VECTORRA

5-Day Mountain Trek

A challenging multi-day alpine trek with progressive altitude gain, mountain hut accommodation, and a dedicated acclimatization day. Covers 65 km with 3,500 m total elevation gain across five days. Professionally structured with gear checks, safety protocols, and detailed logistics for guides.

Day 1 — Arrival & Preparation

Trek Overview Info

Description:	Five-day alpine trek covering 57 km with 2,400 m of ascent. Waymarked trails graded T2–T4, with the crux on day four crossing a pass at 3,200 m. Day three is a dedicated acclimatization day at the hut at 2,400 m and is not padding — it is what makes the pass safe. Two nights in a staffed hut, one in a valley lodge, one in the valley town either side.
Group Size:	4–10 trekkers per guide
Fitness Requirement:	Good — 5 days, a 5 h pass day at 3,200 m

Airport Transfer to Base Town Transport

Description:	Private transfer from the regional airport to the base town hotel. The drive passes through the foothills with the first views of the mountain range. Driver will stop briefly at the outdoor equipment shop if anyone needs last-minute gear.
Duration:	1h 30min
Price:	45 €
Start Time:	11:00

Base Town Hotel Accommodation

Description:	Comfortable hotel in the base town. Twin rooms with en-suite bathrooms, drying room for gear, and secure storage for valuables left behind during the trek. Breakfast included. The hotel is accustomed to hosting trekking groups and can arrange early breakfast on departure day.
Check-in:	Invalid Date
Check-out:	Invalid Date
Price:	95 €
Address:	In the valley town at the foot of the range, walking distance from the bus stop

Welcome Dinner & Briefing Meal

Description:	Group dinner at the hotel restaurant followed by a trek briefing. Cover the route day by day, discuss fitness expectations, review weather forecast, and distribute maps. This is also the time to address any questions, concerns, or dietary requirements.
Price:	35 €
Start Time:	19:00

Acclimatization Walk

Easy · Activity

Description:	Short walk around the base town and along the river trail. Loosens the legs after travel and gives participants a taste of the mountain air. Visit the trailhead information board to see the route overview and current conditions posted by the ranger station.
Duration:	1h 0min
Distance:	3.0 km
Start Time:	16:00

Evening at Leisure

Free Time

Description:	Free evening to explore the base town, check gear, or rest before the trek begins. The town has a small supermarket for last-minute snack purchases and a pharmacy.
Duration:	1h 30min

Day 2 — Valley to First Hut

Morning Trek Through Valley & Forest

Moderate · Activity

Description:	Depart the base town on a well-marked trail following the river upstream through the main valley. The path enters dense forest after 3 km, climbing steadily through switchbacks. Cross a wooden bridge at the halfway point where the valley narrows. Water refill available at a spring at km 8. The pace should be steady — this is the first full trekking day.
Distance:	14.0 km
Elevation Gain:	800 m
Hiking Time:	5h
Start Time:	08:00

Packed Lunch at River Crossing

Meal

Description:	Stop for lunch at the scenic river crossing — flat rocks provide natural seating with mountain views. Packed lunch from the hotel. Refill water bottles in the stream (use purification tablets or a filter).
Duration:	45 min

Afternoon Climb to First Hut

Challenging · Activity

Description:	The trail steepens significantly above the treeline. Rocky terrain with some scrambling sections — hands may be needed in a few places. The final approach to the hut traverses a boulder field. Trekking poles essential. Take breaks every 30 minutes on the steepest section.
Distance:	4.0 km
Elevation Gain:	600 m
Hiking Time:	2h

First Mountain Hut

Accommodation

Description:	Staffed mountain hut at 2,400 m. Dormitory accommodation with mattresses and blankets. Half-board included — dinner and breakfast. Bring a sleeping bag liner. The hut has a drying room for wet gear and a small shop selling drinks, chocolate, and basic supplies.
Check-in:	Invalid Date
Price:	65 €

Hut Rules & Facilities Info

Description: Quiet hours from 22:00. Boots must be left in the boot room — bring hut shoes or sandals. No showers (cold water wash basins only). Cash payment only — no card terminals. Mobile signal is weak but available outside on the terrace. Order packed lunch for tomorrow before 20:00.

Hut Dinner Meal

Description: Half-board dinner served at 18:30 sharp. Communal tables — a chance to meet other trekkers. Typically a three-course mountain meal: soup, main course with potatoes or pasta, and dessert. Inform the warden of allergies upon arrival. Drinks are extra.

Start Time: 18:30

Price: 25 €

Day 3 — Rest & Acclimatization

Acclimatization Day Info

Description: Dedicated rest and acclimatization day at the hut. Do not skip this day — proper acclimatization at 2,400 m significantly reduces the risk of altitude sickness for the high pass crossing tomorrow. Light activity is encouraged, but keep efforts gentle. Drink at least 3 liters of water throughout the day.

Optional Morning Hike to Viewpoint Easy Activity

Description: Short optional hike to a nearby viewpoint above the hut. Gentle ascent of 200 m on a clear trail. Panoramic views of tomorrow's route — the high pass is visible from the top. A good way to stretch without over-exerting. Return to hut by late morning.

Distance: 4.0 km

Hiking Time: 2h

Start Time: 08:30

Rest at Hut Free Time

Description: Relax at the hut. Read, play cards, chat with other trekkers, or nap. Inspect and repair any gear issues — check boots for loose soles, repair blisters, re-tape trekking poles. Pack and repack for tomorrow's demanding day to minimize unnecessary weight.

Duration: 2h 0min

Lunch at Hut Meal

Description: Lunch served at the hut — soups, bread, and simple warm dishes. Eat well but not heavily. Continue hydrating throughout the afternoon.

Price: 15 €

Gentle Walk to Alpine Lake Easy Activity

Description: Easy afternoon walk to a small alpine lake 1 km from the hut. Almost flat terrain on a well-worn path. The lake is a beautiful spot for photography and quiet reflection. Watch for marmots and chamois on the surrounding slopes.

Distance: 2.0 km

Hiking Time: 1h

Dinner at Hut Meal

Description:	Early dinner — request an early sitting if available, as tomorrow starts at dawn. Carb-heavy meal recommended for energy stores. Order tomorrow's packed lunch before dinner. Set alarm for 05:00 and prepare headlamp, layers, and snacks in your pack tonight.
Start Time:	18:00

Day 4 — High Pass Crossing

Ascent to High Pass ●●●●○ Hard Activity

Description:	The crux of the trek — a long, sustained climb to the high pass at 3,200 m. Start before dawn with headlamps. The trail is steep and rocky, with some exposed traverses and a final snow/scree section before the pass. Fixed ropes on the steepest 100 m. Expect 6 hours of continuous effort. Pace is critical — slow and steady, rest every 20 minutes in the thin air.
Distance:	12.0 km
Elevation Gain:	800 m
Hiking Time:	5h
Start Time:	05:30

Altitude Safety Protocol Info

Description:	Above 3,000 m: watch for signs of altitude sickness — persistent headache, nausea, confusion, loss of coordination. Turnaround time is 12:00 regardless of position — if you haven't reached the pass by noon, descend immediately. Keep the group together on exposed sections. In case of sudden weather deterioration, the emergency shelter cairn is 200 m below the pass on the east side.

Energy Break at Pass Meal

Description:	Brief stop at the pass for photos, snacks, and water. Do not linger — wind and cold at 3,200 m sap energy quickly. Eat high-calorie snacks: chocolate, nuts, energy bars. Celebrate reaching the highest point of the trek, then begin the descent.
Duration:	20 min

Descent to Valley Lodge ●●○○○ Moderate Activity

Description:	Long descent from the pass into the green valley on the far side. The trail drops steeply at first through scree, then eases through meadows and finally forest. Knees take a beating — use trekking poles and take short steps. The lodge appears about 30 minutes before you reach it.
Distance:	8.0 km
Elevation Loss:	1100 m
Hiking Time:	3h

Valley Lodge Accommodation

Description:	Comfortable mountain lodge in the valley at 2,100 m. Private rooms with hot showers — a welcome luxury after hut dormitories. Half-board included. The lodge has a terrace with sunset views, a small bar, and a drying room.
Price:	85 €
Check-in:	Invalid Date
Address:	Valley Lodge, Upper Valley (accessible only on foot)

Celebration Dinner Meal

Description:	Special dinner to celebrate the high pass crossing — the hardest day is behind you. The lodge kitchen serves excellent local cuisine. Order a bottle of wine for the table. Share stories and compare photos from the pass.
Price:	40 €
Start Time:	19:00

Day 5 — Descent & Departure

Final Descent to Trailhead Easy Activity

Description:	Gentle final day — descend through the valley along a forest track to the road head. The trail is wide and easy, passing waterfalls and traditional farmhouses. A relaxed pace to savor the last hours on the trail. The trailhead has a car park, toilet facilities, and a bus stop.
Distance:	10.0 km
Elevation Loss:	700 m
Hiking Time:	3h
Start Time:	08:00

Lunch at Trailhead Village Meal

Description:	Celebratory lunch at a traditional restaurant in the valley village. Hearty mountain cuisine — you've earned it. A chance to exchange contact details and plan the next adventure.
Price:	22 €

Transfer to Town or Airport Transport

Description:	Private transfer from the trailhead village back to the base town or directly to the airport. If returning to the base town, collect stored valuables from the hotel. Allow extra time if flight is the same day.
Duration:	1h 30min
Price:	45 €

Post-Trek Recovery & Summary Info

Description:	Trek complete — 65 km, 3,500 m elevation gain over 5 days. Stretch thoroughly, especially calves, quads, and hip flexors. Hydrate aggressively for the next 24 hours. A hot bath or sauna accelerates recovery. Mild soreness for 2-3 days is normal. Light walking tomorrow is better than complete rest.

What's Included Info

Description:	Certified mountain guide for five days, airport transfers at both ends, a night in the valley hotel either side of the trek, two nights of half-board in the mountain hut, one night at the valley lodge, all listed meals, hut reservations handled for you, and group safety equipment including a first-aid kit, emergency shelter and a satellite communicator.

What's Not Included Info

Description: Personal equipment and clothing, the hut sleeping-bag liner, travel and mountain-rescue insurance, drinks throughout, and gratuities. The hut takes cash only. Trekking poles are not supplied and matter more here than on a shorter route — the day-four descent gives back 1,100 m in a single afternoon.

Insurance & Documents Info

Description: Travel insurance covering mountain rescue and helicopter evacuation is mandatory, and the policy must cover activity above 3,200 m — the day-four pass is the deciding altitude and many standard policies stop at 3,000 m. Bring photo ID for hut registration, an alpine-club card if you hold one for a reduced hut rate, and your insurer's 24-hour number saved offline. No permits are required for this route.