





# TOUR OF THE MONTE ROSA & POINTE GNIFETTI

## Climbing the Pointe Gnifetti (4554 m)




Located deep in the Zermatt valley, the Monte Rosa is named after the Italian Valdostan dialect "roese" meaning "ice". From its summit at 4634m, run gigantic glaciers, creating an incredible landscape. High altitude valleys lead to the foot of this giant which still bear the marks of the Walser, the nomadic ancestors of the Valaisan population. After several days trek, punctuated by high mountain passes, we head into the ice world with the ascent of the Pointe Gnifetti at 4554m, a beautiful and relatively easy summit, the defining highlight of this tour.

 7 days

 Guided / with a guide

 Without baggage transport

 Accommodation : Classic (dormitory)

 Level : \*\*\*\*

 From : 1795€

## You will like

- The great panoramic view of the Valaisian Alps with its crown of summits over 4000m
- The proximity to major glaciers
- Walking in the footprints of the ancient nomadic Walser shepherds
- The easy climb of a high glacial summit, the fourth highest in the Swiss Alps, at 4554m!
- The freedom to go off for several days with no luggage!

# The route

## Day 1

Meeting at 9am at the Stalden VS (Switzerland) cable car parking.

### STALDEN - SAAS GRÜND

Cable car ascent to Gspon, then balcony crossing towards Hannig and descent to Saastal. Overnight in a hotel.

5.5 hours walk / Elevation: +500m -850m / 15km

## Day 2

### SAAS GRUND - MONTE MORO PASS - MACUGNAGA

Bus transfer to the Mattmark dam. Climb to the historic mountain pass Monte Moro (2868m) along the east face of the Monte Rosa. Descent to Macugnaga under the huge south face of this giant. Night in a refuge.

6.5 hour walk / Elevation: +800m -1370m / 14km

## Day 3

### TURLO PASS - ALAGNA

The route heads towards the lush green valley of Alagna along the Walser Trail. Cross the Col de Turlo (2783m) and descend to the Pastore refuge with its small botanical garden. Night in the refuge under the imposing ice giant.

8 hour walk / Elevation: +1500m -1200m / 18km

## Day 4

### ALAGNA - REFUGE GNIFETTI

From the Pastore refuge, climb up the Vallon de Sesia and the Vallon delle Pisse to reach the Corno lake and the Bocch delle Pisse, first on foot and then by cable car. Meeting with the high mountain guides. Transfer by gondola to the bottom of the Indren glacier. Easy crossing of the glacier to reach the Gnifetti refuge at 3610m. Night in the refuge.

5.5 hour walk / Elevation: +1250m -400m / 11km

## Day 5

### POINTE GNIFETTI (4554m) – VAL DE GRESSONNEY

Early wake-up call. After getting equipped, departure with the high mountain guides for a long glacier walk, first at the foot of the Vincent Pyramid and then facing the Pointe Dufour (highest point in Switzerland at 4634m). A final, slightly steep slope leads to the summit of the Pointe Gnifetti (4554m), on which stands the Cabane Margherita, the highest refuge in Europe. Back to the Gnifetti refuge and descent into the Indren valley and then by ski lift to Staffal. Return by cable car to the Sitten promontory. Night in refuge.

6 to 7 hour walk / Elevation: +1250m - 1400 m / 14km

## Day 6

### COL RHOTORN – VAL D'AYAS

Ascent to the Col Rhotorn (2689 m), under the eye of the Castor and the Pollux! Descent into the Val d'Ayas, one of the jewels of the Val d'Aosta. The day ends on the Trail of the Walsers, crossing over to Saint-Jacques. Night in a refuge.

4.5 hours walk / Elevation: +520m -980m / 10km

## Day 7

### **SAINT JACQUES - KLEIN MATTERHORN - ZERMATT**

One last day to link the Val d'Ayas and the imposing Matterhorn! The route continues along the valley floor to reach the Col delle Cime Bianche at 2982m and then the slopes of Cortina. The rest of the journey is made on the Matterhorn Paradise ski lifts. A majestic traverse between the legendary peaks of Monte Rosa and the Matterhorn, with a final stop at Klein Matterhorn, at 3883m!

5.30hour walk / Elevation: +1200 m -400 m / 12km

**End of the tour Saturday around 5pm in Zermatt.**

The programme has been prepared on the basis of the latest information available at the time of writing; unforeseen circumstances are always possible and situations beyond our control may alter the programme.

Personalised tour available, contact us...

# The trip

## LEVEL \*\*\*\*

Elevation: +/-500 to 1700m on average per day.  
Walking time: 6 to 8 hours on average per day.  
Type of trek: mountain route on steep, stony paths.

The proposed mountaineering route is one of the glacier summits at an altitude of over 4000m, which presents no technical difficulty apart from the altitude. The first few days, crossing cols at around 3,000m, will allow you to acclimatise well and ensure that you are in good shape for this ascent.  
Pointe Gnifetti is an ideal summit for reaching and surpassing the mythical 4000m mark. It lies at the heart of the Mont Rose massif and its ascent, which takes place in a grandiose setting, takes you up to 4554m, the fourth highest summit in Switzerland. This ascent is included in the package.

**You'll need to be well-prepared physically if you want to enjoy these beautiful "high mountain" stages.**  
Practise an endurance sport regularly, such as walking, running or cycling, for 6 to 8 hours a week.  
Your physical preparation will make your trip easier and help you enjoy it even more!

Please find the description of the levels by clicking here: [Level of difficulty](#)

## GUIDING

Group from 6 to 12 people supervised by a qualified mountain leader.  
High Mountain guide for the ascent of Pointe Gnifetti: 1 guide for 5 people maximum.

It is usual to tip your guide at the end of the trek, according to your satisfaction. It is not mandatory but it is very appreciated.

## ACCOMMODATION

5 nights in mountain refuges or gite, in dormitory.  
1 night in gite, in multiple bedrooms.  
Hot showers are available in all accommodations. However, due to increasingly frequent periods of drought, shower facilities are not guaranteed.

## MEALS

Breakfast and dinner are provided in each accommodation. Picnics will also be ordered in each accomodation.  
**Please specify any allergies or dietary requirements at the time of booking.**  
*We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring some additional products for your own picnics.*

## MAPS

Swiss maps: 1/5000: VISP 274, MISCHABEL 284, GRESSONEY 294  
Italian maps: 1/25000 108 et109

# Practical information

## ACCESS TO DEPARTURE POINT

**Meeting point at 9am at the cable car parking in Stalden.**

### BY TRAIN

Access: Gare de Lyon (Paris) - Stalden.

Return : depart from Zermatt, arrive in (Paris) Gare de Lyon in the evening.

*Timetables must be checked on [www.oui.sncf](http://www.oui.sncf) and [www.cff.ch](http://www.cff.ch)*

### BY CAR

Take the motorway from Geneva direction Lausanne, Martigny and Sierre then follow signs for Zermatt (you can purchase the Swiss motorway tax online [Vignette Shop](#) )

Meet at the cable car in Stalden next to the train station in the village centre.

You can leave your car in the large underground or the outdoor car park at payment near the Stalden station (pick up your ticket at the SBB station): parking Parkhallen Saint-Michel 10CH / day or alternatively [All Stalden car parks](#)

**End of the tour on Saturday at 5pm in Zermatt.**

## RETURN TO DEPARTURE POINT

The guide can organise, for those who wish, a group transport to your vehicle at the Stalden cable car (approx. €10 per person).

## ACCOMMODATION BEFORE AND AFTER

### Stalden

Hôtel Hohlgassli: +41 (0)2 79 52 15 12

Hôtel Killerhof: +41 (0)2 79 52 13 38

[Zermatt Tourist Office](#): +41 (0)2 79 66 81 00

## CONTACT US

If you are late please contact the agency as soon as possible: +33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07

## Dates & prices

**Ascent of Pointe Gnifetti included in the price.**

From 14/07/24 to 20/07/24	Guaranteed departure	1795 €
From 28/07/24 to 03/08/24	Last places available	1795 €
From 11/08/24 to 17/08/24	Guaranteed departure	1795 €
From 18/08/24 to 24/08/24	Open departure	1795 €
From 01/09/24 to 07/09/24	Guaranteed departure	1795 €

## THE PRICE

The price includes:

- Guiding by a qualified mountain leader;
- High mountain guide for the ascent of Pointe Gnifetti (1 guide for 5 people max);
- All meals including picnic lunch and snacks during the day;
- Accommodation in gites, refuges and small hotels, shower tokens in accommodation if needed ;
- Bus transfers and lift passes;
- Organisation and booking fees.

The price does not include:

- Personal expenses (drinks, etc.), touristic visits;
- Cancellation insurance;
- Luggage transport;
- The return journey from your home to the point of departure/arrival.

**The price is all inclusive from departure to end point.**

# Equipment and baggage

## EQUIPMENT LIST

### Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

### Other Equipment

- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- Identity card or passport

## BACKPACK

Bring a comfortable backpack of 40 to 50 litres for your personal belongings for the week and think to keep a little room to carry a picnic and snacks.

### Leave on your own for 2 or 3 days or more

In the "weight is the enemy" feature, we give you some tips on how to save a few hundred grams. For example, for your toiletries: a simple plastic zip bag or a small plastic box to avoid accidental compression.

- Hotel-size soap is generally enough for a week
- A tube of toothpaste 3/4 full will do the trick
- Shaving foam: a small sample can
- A small microfibre towel
- A small bottle of shampoo
- A travel toothbrush

Pharmacy: in addition to your personal medicines, bring :

- Elastoplast or hook-and-loop tape
- Plasters to protect against blisters, such as Compeed
- A small pair of scissors, thread and needle
- A small tube of sun cream and lip balm

Now all you have to do is to apply this recipe to your entire bag!

## EQUIPMENT FOR THE SUMMIT

Equipment for the ascent of the Pointe Gnifetti is included in your package (crampons, harness, helmet and ice axe). An ascent to an altitude of 4000m requires warm equipment in case of inclement weather (thermal leggings, hat, waterproof gloves, down jacket + goretex waterproof, hiking trousers or at best mountaineering trousers). Don't forget a headlamp. High rising walking boots with a good rigid sole are mandatory. Poles are essential.



# Details

## HOW TO REGISTER

- Online: [www.altitude-montblanc.com](http://www.altitude-montblanc.com)

- By telephone: +33 (0)4 50 79 09 16

- By post: Please provide your details

- Surname, First Name, Date of birth
- Address
- Email
- Telephone
- Mobile

If you wish to register by post, please complete the form below and return it to:

Altitude Mont-Blanc  
180, route du lac  
74110 MONTRIOND  
FRANCE

Please specify whether you wish to take out an optional cancellation insurance (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% in association with your account details at Altitude Mont-Blanc ('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.  
The balance must be paid one month before departure without a reminder from us.  
For self-guided tours, we will then send your tour pack (includes maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.



## Registration by mail form

Last name:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

A large, light gray rectangular box intended for the user's signature.

Return with your deposit to:  
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE