



**Duration of the tour:** 8 days

**Category:** hike / haute route / via ferrata / alpine course

**Difficulty level:** easy / moderate / difficult / very difficult / expert

## TMR – Tour Monte Rosa

### Magnificent hike on the traces of the ‘Walser’ around the ‘Monte Rosa’

‘TMR’: the abbreviation for ‘Tour Monte Rosa’. On this fine, eight days long, hiking adventure around the biggest alpenstock we walk nearly 160 km on challenging ‘Walser’ mountainous trails. This European hiking route leads us from ‘Randa’ to ‘Grächen’ (1.619 m) and onto ‘Saas Fee’ (1.772 m), up to the ‘Monte Moro’ pass (2.868 m), the ‘Colle del Turlo’ (2.738 m), the ‘Colle di Bettaforca’ (2.672 m) and the ‘Theodul’ pass (3.317 m), past the ‘Theodul’ glacier to ‘Zermatt’ and finally to ‘Sunnega’ (2.288 m). At the end of each day the hiker will go to bed elated and tired, left with many wonderful experiences and impressions. The one, who walked the entire ‘TMR’, earns respect and should be proud to have accomplished a great feat. Congratulations!

#### Region:

Wallis (Switzerland)

#### Day 1, Saturday

Meeting point is at 12 o’clock at the car garage ‘Schaller’ in ‘Täsch’. Transfer by taxi to the ‘Täschalpe’ (2.187 m). Via the European hiking route we reach the European hut (2.280 m), which offers us an imposing view of the ‘Weißhorn’ peak.

**Hiking time approx. 3½ hours, ascent 550 m, descent 300 m.**

#### Day 2, Sunday

Via the European hiking route we reach ‘Gassenried’ (1.659 m). Tonight we stay in an Inn.

**Hiking time approx. 6½ hours, ascent 500 m, descent 1.200 m.**

#### Day 3, Monday

Today we take the gondola up to the ‘Hannigalp’ and further to the ‘Balfrinalp’. We walk through larch and arven (pine) woods, pass the pyramid of the ‘Bietschhorn’ peak and continue to the town of ‘Saas Fee’ (1.772 m). Most of the time we can enjoy a wonderful view of the ‘Weissmies’.

**Hiking time approx. 7 hours, ascent 300 m, descent 800 m.**

### Day 4, Tuesday

Our trail leads us from 'Almagell' to the huge 'Mattmark' lake and over the 'Monte Moro' pass (2.868 m), the pass of the 'black mountain'. In the background we can admire the majestic east side of the 'Monte Rosa' peak. We make the descent in the gondola and continue our journey on foot to 'Macugnaga' (1.320 m).

**Hiking time approx. 6 hours, ascent 1.200 m, descent 100 m.**

### Day 5, Wednesday

We leave the ancient 'Walser' settlement of 'Macugnaga' and hike through the 'Valle Quarazza' valley, where the remains of gold mines can still be seen. Our ascent takes over the very well laid out military road to the 'Colle del Turlo' Col (2.738 m). From here we descend to the 'Rif. Pastore' (1.575 m).

**Hiking time approx. 8 hours, ascent 1.400 m, descent 1.200 m.**

### Day 6, Thursday

After the ascent to the 'Colle d'Olen' Col (2.881 m) and a break at the 'Rif. Guglielmina' we take the cable car to the 'Colle di Betta-forca' Col (2.672 m). Finally we reach the cosy 'Rif. Ferraro' (2.072 m).

**Hiking time approx. 6½ hours, ascent 1.350 m, descent 600 m.**

### Day 7, Friday

Ascent to the 'Colle Superiore' Col, from here we have a fantastic view of the 'Gran Lago' valley below. We continue our way along lichen covered rocks, boulders and deep blue mountainous lakes and take the cable car to the 'Theodul' pass (3.317 m). Below us we will see the plateau of the 'Maison Blanche'. Above us is the 'Theodul' glacier (3.108 m), from here we reach the 'Troddenen Steg'. The gondola will take us down to 'Zermatt' (1.616 m), where we stay in an hotel.

**Hiking time approx. 8 hours, ascent 1.100 m, descent 950 m.**

### Day 8, Saturday

Ascent with the gondola from 'Zermatt' to 'Sunnega' (2.288 m). Via the European hiking route we finally reach 'Täsch' (1.450 m), arriving there at about 12 o'clock. From there you can either commence your homeward journey or you are welcome to stay a little longer in the 'Wallis'.

**Hiking time approx. 4 hours, ascent 250 m, descent 1.100 m.**

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### Required:

Mountain experience, good health, good physical condition, a sure foot and no fear of heights, enough physical endurance for day trips with up to 8 hours hiking time. There is no experience necessary for glacier hikes.

### Equipment:

Hiking shoes with good grip, 2 pairs of socks, comfortable pants, shorts, pullover or jacket, protective clothing against wind and rain (Gore-Tex), functional underwear, a change of underwear (stored in a plastic bag), rucksack approx. 35 litre, (a maximum weight of 8 kg is recommended). Special advice: you can protect your equipment with a plastic bag inside your rucksack, or use a rucksack cover. Gloves, cap (against sun and cold), sunglasses, sunscreen, lip salve, a water bottle, snacks (power bars, nuts, etc.), indoor shoes or trainers, sleeping bag liner, toilet bag, small towel, first aid, head lamp, identity card, collapsible poles if required.

### Accommodation:

Inn, hotel (shared accommodation), mountain huts (dormitory)

### Services:

Mountain guide, 5x half pension, 2x accommodation/breakfast, 7x cable car, 1x taxi

### Additional costs:

We recommend approx. € 30,- per day for drinks, extra provisions, etc., 5 days in Swiss Francs.

### Participants:

6 - 12 people

### Travel to Täsch:

Take advantage of the good train connections to the Wallis. By car via highway 'Zürich', 'Bern', 'Thun', car-loading 'Kandersteg-Goppenstein' (approx. Swiss Francs. 25.-), 'Brigg', 'Visp' to 'Täsch'. We recommend the car garage 'Schaller', free for those guests staying at the Hotel Tannenhof, but only for the duration of stay. Charged long-term parking at the entrance of Täsch.

### Extension of stay:

We advise you to contact tourist information in 'Zermatt' if you need accommodation before or after the tour. Telephone (Switzerland) 00 41 - 27 - 96 68 100. We recommend the Hotel Tannenhof, Telephone (Switzerland) 00 41 - 27 - 96 73 188.

### OASE AlpinCenter:

The OASE AlpinCenter is adjacent to the train station in Oberstdorf, opposite platform 1.

### Information and booking:

For further details please contact us directly from:

<b>June – September:</b>	Monday – Friday <b>9 – 12 hours</b> and <b>14 – 18 hours</b>
<b>October – Mai:</b>	Monday – Friday <b>9 – 12 hours</b>

If the office is unattended please leave a message, we call you back .

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*You will find dates and prices on our website.*



### Personal notes:

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