



## THE 4000 OF MONTE ROSA

Three days of immersion in altitude



Need to escape, take a good dose of fresh air for 3 days? With its 4000 accessible, the peaks of Mont Rose are there for that! Glacial atmosphere, imposing faces, everything is there, we are in Monterosa. The proposed stay departs from the bottom of the Champoluc valley for a gentle acclimation through the Val d'Aosta alpine pastures. During these 3 days of mountaineering we will review the basics of cramping and safety techniques in the mountains before setting off to attack the 4000m emblematic Mont Rose. An accessible and exotic course for mountain lovers

 3 days

 Guided / with a guide

 Without baggage transport

 Accommodation : Refuge

 Level : \*\*\*\*

 From : 730€

### You will like

- Ascent of one or more "4000" by an ice course
- Stunning views of the Alpine massif and particularly mild weather
- A concentrate of the most beautiful peaks of the Alps
- A stay within reach of good hikers in the mountains, beginners in mountaineering
- Gradual acclimatization to avoid mountain sickness.

# The route

## Day 1

**Reception at Gressoney-Staffal at 12.30 pm. Plan to have lunch already.** *Transfer option possible from Chamonix train station, to be booked in advanced, meet at 09.30pm.*

### **ORESTES REFUGE**

Departure in direction of the glaciers then, after having passed the Colle Salza, descent on the refuge to spend a first night of acclimatization on a lake.

Overnight at the shelter in dormitory.

Altitude difference: +1050m; -300m

## Day 2

### **ICE SCHOOL - GNIFETTI REFUGE**

The route leaves the greenery to climb through the rocks to the Garstelet glacier. An ice school is planned to apprehend the equipment for the next day's ascent.

Overnight at the shelter, in the dormitory.

Altitude difference: +1000m

## Day 3

### **PUNTA GNIFETTI OBJECTIVE (4554m)**

There is no shortage of choices for beautiful glacial hikes with the ascent of Zumstein Point (4563m), Gnifetti (4553m) and/or the Vincent Pyramid (4215m) depending on the conditions. Descent to the Indren cable car. Return to Gressoney by the lifts.

**End of the trip at Greyssoney-Staffal around 3pm.**

**This is an example of a Monte Rosa climbing internship program in Italy. Weather, snow and mountain conditions as well as the level of participants could lead the guide to modify the latter or to make certain routes in a different order.**

# The trip

## LEVEL \*\*\*\*

### Technical level:

Race accessible to well-trained beginners! No particular difficulty, it is however desirable to have already walked with crampons and to have a habit of walking (off-trail) in the mountains with a backpack of several kilos and walking at more than 3000m altitude.

### Physical level:

Used to outdoor sports. Regular practice of endurance sports (cycling, hiking, running, cross-country skiing, swimming). Otherwise do three times a week an hour of jogging, for 2 to 3 months before departure (10km/h).

## GUIDING

Number of participants between 2 and 5 people supervised by a state-certified mountain guide.

The guide may at any time modify the itinerary or interrupt the stay of a participant who does not have the level required for his/her own safety and that of the other participants. In this case, the participant concerned will not be entitled to any refund.

In the event of very bad weather, and again to ensure the safety of participants, the course may be cancelled. In this case, we will consider requests for reimbursement on the basis of the number of days spent on the course.

## ACCOMODATION

Half board shelter in dormitory 2 nights, bed sheets and towels not provided, blankets provided, obligatory sack sheet, shared sanitary facilities. For personal purchases: CB is not accepted, take cash.

## MEALS

Breakfasts and dinners are served in the accommodation.

For lunch, picnics of days 2 and 3 are provided by the accomodation.

# Practical information

## ACCESS TO THE STARTING POINT

**Meet in mountaineering outfit on day 1, plan to eat or have already eaten.**

Meeting places:

If you come by car: Gressoney Staffal - Lift Office: 12.30 pm

If you come by train: Chamonix train station - Appointment: 09:30

**End of stay in Gressoney around 3pm, *around 5.30pm in Chamonix.***

## ACCOMMODATION BEFORE AND AFTER STAY

We will send you as soon as you register the names and contact details of several accommodations, so that you can book a night before or after your trip. The appointment is then made at the accommodation.

## TO CONTACT US

If you are late, contact the agency at: **+33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07.**

# Dates & prices

Circuit for groups of 2 to 5 people, **from the 22th june to the 15th september 2024** :

- **Departure for 2 participants: 1125€/ pers.**
- **Departure for 3 participants: 940€/ pers.**
- **Departure for 4 participants: 825€/ pers.**
- **Departure for 5 participants: 730€/ pers.**

Available on demand for your small group: contact us.

From 22/06/24 to 24/06/24 **Open departure 730 €**

## THE PRICE

### Includes:

- The organization costs;
- The half board of the 2 nights in mountain refuge;
- The tourist tax;
- Picnics of days 2 and 3;
- Coaching by a mountain guide;
- The descent in ski lifts;
- Rental of technical equipment (ice axe, crampons, shoulder harness);
- The possible transfer from the SNCF station of Saint Gervais les Bains le Fayet, if you have chosen the option.

### Does not include:

- Day 1 picnic;
- Personal expenses (drinks, etc.) Please note that water is not included in the accommodation;
- The return journey from your home to the meeting point and dispersion;
- Cancellation assistance insurance (4.2% of the travel amount);
- Any costs caused by a change of program constrained by the weather, the non-operation of the ski lifts or other;
- Airport taxes and other exclusions clearly and duly described on the corresponding data sheet.

**The price is all inclusive from the meeting point to the point of dispersion.**

# Equipment and baggage

## EQUIPMENT ADVISES

### Clothes

- Breathable T-shirts
- Fleece or softshell jacket
- Goretex jacket
- 1 soft jacket or equivalent
- 1 simple and lightweight Gore-tex mountain overpantalon is recommended
- 1 pair of gaiters
- 1 pair of high mountain gloves + 1 pair of lightweight fleece or wool gloves.
- Hat or cap + headband + cap
- Hiking socks (double layer, curly...)
- 1 mountain trousers (sturdy and comfortable)
- High mountain shoes, cramponable and warm

### Miscellaneous equipment

- Light toilet kit
- Glacier goggles (with side shells) IP 3 or 4
- 1 ski mask (in case of bad weather or strong wind)
- Water bottle (capacity depending on your consumption). Beware of water pockets, water can freeze!
- 1 thermos, recommended (capacity according to your consumption)
- 1 multi-purpose knife (optional)
- Small personal pharmacy (vitamin C, aspirin, dressings etc.) + high-index sunscreen
- Frontal + batteries or battery and spare bulbs
- A sack cloth (shelters provide blankets or duvets)
- Valid ID card or passport

## TECHNICAL EQUIPMENT

- Comfortable 40-50 litre backpack
- Ice axe (adapted to your size) (provided)
- Pair of telescopic walking poles
- Pair of crampons already adjusted + must be "antibott" system (to stop the snow sticking) (provided)
- Climbing harness (provided)
- Climbing safety carabiner
- Lightweight climbing helmet (provided)

## LUGGAGE TRANSPORT

Carry personal belongings and groceries for several days by you.

If you extend your holiday, we can take over your extra luggage at the start of the hike, labelled in your name, which will be handed to you at the end of your stay.

# Details

## HOW TO REGISTER

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 (inc. 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:

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