Wind & waterproof trousers** (Gore-Tex or similar breathable material, preferably with leg zips to make them easier to take on and off without having to remove your boots)
- **Thick gloves** (insulated warm gloves or mitts, gloves make it easier to fiddle with climbing gear but mitts tend to be warmer)
- **Thin gloves** (a fleece wind stopper glove with reinforced palms gives better grip)
- **Gaiters** (to keep snow out of your boots, best if they are made of a breathable material)
- **Sun hat**
- **Climbing trousers**
- **Approach shoes**
- **Ice axe** (normal mountaineering/walking axe, should be 50-70cm depending on your height)
- **Harness** (with adjustable leg loops to fit over your waterproof trousers and jacket)
- **Ski goggles**
- **Walking poles** (folding or telescopic so that you can pack them away when not in use)
- **Screwgate carabiner x 3**
- **Belay device**
- **Climbing helmet** (should be big enough to fit over your hat)
- **Crampons** (12 point clip-on crampon recommended; anti-balling plates are a must, plus safety traps)
- **25-30 litre rucksack** (important that it fits you and is comfortable to carry even when heavily loaded)
- **Lanyard**
- **60cm tape sling or cordelette for prusik**
- **Sunglasses** (factor 4)
- **Water bottle** (at least 1 litre)
- **Sun cream** (high factor for lips and face)
- **Headlamp** (with fresh batteries)
- **Sleeping bag liner** (not a sleeping bag!)
- **Ear plugs** (not essential but useful when trying to sleep in mountain huts)

## ACCOMMODATION

This trip includes 2 nights in mountain huts, with breakfasts and dinners.

We do not include accommodation prior to or after this trip, but can organise it for you on request.

## HUTS

The high alpine huts are one of the big attractions to mountaineering or trekking in the Alps. They allow us to enjoy the mountains with only light packs and without having to worry about meals or finding somewhere to sleep! Most huts have only very basic facilities.

Sleeping arrangements are in mixed sex dormitory-style rooms with bunks. Washing facilities are limited and generally there is no running water in any of the huts although this may vary in some huts. There are basins in which you can use bottled water to wash the best you can and clean your teeth, but they are NOT generally in private cubicles and are mixed sex. Toilets are generally septic-tank type (non-flushing) and again mixed sex. You need to be prepared for simple living in the huts and appreciate they are located at high altitude and in inhospitable terrain.

Breakfasts and evening meals are served by the guardian and his team and the food is usually nourishing and filling. Beer, wine, soft drinks and snacks are also available to buy. All food and drink in the huts is delivered by helicopter and consequently prices will be high e.g. around 10€ for a 1.5litre bottle of still water.

There are a few basic hut 'rules' that you need to follow so that you (and your fellow climbers) have a pleasant stay:

1. On arriving at the hut you must take off your boots and leave these together with your ice-axe, crampons in the foyer. Be sure to store these carefully as the hut is likely to get very busy and you'll need to find all your kit in the morning rush!
2. House slippers are provided and must be worn in the hut  
Your guide will register you with the guardian and will assign you your bunk.
3. Follow the instructions of your guide and keep requests to the guardian and his team to a minimum – they are usually very busy sorting out groups, cooking meals, keeping the hut clean.
4. In the morning your guide will often want to leave early – be sure to have all your kit ready to go the night before. Be organised and everything will be much easier!
5. It is recommended to bring ear-plugs for the nights – but make sure that you get up on time!

## FOOD

Breakfasts and dinners are provided by the huts, on the nights that we stay in them.

If you have food allergies or specific dietary requirements—especially if you're Coeliac (gluten-free) or have a dairy allergy—we strongly advise bringing additional food to supplement your hut meals. While huts generally cater well to vegetarians, they are less equipped for other dietary needs.

Huts can provide a basic packed lunch (typically bread, salami, cheese, and chocolate), but it's important not to rely solely on this option. We recommend bringing snacks to take into the mountains : cereal bars, dried fruit and nuts, chocolate, sweets, or your favourite trail mix. Huts do sell these items but can be expensive and stock may be limited. It is important to eat in between meals to maintain your energy levels throughout the day.

## OUR GUIDES

On this trip, we will take a maximum of 3 clients per guide on day 1, 2 clients per guide on days 2-4, and 1 client per guide for the summit days 5-6. All the guides for this trip are IFMGA qualified and English speaking.

## DOCUMENTS

Mountain search and rescue and repatriation insurance is mandatory on all our trips. We highly advise you to also have a travel insurance policy covering the cost of medical treatment and to protect the value of your trip in the event of cancellation or curtailment. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary. You will need to bring your ID with you.

## SPENDING MONEY

The package price includes transport between Chamonix and Grindelwald, lift passes, 2 nights in mountain huts with breakfast and dinner, and 6 days of guiding. You will need to allow an amount for lunches, drinks and snacks. Please note that you will need to have €/CHF in cash when paying for items at the huts, as they cannot always take payment by bank card. Your guide will advise you how much you need; there are numerous cash points in Chamonix.

## TRANSPORT DURING THE COURSE

All transport during the course, as outlined in the itinerary, is included in the price. When travelling around the Chamonix valley we use public transport as much as possible. When travelling to Grindelwald and back your guide will take you in their car.

## BAD WEATHER AND CONDITIONS

If the weather forecast is poor or the conditions are not favourable, your guide will propose an alternative plan. We have France, Italy, and Switzerland within reasonable driving distance and many peaks to choose from. Please note that additional transport costs may apply if we go further afield.

Weather and mountain conditions are variables which sometimes force climbers to change the objective of the trip – this is normal in the world of mountaineering - we do not offer reschedule or refund in these cases.

## BOOKING AND CANCELLATION

Please send us an enquiry stating your preferred dates and your previous mountaineering experience. We will require 30% deposit to confirm your booking. The remaining balance is due 12 weeks prior to the start of the trip.

## ALTERATION OR CANCELLATION POLICY

Mountain Activities are subject to unpredictable factors: weather, snow conditions, terrain, participant fitness, etc. Chamonix Expérience and the Instructor cannot be held liable.

They are also not responsible for strikes, illness, government actions, lift/refuge closures, or force majeure.

To ensure safety or respond to unforeseen circumstances, the Activity may be changed or cancelled at any time.

- **If modified by Chamonix Expérience or the Instructor:** A new adapted program will be proposed at no extra cost. If the Participant does not meet required ability levels, the original price may still apply.
- **If cancelled by the Participant:** Notice of cancellation must be given in writing or email to Chamonix Experience SARL and will be effective when it is received by Chamonix Experience SARL. The following cancellation charges apply (percentage of total price of course or activity):
  - a) More than 90 days before start date : Loss of deposit (30% of total price)
  - b) Less than 60 days before start date : 100% of total price

If you wish to change the date of your course or activity more than 90 days before the start date there is a 100€ administration fee plus any costs related to the booking and reschedule (e.g. hut deposits, hotel costs). This is possible for private trips only.

No amendment is possible within 90 days of the course or activity start date unless agreed otherwise with Chamonix Experience SARL.

Chamonix Experience SARL reserves the right to cancel any course if there are insufficient group numbers. If the course you have booked is cancelled you will be given 30 days notice and the opportunity to change your course date at no extra charge. Chamonix Experience SARL will give a full refund if other course dates are unsuitable (less 1.5% if paid by credit card).

If you can not continue a course or activity for whatever reason (e.g. personal issues, insufficient physical or technical level, illness / injury, etc.) at any stage during the course or activity, you are not entitled to any refund.

Please read our [TERMS & CONDITIONS](#) carefully before booking your trip.