

		HEIGHT GAIN (book) metre	HEIGHT GAIN (own) metre	Descent (book) metre	Descent (own) metre	DISTANCE (book) km	DISTANCE (own) km			time from to (signs) minutes	time from to (own) minutes
	OWN MEASUREMENTS (Garmin) vs BOOK'S							ALTITUDE and TIMES	altitude m		
STAGE 1	ARGENTIERE - COL DE LA FORCLAZ Via Le Tour - Col de Balme - les Grands - Chalet du Glacier	953	1155	676	871	15	19.75	STAGE 1 start from ARGENTIERE LE TOUR	1251 1453		
STAGE 2	COL DE LA FORCLAZ - CHAMPEX Via Fenetre d'Arpette	1082	1034	1199	1087	12	15.87	CHARAMILLON COL DE BALME	1850 2204	45 60	45 45
STAGE 3	CHAMPEX - LE CHABLE	104	219	749	828	13	14.85	REFUGE LES GRANDS	2113	60	70
STAGE 4	LE CHABLE - CABANE De MONTFORT	1636	1609			9	14.49	CHALET DU GLACIER	1583	50	60
STAGE 5	CABANE de MONTFORT - CABANE de PRAFLEURI Via Col de Termin - Louvie - Col de Prafleuri	885	1195	740	993	14	19.52	COL DE LA FORCLAZ	1526	50	50
STAGE 6	CABANE de PRAFLEURI - AROLLA Via Pas de Chevres	674	754	1294	1381	16	20.34	TOTAL		325	315
STAGE 7	AROLLA - LA SAGE Via Lac Blue and Les Hauderes	215	582	554	902	10	15.05	STAGE 2 CHALET DU GLACIER FENETRE D'ARPETTE	1583 2665	50 180	40 170
STAGE 8	LA SAGE - CABANE de MOIRY Via Col de Tsate and Parking Du Glacier	1617	1635	459	500	10	12.64	CHAMPEX	1466	140	205
STAGE 9	CABANE de MOIRY - ZINAL High path Lac du 2500 and Col de Sorebois Cablelift from Sorebois to Zinal	462	837			15.37	15.37	TOTAL		370	415
STAGE 10	ZINAL - HOTEL WEISSHORN	725	837	63	157	10	11.58	STAGE 3 SEMBRANCHER LE CHABLE	717 821	140 95	140 65
STAGE 11	HOTEL WEISSHORN - GRUBEN Direct path (via Touno le Chiesso and La Roja)	589	588	1104	1089	9	11.37	TOTAL		235	205
STAGE 12	GRUBEN - ST NIKLAUS Via Augustbordpass - Jungen - Cablelift from Jungen	1072	1101			14.31	14.31	STAGE 4 CLAMBIN CAB DU MONTFORT	1730 2457	225 170	150 125
STAGE 13	RANDA to EUROPAHUTTE* Via Hausli (Hangbridge)	838	838			5.37	5.37	TOTAL		395	275
STAGE 14	EUROPAHUTTE - ZERMATT Via Taschalp - Tufteren - then straight down)	348	831	962	1453	18	20.42	STAGE 5 COL TERMIN COL DE LOUVIE COL DE PRAFLEURI CABANE DE PRAFLEURI	2648 2912 2965 2642	120 100 120 75	120 100 150 50
	TOTAL	11,200	13,215			171.05	210.93	TOTAL		415	420
NOTES	1. Green cells: where we took a different route from the book and put in own GPS readings 2. * Stage 13: path between Gasenried and Europahutte was closed							STAGE 6 COL DES ROUX PAS DE CHEVRES (64 m lower than Riedmatten) AROLLA	2804 2919 2006	30 225 100	25 240 90
								TOTAL		355	355
								STAGE 7 LAC BLEU LES HAUDERES LA SAGE	2090 1452 1667	90 70 60	90 60 35
								TOTAL		220	185
								STAGE 8 COL DU TSATE Parking DU GLACIER CABANE DE MOIRY	2868 2409 2852	200 60 90	160 60 90
								TOTAL		350	310
								STAGE 9 to CONN CAB to COL SOREBOIS (high Lac 2500 path) COL DE SOREBOIS ZINAL (Cablelift to Zinal)	+/-2350 2847 1675	90	140 40
								TOTAL			180
								STAGE 10 HOTEL WEISSHORN	2337	200	170
								STAGE 11 MEIDPASS GRUBEN (Shwarzhorn)	2790 1822	135 90	140 85
								TOTAL		225	225
								STAGE 12 AUGSTBORDPASS JUNGEN (Cable lift to St Niklaus 1127 m)	2894 1955	180 105	135 140
								TOTAL		285	275
								STAGE 13 RANDA EUROPAHUT (Via HAUSLI - Bridge)	1659 2220		125
								TOTAL		165	125
								STAGE 14 TÄSCHALP ZERMATT (Via Tufteren and Europaweg = direct)	2241 1606	210 180	165 145
								TOTAL		390	310
									3,930		3,765
									65 h 30 m		62 h 45 m