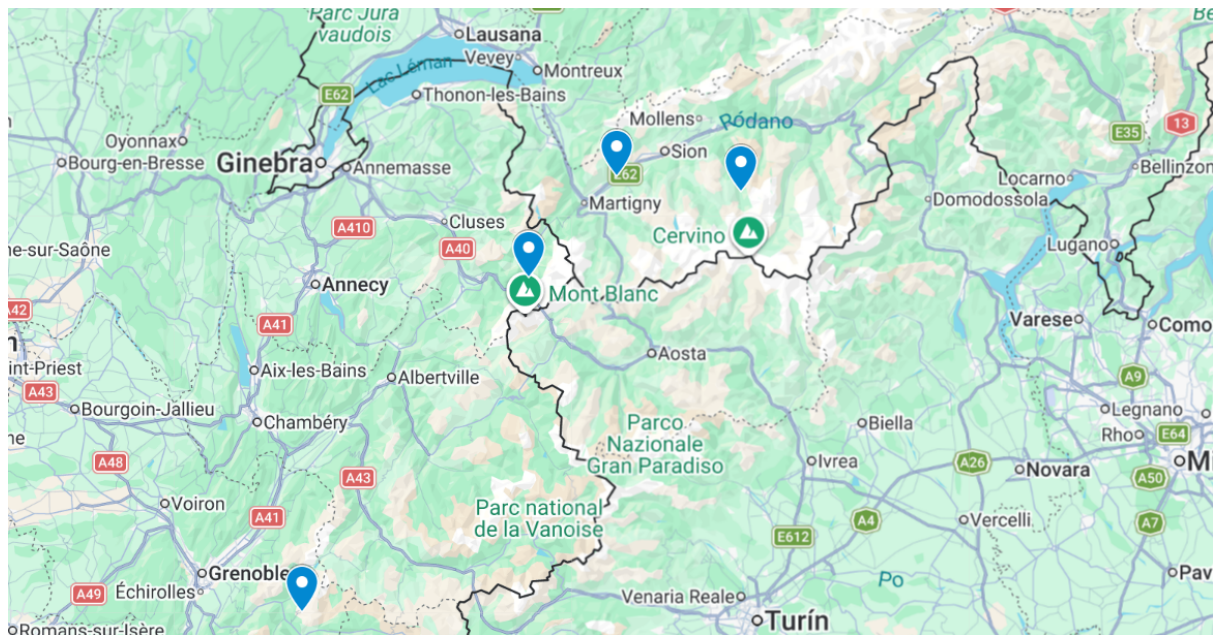




FROM ALPE-D'HUEZ TO ZINAL



Cumbre Bishorn

JOURNEY 1 ALPE-D'HUEZ [Location](#)

We begin our journey in the Écrins massif. Parking is available at the ski resort itself, with no problem parking campervans for the day, and from there we start the route. It's a perfect route to combine with a campervan stay in Alpe d'Huez, as it allows you to reach a high-mountain viewpoint without any technical climbing and offers some of the best panoramic views of the Écrins massif. The route follows the ski resort's

slopes entirely, choosing an afternoon time after the resort has closed to avoid crowds and potential problems. [ROUTE](#) HERE.



Panoramic view from the Station

DIA 2 CHAMONIX MONT BLANC [Location](#)

Chamonix-Mont-Blanc is one of Europe's most iconic mountain destinations and the birthplace of modern alpinism. Located in Haute-Savoie, in the French Alps, at the foot of the majestic Mont Blanc (4,810 m), it combines nature, adventure, and a unique alpine atmosphere year-round. It's a leading destination for climbing, mountaineering, trail running, mountain biking, via ferrata, and paragliding. One of its main attractions is the Aiguille du Midi cable car, which ascends to 3,842 meters, offering spectacular views of the Mont Blanc massif. Nearby is the famous Mer de Glace, the largest glacier in France, accessible via the historic Montenvers cog railway. The center of Chamonix retains the charm of an authentic alpine village, with pedestrian streets full of mountain shops, restaurants, and cafes. I recommend spending the morning exploring the area before starting your activities and acclimatizing for what's to come.



Views from Planpraz

One of the best views of the Mont Blanc massif without needing a technical route. Perfectly marked trail. Option to continue towards Le Brévent (2,525 m) for those who want a more challenging day. Ideal to combine with a campervan stay in Chamonix. [ROUTE HERE](#)

DIA 3 SAILLON [Location](#)

Next stop already in Swiss territory The Farineta Via Ferrata is located in Saas-Grund, in the canton of Valais (Switzerland), very close to Saas-Fee, one of the most famous alpine areas in the country. La Farineta is a spectacular via ferrata that ascends a rock face above the Saas Valley. During the route, you'll enjoy breathtaking views of glaciers and numerous peaks over 4,000 meters high, such as the Dom (4,545 m), the highest peak located entirely within Switzerland. It is a very well-equipped via ferrata, with staples, steps, bridges and several vertical sections that make it entertaining and airy, without being extremely technical. [ROUTE HERE](#) It should be noted that in Switzerland you must stay overnight in designated areas to complete the route; it is possible to park for approximately 3 hours with stops.



Farineta via ferrata

DAY 4 ZINAL [Location](#)

After a few days of acclimatization, finally the great challenge of the trip: the ascent of the Bishorn from Zinal. The route is divided into two days; the first day ascends to the Tracuit refuge, and the second, more strenuous day ascends to the summit and descends to the base. Bishorn (4.153 m) It is one of the most accessible four-thousanders in the Alps and an excellent option for those wishing to get started in high-altitude mountaineering. Located in the canton of Valais (Switzerland) It forms part of the Pennine Alps and offers a relatively easy glacial ascent, with spectacular views over iconic peaks such as the Weisshorn or the Zinalrothorn.



Zinal

The normal route begins at the Tracuit Refuge (Tracuit Hut, 3,256 m), which is accessed from the village of Zinal after a long approach walk.

The route presents no special difficulties except for the exposed terrain and the more than 1500m of positive elevation gain. In the final part there is a small via ferrata that facilitates access to the refuge where the ascent to the summit of the Bishorn begins the following morning. [ROUTE HERE](#)



Panoramic view of the ascent to the refuge

DIA 5 TRACUIT- BISHORN [Location](#)

From the refuge, the route crosses the Turtmann Glacier and ascends gradually to the broad summit of the Bishorn, where you can enjoy a 360° panoramic view of some of the most breathtaking scenery in the Swiss Alps. The Bishorn is considered one of the best four-thousanders for beginners in glacier mountaineering. Although technically not particularly difficult, it requires experience in glacier travel, safety knowledge, and specialized equipment. Its spectacular surroundings, the ascent from the historic Refuge of Tracuit and the privileged views of Weisshorn (4.506 m) This makes it an essential mountain for any lover of the Swiss Alps. [ROUTE HERE](#)



Bishorn Summit

REQUIRED TRAVEL EQUIPMENT – FRANCO-SWISS ALPS



Mountaineering equipment

Perfect for:

- Chamonix
- Planpraz
- Zinal
- Saas-Fee
- Hiking trails in Valais

Mandatory

- Backpack 35-45 L
 - Trekking poles
 - Waterproof hiking boots
 - Lightweight trekking shoes
 - Breathable technical clothing
 - Fleece lining
 - Lightweight down jacket
 - Waterproof jacket (Gore-Tex or similar)
 - Technical trousers
 - Technical socks
 - Cap
 - Gorro fino
 - Category 3-4 sunglasses
 - Crema solar SPF 50+
 - Protector labial
 - Thin gloves
 - Buff
 - Frontal
 - Kit
 - Thermal blanket
 - Multipurpose knife
 - GPS or mobile phone with offline maps
 - Water (2-3 liters)
 - Energy food
-



High-altitude equipment

Required for:

- Bishorn

Required materials

- Backpack 40-50 L
- Semi-rigid or rigid boots compatible with crampons
- Crampons
- Ice axe
- Mountaineering helmet
- Harness
- Rope (if not going with a guide)
- HMS Carabiners
- Ribbons and cords
- gaiters
- Waterproof gloves
- Thermal jacket
- Hack
- Waterproof trousers
- Category 4 glacier goggles
- Protector solar SPF 50+
- Term

Important: Even in summer, the glaciers in the Swiss Alps retain snow and ice throughout the season. For any glacier ascent, it is essential to have the appropriate equipment and experience, or to hire a guide.



Via Ferrata Equipment

Required for:

- La Farineta (Saas-Grund)

Required materials

- Approved harness
- Via ferrata energy dissipator
- Hull
- Resting cape

- Ferrata gloves
- Small backpack (20-30 L)
- Water
- Kit

Advisable



Trail running

To:

- Chamonix

Material

- Trail running shoes
 - Hydration vest
 - Soft flasks
 - Folding walking sticks (optional)
 - Cap
 - Glasses
 - Windbreaker
-



Camper equipment

Essential

- Vehicle documentation
- Insurance
- Reflective vests
- Flashlight
- Cable CEE
- Electrical adapter
- Water hose
- Calzos
- Table and chairs
- Kitchen
- Fridge
- Kit

- Toilet paper
 - Basic tools
 - Portable compressor
 - Portable solar panel (optional)
 - Power Station
-



Recommended clothing (2 weeks)

- 6 technical t-shirts
- 2 thermal t-shirts
- 3 pairs of shorts
- 2 pairs of technical trousers
- 1 waterproof trousers
- 1 fleece lining
- 1 lightweight down jacket
- 1 waterproof jacket
- 1 lightweight vest (optional)
- 7 pairs of technical socks
- Underwear
- Pajamas
- Cap
- Gorro fino
- Thin gloves
- Waterproof gloves



Documentation

- ID card or passport
- Driver's license
- European Health Insurance Card
- Mountain insurance with rescue
- Shelter reserves (Tracuit, etc.)
- Bank cards
- Cash (Swiss francs)
- Permits or reservations for activities (if necessary)

This list is designed for a one-day trip **week in the Swiss Alps**, combining **hiking, high mountaineering, via ferratas**,.