

# MONTE ROSA IN THREE DAYS

*The Monte Rosa is the second highest massif in the Alps.*

A true bouquet of summits higher than 4000m form these mountains located between Italy and Switzerland. The Pointe Dufour, at 4634m, is the highest peak. Here, lovers of aerial summits and overlooking views can only be fulfilled.

 Region	Switzerland
 Activity	Alpine summits Alpinism Summer
 Duration	3 days
 Group	4 to 4 people
 Code	AMR3
 Price	From €825
 Level	4/5
 Comfort	3/5
 Language(s)	English / French

## ITINERARY

### Day 1 Gressoney-La-Trinité, Giordani Peak



We meet early in the morning in Staffal, located 4km away from Gressoney-la-Trinité in Italy, at 1850m. Quick material check up (you have to arrive equipped) and picnic distribution before a cable car ride to the Punta Indren. From there, we climb back up the glacier from the same name, first towards the west side, then towards the North side, bordering its shore and leading us to the Giordani Peak at 4046m by its ridge, depending on the weather conditions.

The Vincent pyramid still overhangs us from 170m. We then join the Mantova refuge to spend the night.

*Positive difference in altitude : around 780 | Negative difference in altitude : around 550 | Altitude Max : 4046m | Accommodation : Mantova Refuge*

### Day 2 Gnifetti Peak Ascent at 4554m



From the Mantova refuge, we start the day climbing on the Garstelet glacier towards Northeast, in direction of the Vincent pyramid, then towards the small glacier of Lys along the West side of the Vincent pyramid. After the rocky island of Balmerhorn, we reach the Lys pass at 4248m. We continue alongside the seracs facing the Northside of the ParrotSpitze. After the Sesia pass, we climb up to the North, crossing the top of the Grenzglacier. Not long before reaching the Gnifetti pass at 4454m, we turn right and climb up the last stiff section to join the Gnifetti or Signalkruppe peak at 4554m. The effort is very intense, but the reward that the magnificent view of the surrounding summits is worth it !

*Positive difference in altitude : around 1000m | Altitude Max : 4554m | Accommodation : Refuge Margherita*

### Day 3 Zumsteinspitze Ascent (4563m)



Easy ascent of the last summit of our raid : Zumsteinspitze at 4563m. Ahead of us looms the Dufour Peak (4634m), the highest summit of this massif and the second highest of the Alps.

Return to the Mantova hut before regaining Punta Indren's cable cars.

*Positive difference in altitude : Around 200m | Negative difference in altitude : Around 1300m | Altitude Max : 4563m*

## PROGRAM MODIFICATION

The program can be modified by your guide due to weather conditions or participants physical conditions. For safety reasons and to ensure a uniform level corresponding to the one announced, the supervision and organisation boards have the right to interrupt your participation if your technical or physical level are lower than the one required. The interruption will not give you any right of refund or payment of compensation.

## DATES & PRICES

### International departures:

No departure for now

### Departures for French-speaking groups:

From	To	Price per person	Guaranteed	Booking
06/06/2024	08/06/2024	€825	Yes	
11/06/2024	13/06/2024	€825	No	
16/06/2024	18/06/2024	€825	No	
23/06/2024	25/06/2024	€825	No	
27/06/2024	29/06/2024	€825	Yes	
28/06/2024	30/06/2024	€825	No	
04/07/2024	06/07/2024	€825	No	
05/07/2024	07/07/2024	€825	No	
12/07/2024	14/07/2024	€825	Yes	
19/07/2024	21/07/2024	€825	Yes	
26/07/2024	28/07/2024	€825	Yes	
02/08/2024	04/08/2024	€825	Yes	
09/08/2024	11/08/2024	€825	No	
16/08/2024	18/08/2024	€825	No	
23/08/2024	25/08/2024	€825	No	
30/08/2024	01/09/2024	€825	No	
06/09/2024	08/09/2024	€825	No	

Trip code: AMR3

### Included

The 30% deposit has to be paid when registering. The remaining balance will be paid 30 days before departure.

- The technical organisation of the trip
- A high mountain guide's supervision
- Full-board accommodation at the cabin
- Picnics for lunch
- Cable cars necessary to the trip's program
- Collective equipment necessary for your safety

It is possible to privatise this trip :

Price per person for 1 person : 1595 euros

Price per person for 2 people : 1145 euros

Price per person for 3 people : 785 euros

## Not included

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- Individual transportation assured by your personal vehicle
- Individual technical equipment
- Drinks & personal expenses
- Snacks (cereal bars, dried fruits, chocolate bars, etc.) according to your own convenience
- Insurance & assistance: cancellation, research and rescue by helicopter in high mountain (in France, Italy and Switzerland) hospitalization and repatriation
- Everything that isn't mentioned in the "included" section

## International flights

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If you wish, we can take care of booking your international flights to the closest airport of your destination.

## Terms and conditions

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### Subscription

Subscribe to one of our activities or travels means accepting general sales conditions. Each client must fill a subscription form, which will be accepted only after the payment of a deposit accounting for 30% of the travel's price and according to the availability. If you subscribe less than 30 days before the trip, you must pay the whole price during the subscription. You can pay by bank transfer (SWIFT/IBAN) or with your credit card directly through our website (available soon). A booking confirmation will be sent to you by e-mail very soon.

### Invoice procedure

Once your booking is registered, we will send you an email containing the invoice. Full payment is required at least 30 days before your arrival. If the customer does not settle the payment of the travel price within the period agreed upon, Altaï Alpes has the right to cancel the booking free of charge.

### Cancellation policy

If for any reason, you decide to withdraw from a journey, the amount already paid will be refunded subject to the following exceptions:

- More than 30 days before departure, you will be charged for the amount of 50€
- From 30 to 21 days before departure, you will be charged for the amount of the deposit (30% of the trip's price)
- From 20 to 14 days before departure, you will be charged for 50% of the trip's price
- From 13 to 7 days before departure, you will be charged for 75% of the trip's price
- Less than 7 days before departure, you will be charged for the whole trip's price

### Particular case :

Whatever the cancellation or contract change date, the following fees will be added to the charges above:

- Airline fixed costs: plane tickets are bought in advance to avoid too high airline prices, however they are non refundable in case of cancellation or plan changes. In that case, the charges above apply to the price of your trip without the plane ticket's price
- Ground fixed costs: you will be charged for the fees that were paid early
- Insurance fees: Insurance fees will not be refunded if you have subscribed to a multi-risk or cancellation insurance. The specific conditions will be written on your subscription confirmation. If you have no choice but to cancel your trip before departure, you must inform Montagne Expeditions and your insurance provider with a written statement as soon as possible, you will get a receipt.

The receipt date will be taken as the cancellation date to charge cancellation fees.

If Montagne Expeditions has no choice but to cancel a group travel due to an insufficient number of participants, the decision will be taken and the clients informed at least 31 days before departure. Altaï Alpes can also cancel a departure due to exceptional events threatening participants safety (social events, strikes, weather conditions). In that case, the trip's price will be fully refunded but the participants will not get any compensation.

## Changes to travel contract

If any change in travel contract is made at the customer's request, the customer shall pay any fee that might arise from this change. In any case, every request for changes shall be notified in writing. In case of external events that could not be foreseen, Altaï Alpes might change some aspects of the travel contract. We will inform you of any changes as quickly as possible.

### **Pricing**

All group travel prices on our website have been calculated for the indicated number of participants for each trip. The price list is confirmed after the booking. If the number of participants is lower than expected, an additional payment charge might be applied. For each travel and program, we mention the price per person – valid for the minimum number of participants – and we provide you with detailed explanations about the services included or not. Any change in the exchange rates or in the price of travel services in particular regarding the cost of the fuel, might entail price revision.

### **Contract transfer**

In case of contract transfer by the customer to an assignee, modification and cancellation conditions apply.

### **Insurance**

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We recommend you to get your personal insurance before your departure to cover the activities undertaken by Montagne Expedition. If you have not purchased any of our insurances, we ask you to email us your insurance contract information (company, contract name, contract number, phone number) and bring those information with you on your trip.

## PRACTICAL INFO

### Staff

Your trip will be supervised by a high-mountain guide who will teach you technical elements needed for the good progress of your stay. He may need to modify the program in order to ensure safety regarding weather conditions and participants physical conditions.

### Food

#### Meals

- Lunch picnics
- Diners : meals prepared by shelter keepers
- Take some race food according to your own tastes (cereals bars, chocolate bars, dry fruits,...).

#### Drinks

- Water is not for free in refuges (from 5 to 8 euros one bottle). We advise you to bring some water purification tablets (Aquatabs or Micropur) in order to drink tap water.
- Personal drinks are not included in the trip's price
- Bring some Swiss francs for coffees, fruit juices, coke or beers during breaks... Shelters usually don't accept bank card payments and Euros.

### Accommodation

- Every refuges of this itinerary are comfortable and warm. Dormitories are equipped with blankets for the night (plan to bring your personal bed sheet for hygiene reasons).
- Slippers are at your disposal : no need to bring trainers.
- We advise you to bring protection against noise (ear plugs).
- A few electrical plugs are available in refuges, but plan to bring an external battery to charge your camera and switch off your phone during the day.

### Budget & exchange

Switzerland uses the Swiss Franc (CHF). It is better to change money before departure, however euros are widely accepted in Switzerland.

Credit cards and debit cards are very useful for cash advances (but don't forget to bring your PIN number!).

ATMs are available in most of the towns you will cross during your stay, but there are no guarantees that your credit card will actually work in Switzerland. Also, refuges often don't have EPT (Electronic Payment Terminal): it is best to bring cash.

Be aware of the fees usually applied when purchasing products or services on a credit card.

Always take more rather than less, as you don't want to spend your trip constantly feeling short on funds.

As currency exchange rates can often fluctuate, we recommend to check the following website for daily exchange rates: <https://www.xe.com/>

### Tips

Clients usually pay for the guides' drinks : you might find it practical to make a group kitty at the beginning of your stay (no obligation).

### Supplied equipment

- Collective equipment (ropes, carabiners, ...)
- Slippers while in huts

### Material

#### TECHNICAL EQUIPMENT

- Mountaineering boots that you can fit crampons onto (with rigid soles)

- A comfortable mountaineering backpack (40/50L)
- Ice axe, crampons, harness with locking carabiner, helmet
- One or two collapsible walking poles (depending on what you are used to)
- A thermos water bottle (1.5L)
- A pair of gaiters
- A sheet-type for sleeping bag (there are blankets in the shelters)
- A small toiletry bag and a small towel fast drying (from specialized stores)
- A sunscreen (face and lips)
- A headlamp (LED type)
- A pocketknife
- Toilet paper (biodegradable if possible)
- Two plastic bags (100 liters) to protect the backpack from rain

## INDIVIDUAL EQUIPMENT

- Cap or Hat for the sun
- Snow Goggles (category 4)
- 1 pair of very warm mountain gloves
- 1 pair of gloves in fleece or wool
- 1 extra safety pair of gloves (optional)
- Breathable technical underwear
- Breathable Technical Sub-pull (carline, light fleece ...)
- Fleece jacket
- 1 windbreaker jacket and waterproof Gore-Tex
- 1 breathable technical sticky
- 1 cozy mountain pants
- 1 wind pants and waterproof Gore-Tex
- 2 pairs of socks, a thin pair and thick pair of socks
- A pair of gaiters
- A sheet (there are blankets refuge)
- 1 waterproof pouch for your money, your documents like identity card or passport, yours insurance contracts / assistance and emergency phone numbers

## Luggage

A 45/50L backpack with abdominal belt and comfortable straps, and exterior attachment for the technical material

## Medicine

Your guide has a first aid kit. In consultation with your doctor, prepare your personal pharmacy according to your medical profile and the nature of the intended stay. Individual pharmacy:

- An analgesic (avoid aspirin)
- Anti-inflammatory pills (tablets and gel)
- A broad-spectrum antibiotic
- An antispasmodic, antidiarrheal, antiseptic intestinal, an anti-vomiting
- Double skin dressings, compresses, tapes adhesive
- An antiseptic
- Sunscreen and Biafine
- Coated tablets to purify water (type Aquatabs)
- Bottle of water is very expensive in heights and on the mountains (up to 8 euros a bottle!)
- In addition: eye drops, tweezers, light tranquilizers and sleeping pills and / or earplugs, tonic for veins (against heavy legs)
- Personal medication.

Take a few pills from each package of medication, do not need to carry a box of each drug.

## Passport

Please make sure your passport and travel documents are valid.

## Visa

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- Up to 90 days visit in Switzerland : citizens from most countries do not need a visa to visit Switzerland.
- Over 90 days visit in Switzerland : non-EU or non-EFTA citizens must have a visa to visit Switzerland over 90 days.

For further information, please check the following website : <https://www.swiss-visa.ch/>

## Mandatory vaccines

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There are no mandatory vaccines needed to travel to Switzerland.

## Health information & recommendations

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For this trip, you must be fit : you can train with other sports such as running, cycling, swimming or sportive walk. To have a reasonable chance of success, a high degree of fitness and stamina, some previous experience of altitude is highly recommended.

Training advices to check with your general practionner : six months before departure, try to do at least 1 to 2 endurance sport sessions a week (each one must last at least one hour) and do a 6 hours trekking during the week-end with an elevation of 400m/hour during three hours. Three months before departure, try 2 to 3 endurance sport sessions a week and increase your trekking time during the week end from 7 to 8 hours.

Please inform us of any health issues : allergy, diabetes, asthma, or old strokes...

## Weather

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The Swiss climate is moderately continental in the plateau, Alpine in the mountains, and more temperate in the Canton of Ticino. In the mountains, the climate varies with altitude and slope exposure, but in winter, they are located above the blanket of fog and low clouds that often covers the plateau, so they are also sunnier in this season. The cold wind, which in Switzerland and in central France is called Bise, blows from the north-east and is more frequent in winter and spring.

Late winter and early spring (February-March) are recommended for a ski holiday, since the days are longer than in December and January.

For further information on the wether during your trip, please check the following website : <https://www.meteoswiss.admin.ch/>

## Electricity

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The electrical current in Switzerland is 230V, 50Hz. Swiss sockets are recessed, three-holed, hexagonally shaped and incompatible with many plugs from abroad. They usually, however, take the standard European two-pronged plug.

Most refuges have electric plugs, but some haven't. If you scared of running low on battery, bring an external battery with you.

## Local time

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Switzerland is in the Central European Time Zone (CET). Central European Standard Time is 1 hour ahead of Greenwich Mean Time (GMT+1).

## Sustainable tourism

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We do our best to offer trips subscribed to the principles of responsible and sustainable tourism. Our aim is to allow visitors to discover the many facets of the Alps by taking you off the beaten path and getting you in touch with its nature and residents, while ensuring that your visits do not have a negative effect on its natural environment and people.

- Most of our accommodations are run by locals, thus ensuring that the largest part of the revenue generated through your trip will stay within the region.
- France is known for its exquisite cuisine. The art of cooking and the joy of eating are part of everyday life. Each region has its particular foods and flavors which we would like you to explore and appreciate.
- Water is a precious and rare good. Our team and those travelling with us are thus advised to use it with consideration and avoid



excessive water use where possible.

- Please try to recycle your waste whenever possible, even though recycling may not be a well-known concept in all areas.
- Be cautious and respectful when hiking. Make sure to wear suitable footwear and avoid picking flowers, moving stones or lighting fires.