

# Haute Route Plus 2008



**International Dynafit Women's Team**

**Charmonix-Zermatt-Alagna**



## 1. Project Description

### “Haute Route Plus 2008”

The Haute Route is the most famous ski tour in the Valise Alps and has a reputation of being the Queen of all Ski Tours. It leads the ambitious athletes from Charmonix to Allagna along impressive scenery, passing the Mont Blanc, the famous Matterhorn and Monte Rosa in 7 stages.

In 2008 five of the best female athletes in the International Dynafit Team are aiming to set a new milestone. Their goal is to succeed over a distance of more than 100 kilometres and a climb of more than 8,000 m in only three days on ski. This will be achieved “by fair means” describing the fact, that the athletes will get through the 3 stages only with their own muscle power, not using any ski lift or shuttle transfer.

One has to keep in mind that highly ambitious and motivated athletes normally need at least five to six days to complete the distance. Therefore this project adds up to a big challenge for our athletes of the Dynafit Women’s Team.

## 2. Time and Dates

As the project can only be successfully undertaken if the weather conditions and especially the snow conditions are optimal, the following two alternative dates have been chosen:

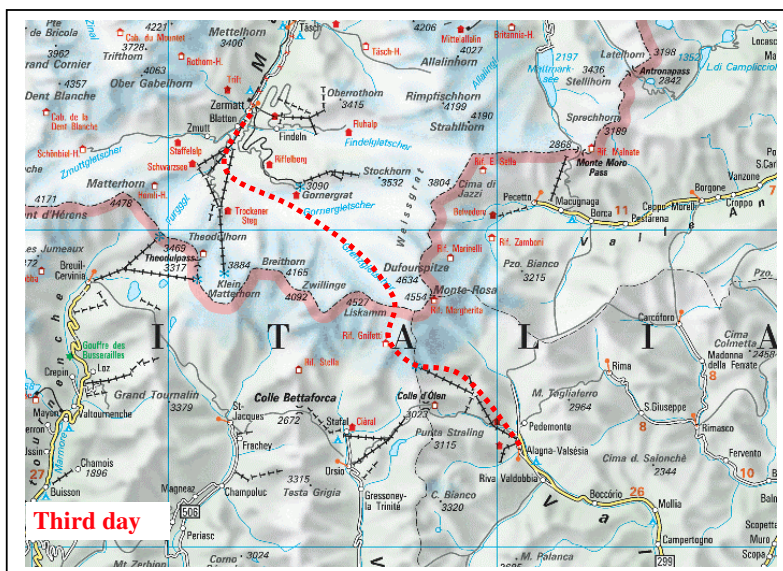
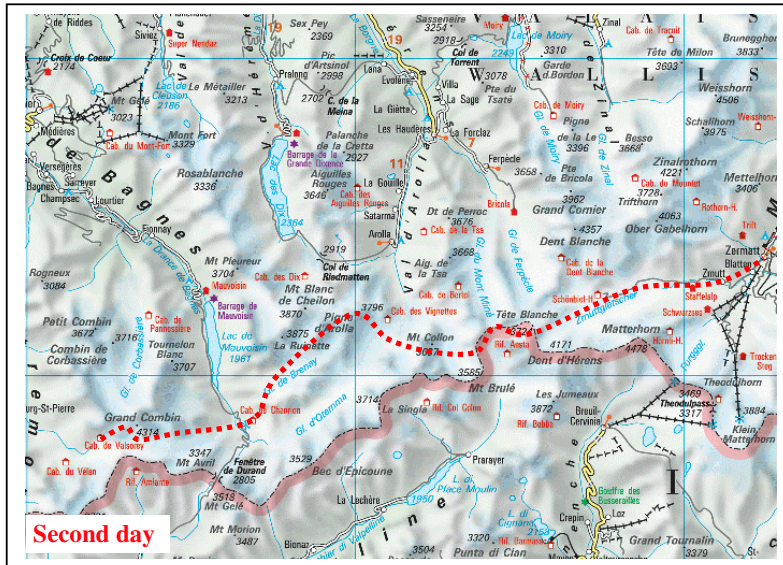
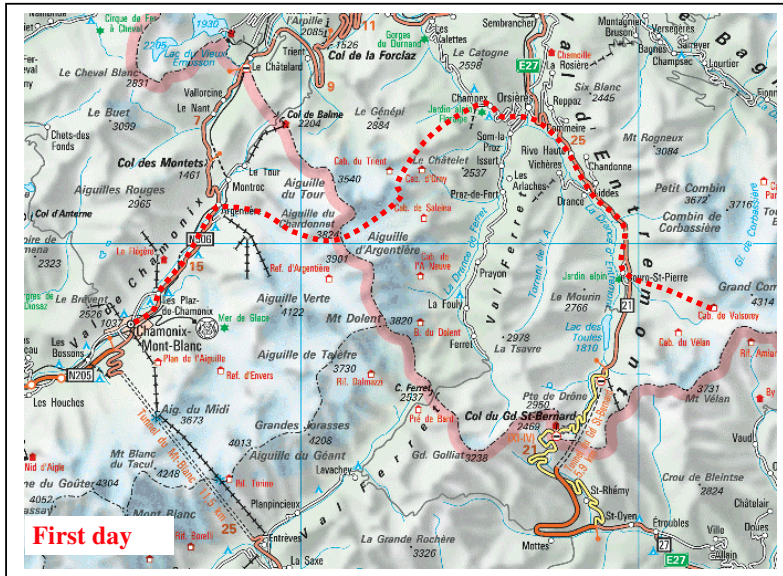
Thursday to Sunday:

<b>1<sup>st</sup> possible date:</b>	<b>27/28/29/30.03.2008</b>
2 <sup>nd</sup> possible date:	25/26/27/28.04.2008

Start:	Charmonix, France
Finish:	Allagna, Italy

### 3. Planned Route and Distances

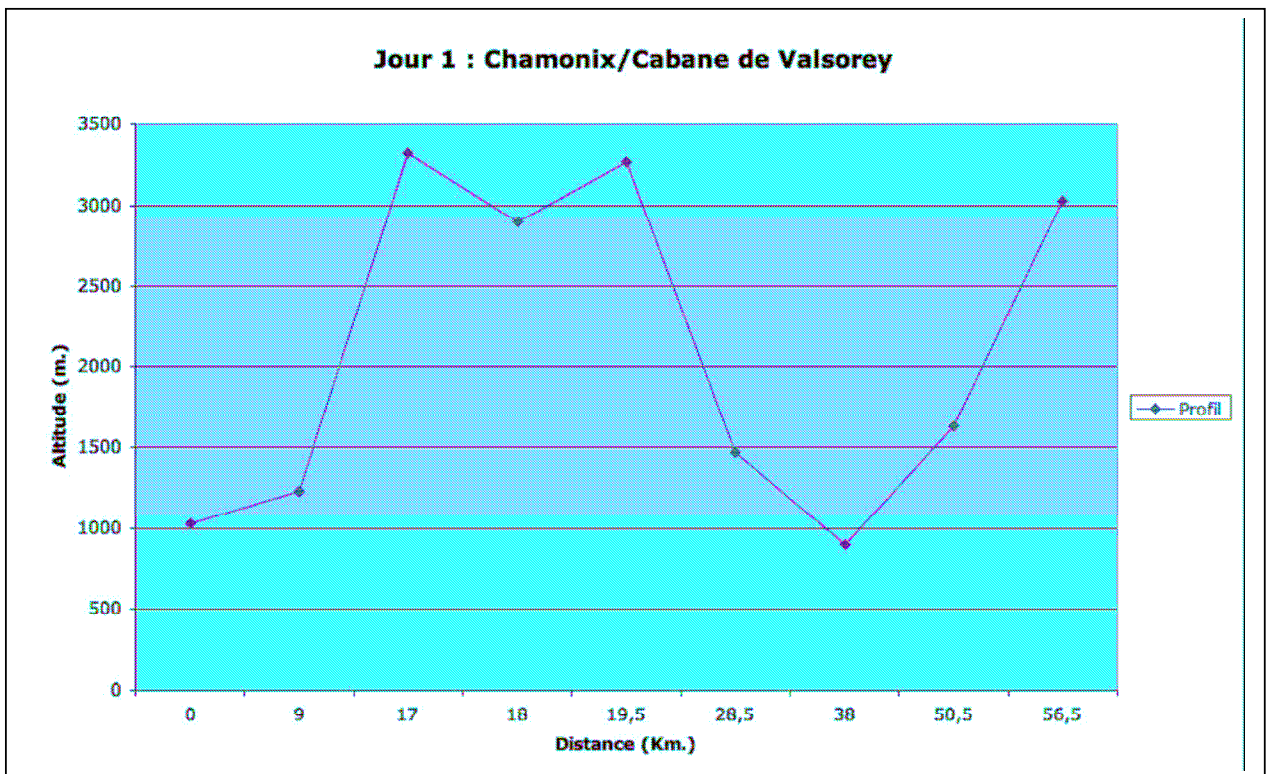
#### 3.1 Route Overview



### 3.2 Daily Distances

#### First day, 28/03/08:

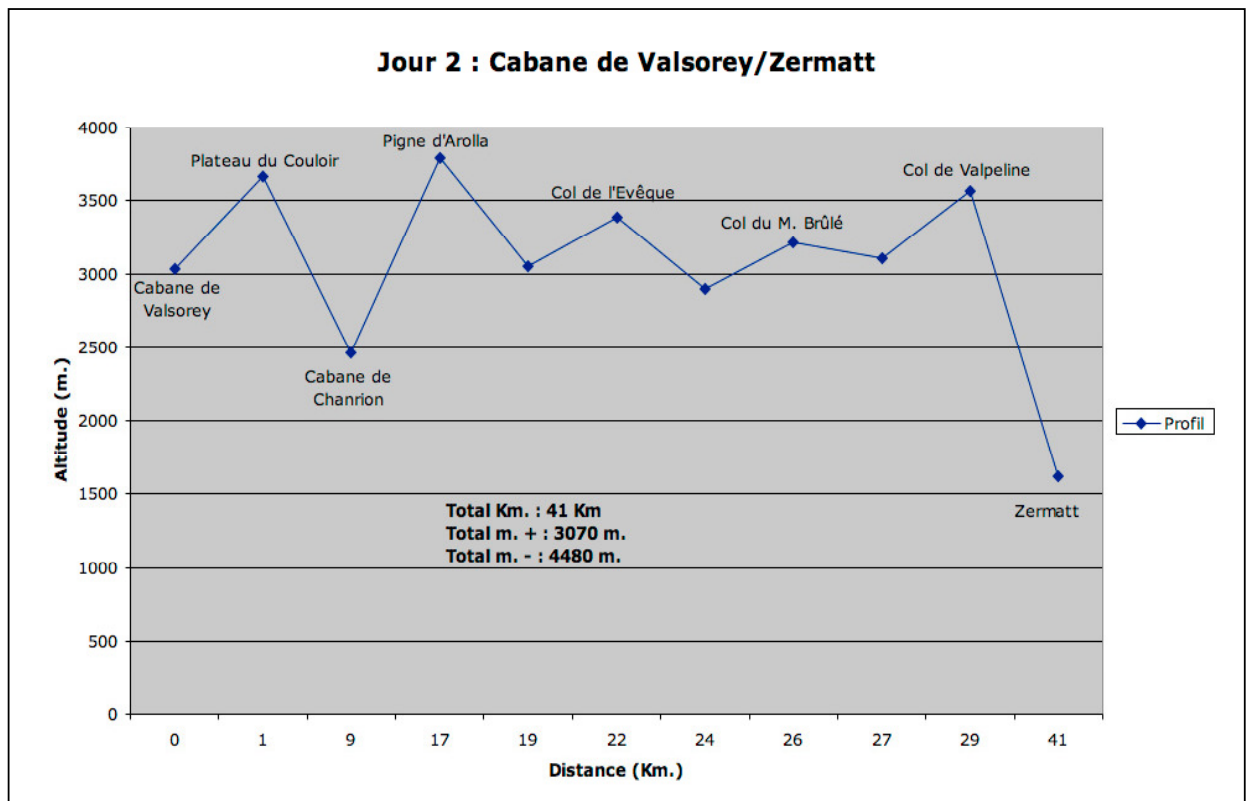
- Charmonix 1,030 m
- Argentière 1,230 m
- Col du Chardonnet 3,323 m
- Glacier de Saleina 2,900 m
- Fenêtre de Saleina 3,267 m
- Champex 1,470 m
- Orsières 900 m
- Bourg St Pierre 1,632 m
- Cabane de Valsorey 3,030 m



**Total distance: 48 km**  
**Total m+: 4,790 m**  
**Total m-: 2,490 m**

## Second Day, 29/03/08:

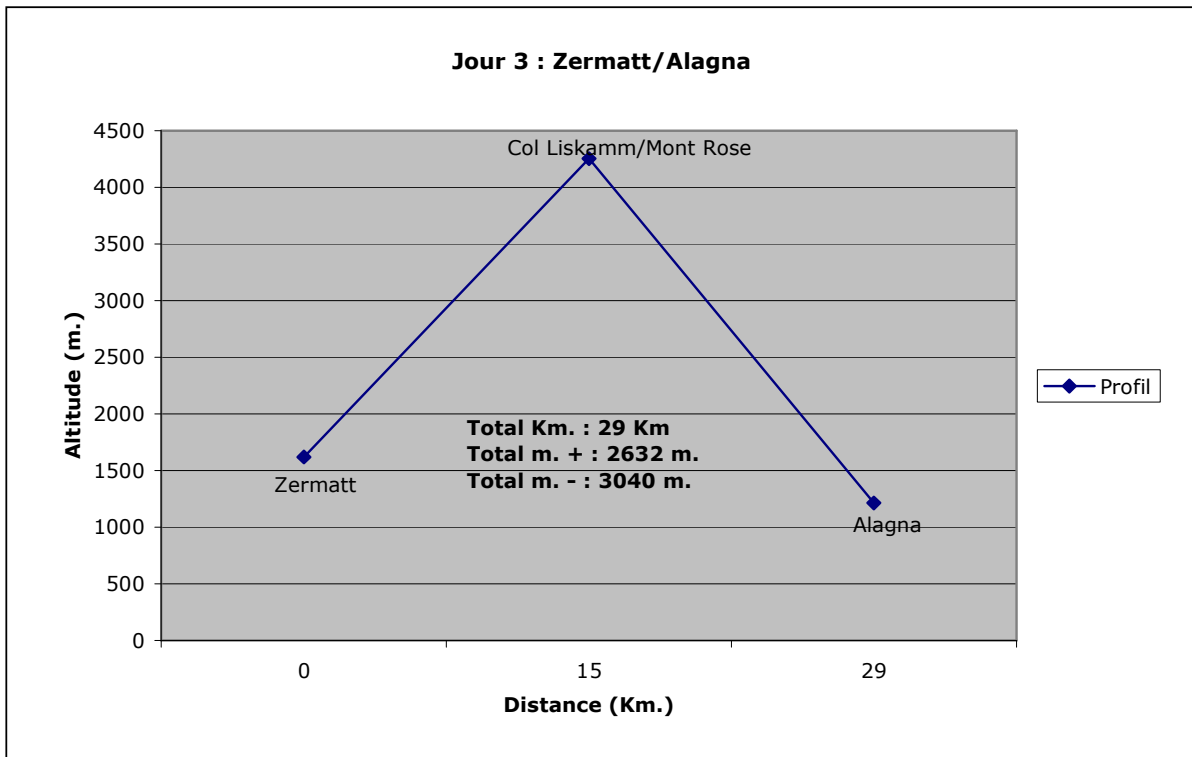
- Cabane du Valsorey                    3,030 m
- Plateau du Couloir                    3,664 m
- Cabane de Chanrion                  2,462 m
- Pigne D'Arolla                        3,790 m
- Col de Chermotane                    3,053 m
- Col de L'Eveque                       3,386 m
- Ht. Glacier D'Arolla                 2,900 m
- Col du M. Brulé                        3,213 m
- Ht. Glacier de Tsa de Tsa          3,100 m
- Col de Valpeline                      3,562 m
- Zermatt                                  1,620 m



**Total Distance: 41 km**  
**Total m+: 3,070 m**  
**Total m-: 4,480 m**

### Third Day, 30/03/08

- Zermatt 1,620 m
- Col Liskam / Mont Rose 4,554 m
- Alagna 1,205 m



**Total Distance: 29 km**  
**Total m+: 2632 m**  
**Total m-: 3040 m**

## 4. Team

### Germany

Barbara Gruber

Age: 29

Occupation: farmer

Resident in: Weisbach bei Lofer (Germany)

Sporting success:

3 times 3. position at the European  
Championship

2 times German Champion

4 times first placement at Mountain Attack  
(short)



### Switzerland

Marie Troillet

Age: 24

Occupation: primary school teacher

Resident in: Lourtier (Switzerland)

Sporting success:

French Champion Espoir 2004

European Champion Espoir 2005

First World Cup Espoir 2006

Winner and Record Holder Patrouille des  
Glaciers Arolla-Verbier, 2000 and 2004

Fourth Patrouille des Glaciers Zermatt-Verbier, 2006



## USA

Monique Merrill

Age: 38

Occupation: Café and Food Store Owner

Resident in: Breckenridge, Colorado (USA)

Sporting Success:

World Champion Adventure Racing 2007

World Champion Adventure Racing 2006

North American Randonee Champion 2007

Winner 100 Mile Mountain Bike Marathon 2007



## France

Leonie Ferran

Age: 18

Occupation: Student

Resident in: Les Hautes Alpes, France

Sporting Successes:

European Champion 2007 in Vertical Race

European Champion 2007 individual category

1st in la Pierre Menta category

Double French Champion 2007 individual and in team, category



## Italy

Silvia Cuminetti

Age: 23

Occupation: Student, part-time job at airport  
(Milano Orio al Serio)

Resident in: Bergamo



## 5. Accommodation

As the tour is subdivided in three days' distances, there will be the need of three different accommodations.

Prior to the start of the tour, everyone will spend one night in Charmonix. Finishing the first distance on the second day, the team will be finishing this day in Cabane du Valsorey, we will also stay there for the night. The third night will be spent in Zermatt.