

Itinerary across the Alps 2009 – 83 stages

Austria

D 1 15/01 Losenheim (750m) to Kaiserbrunn (526) or Weichtalhaus (547)

DEV + 1300m



Losenheim



Sommet du Klosterwappen



Weichtalhaus

D 2 16/01 Weichtalhaus to Altenberg (782)

DEV + 1500m



D 3 17/01 Altenberg to Neuberg (752) or Krampen(752)

DEV+ 1200



Neuberg

D 4 18/01 Neuberg to Seeberg

DEV+1300m



Seeberg

D 5 19/01 Seeberg to refuge schiestlhaus (2153m)
DEV+ 1200m



D 6 21/01 Refuge Schiestlhaus to Picherhof Gasthof (1000m)
DEV+ 1100m



Picherhof Gasthof

D 7 22/01 Picherhof Gasthof to Radmer an der hasel (729m)
DEV+ 300m



Picherhof Gasthof

D 8 23/01 Radmer to Johnsbach(853m)

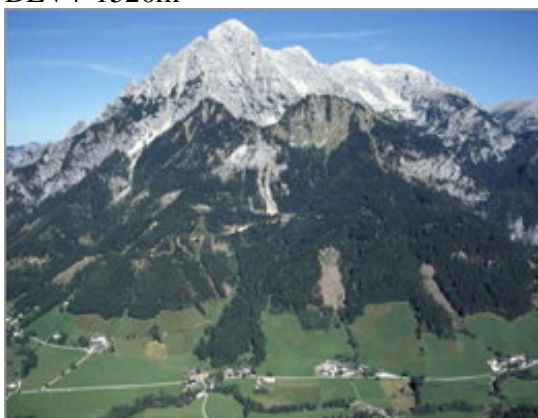
DEV+ 850m



Radmer an der Hasel

D 9 24/01 Johnsbach to Trieben (700)(Minelli)

DEV+ 1520m



Johnsbach

D 10 25/01 Trieben to Gulling (1169)

DEV+ 1200 to max



Trieben

D 11 27/01 Gulling to Donnersbachwald (976)

DEV+ 928m



Donnersbachwald

D 12 28/01 Donnersbachwald to Mössna (1023)

DEV+ 1270m



Mössna

D 13 29/01 Mössna to Eben (1305)

DEV+ 1460m



Eben

D 14 30/01 Eben to St Andra (1055)

DEV+675m



St Andra Im Lungau

D 15 31/01 St Andra to Malta (840)

DEV+ 1050 en rando et 1100 en remonte



Malta

D 16 **2/02** Malta to Giebener hütte (2203)
Dev+ 1150m

D 17 **3/02** Giebener hütte to Mallnitz (1190)
DEV+ 470m



Mallnitz

MALLNITZ DEPOSE MATERIEL GLACIER

D 18 **4/02** Mallnitz to Duisburger hütte (2572)
DEV+ 1600m/ 1100m



Duisburger hütte

D 19 5/02 Duisburger hütte to Heiligenblut (1288)

DEV + 930m



Heiligenblut

D 20 6/02 Heiligenblut to Oberwalderhutte (2973) or hofmannshutte(2444)

DEV + 1100 or 1700m



Oberwalderhutte

D 21 8/02 Oberwalderhutte to Rudolfshutte (2315)

DEV + 450 or 1000 selon la veille.



Rudolfshutte

D 22 9/02 Rudolfshutte to Matreier Tauernhaus(1542)

DEV+ 950



Matreier Tauernhaus

D 23 10/02 Matreier to Neue prager hütte (2792)

DEV+ 1300



Neue prager hütte

D 24 11/02 Neue prager hütte a Kursinger hütte(2547)

DEV+ 600m/800m



Kursinger hütte

D 25 12/02 Kursinger hütte to Prettau (1614) or St Peteri (1366)

DEV + 1000m



Prettau

D 26 14/02 St Johann to Arntal refuge Kegelgasslalm or Shwarzensteinhütte

DEV + 900 or 1730m



refuge Kegelgasslalm

D 27 15/02 refuge Kegelgasslalm or Schwarzensteinhütte - Berliner hütte

DEV + 380 M



Schwarzensteinhütte

D 28 16/02 Berliner hütte to Olpererhutte (2380)

DEV + 1200



Berliner hütte

D 29 17/02 Olpererhutte to Steinach-am-brenner (1049) via Jodok (1319)

DEV + 1000m



Steinach am Brenner

D 30 18/02 Steinach am Brenner hütte(2042)

DEV + 1130



Steinach am Brenner hütte

D 31 **20/02** Brenner hütte to Muller hütte (3143)

DEV+ 1600



Muller hütte

D 32 **21/02** Muller hütte to Sölden (1377)

DEV + 1100



Sölden

D 33 **22/02** Sölden to Rauhekopf hütte (2732)

DEV+ 1275m



Rauhekopf hütte

D 34 **23/02** Rauhekopf hütte to Nauders/Pfunds
DEV + 1295



Nauders/Pfunds

D 35 **24/02** Nauders to Heidelberger hütte (2264)
DEV + 500m



Heidelberger hütte

D 36 **26/02** Heidelberger hütte to Wiesbadener hütte (2443m)
DEV + 1555m



Wiesbadener hütte

D 37 **27/02** Wiesbadener hütte to Guarda (1653)

DEV + 900



Guarda

Switzerland

D 38 **28/02** Guarda to Zerne

DEV 1800 M



Zerne

D 39 **1/03** Zerne to Livigno (1800)

DEV+ 1000



Livigno

D 40 **2/03** Livigno to refuge Diavolezza (2093)

DEV + 754m 12 km



refuge Diavolezza

D 41 **4/03** Diavolezza to refuge Marinelli (2813)

DEV + 1200m 13km



Refuge Marinelli Bombardieri

D 42 **5/03** Ref Marinelli to Maloja (1803)

DEV + 940m 15km



Maloja

D 43 6/03 Maloja to Innerferrera

DEV + 1200m



Innerferrera

D 44 7/03 Innerferrera to Splugen (1457)

DEV + 1100m



Splungen

D 45 8/03 Splugen to Zapport hütte (2276)

DEV + 740



Zapport hütte

D 46 10/03 Zapport hütte to Capanna Adula UTOE (2393)
DEV + 1150



Capanna Adula UTOE

D 47 11/03 Capanna Adula UTOE to Capanna Bovarina (1870)
DEV + 800



Capanna Bovarina

D 48 12/03 Capanna Bovarina to Airolo (1159)
DEV + 1100m 25km



Airolo

D 49 13/03 Airolo to capanna Cristallina(2568)

DEV + 1250 6km



capanna Cristallina

D 50 14/03 Capanna Cristallina to refuge Maria luisa (1270)

DEV + 845m 23km



Rifugio Maria Luisa

D 51 16/03 Maria Luisa to Binntalhutte (2265)

DEV + 1300 16 km



Binntalhutte

D 52 17/03 Binntalhutte to refuge castiglioni Alpe dévéro(1644)
DEV + 150m



Capanna Enrico Castiglioni all'Alpe Devero (1640 m)

D 53 18/03 Alpes dévéro refuge Castiglioni to refuge Citta Di Arona(1771)
DEV+ 1130



Rifugio Citta Di Arona

D 54 19/03 Citta Di Arona to Simplompass hospice (1997)
DEV + 1055 or 1700M 11km



Simplompass hospice (1997)

D 55 **20/03** Simplon pass to Saas Balen (1520)

DEV + 1550 17km



Saas Balen

D 56 **22/03** Saas-Fee to Britannia hütte (3030)

Dev + M



Britannia hütte

D 57 **23/03** Britania hütte to Zermatt

Den+ 750M Possibility to skip this stage and to proceed to the next one



Zermatt

D 58 **24/03** Zermatt to Schönbiel hütte (2694)

Den + 460M



Schönbiel hütte

D 59 **25/03** cabane Schönbiel to cabane Bertol

DEV + 1200m



cabane Bertol

D 60 **26/03** cabane Bertol to cabane Chanrion (2462)

DEV +1300m 20 km



cabane Chanrion

D 61 28/03 cabane Chanrion to Bourg St Pierre (1643m)

DEV + 1600m 16km



Hotel Vieux Moulin Bourg Saint-Pierre

D 62 29/03 Bourg St Pierre to l'hospice du Grand St Bernard (2469)

DEV + 260 M or 542 M



Hospice du Grand St Bernard

D 63 30/03 Hospice du Grand St Bernard to Courmayeur Albergo Funivie (1564)

DEV + 1200



France

D 64 31/03 Gîte From la palud to la Rossière (1827)
DEV + 400



la Rossière

D 65 1/04 La Rosière to refuge Mont Pourri (2146)
DEV + 1700



Refuge du Mont Pourri

D 66 3/04 refuge Mont Pourri to refuge la Glière (1996)
DEV + 500



Refuge La Glière

D 67 4/04 refuge la Glière to refuge Col de la Vanoise (2516)
DEV + 1100m



Refuge col de la vanoise

D 68 5/04 refuge Col de la Vanoise to Modane (2516)
DEV 1500M+



Modane

D 69 6/04 Modane to Refuge Mt Thabor (2502)
DEV + 950m



Refuge Mont Thabor

D 70 7/04 Refuge du Mont Thabor to refuge Re Magi (1785)
DEV + 1150



Refuge Re Magi

D 71 9/04 Ref Re Magi to Montgenèvre (1850)
DEV +1680



Montgenèvre

D 72 10/04 Montgenèvre to Gite la Monta (Abries)
DEV + 1500m



Gite From la Monta

D 73 11/04 Abries Gite la Monta to Pierre-Grosse (1950)

DEV + 1555



Pierre Grosse

D 74 12/04 Pierre-Grosse to Refuge From Maljasset (1910)

DEV + 1200



Refuge From Maljasset

D 75 13/04 Refuge du Maljasset to Larche(1666)

DEV +1850



Refuge de Larche

D 76 15/04 Refuge de Larche to Refuge Vens (2370)

DEV + 1500m



Refuge Vens

D 77 16/04 Refuge Vens to Refuge Rabuons (2523)

DEV + 1000m



Refuge Rabuons

D 78 17/04 Refuge Rabuons to Refuge de la grange (Isola 2000)

DEV + 1600M



Refuge de la Grange

D 79 18/04 Isola 2000 to Refuge du Boréon (1500)

DEV +400



Refuge du Boréon

D 80 19/04 Refuge du Boréon to Refuge de la Madone de Fenestre (1903)

DEV + 1200



Refuge de la Madone de Fenestre

D 81 22/04 Refuge de la Madone de Fenestre to Refuge de Nice (2232)

DEV + 1300



Refuge de Nice

D 82 23/04 Refuge de Nice to Refuge des Merveilles (2111)

DEV + 890



Refuge des Merveilles

D 83 24/04 Refuge des merveilles to Sospel (350)

DEV +1150



Sospel

D 84 25/04 Sospel to Menton (0)
DEV+ 1021 Plouf !

