



# Compagnie des Guides de Chamonix

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## 1ST 4000 - VINCENT PYRAMID

Duration: 4

Level: ▲▲▲▲▲

Price from: 835 €

High altitudes are enticing, but you might be uncertain about how your body will respond. Our program ensures a gradual approach to higher altitudes. After two days of acclimatization on the Glacier du Tour in the Mont Blanc Massif, we venture to the Monte Rosa Massif for the ascent of one of its peaks, the Vincent Pyramid (4,215m), from the Italian side. This program is designed for individuals interested in exploring the high-altitude environment. It also offers the opportunity to acquire fundamental mountaineering techniques and skills, including the use of crampons and ice axes.

This trip is part of a series of programs that we have created for you to climb the 4000-meter peaks of the Alps. Enjoy a tailored progression to achieve the ascent of [your first 4000](#) or set out to climb the renowned [Grand Paradis](#). Take on multiple 4000-meter peaks in the [Monte Rosa Massif](#) and embark on an essential traverse to [Weissmies](#) in the Swiss Valais.

### ITINERARY

#### Day 1 and Day 2. Acclimatisation - Ascent of the Tête Blanche (3421m)

Start in the village of Le Tour (1450m). We use the ski lifts to take us up to near the Col de Balme (2100m). We take a comfortable path that starts with a traverse before following the moraine of the Tour glacier to the Albert 1er hut (2702m). After a decent break we head to the Tour glacier for some essential mountaineering skills such as crampon and ice axe use and walking while roped together. Night in hut.

*Vertical ascent: 600m*

The next day we head out by the light of our headtorches. We quickly reach the Tour glacier where we put our crampons on. We walk up the gentle slopes of the glacier to the summit of the Tête Blanche. Having taken in the stunning panoramic views across the Aiguille du Chardonnet (3824m) and the Trient glacier (3200m) we return to the hut and the village of Le Tour via the same route.

*Vertical ascent: 715m / Vertical descent: 1320m*

#### Day 3 and Day 4 : Ascent of the Vincentpiramid (4215m)

Morning transfer to Gressoney-Staffal in the Aosta valley, and the foot of the Monet Rosa Massif. We take the Staffal ski lifts up to the Indren glacier (3275m). A short traverse of the glacier quickly leads us to the hut, where we spend the night. *Vertical ascent: 370m*

We leave the hut the next day at dawn. We walk up the Lys glacier to the summit of the Vincent piramid. Depending on the group's abilities, your guide might suggest continuing the climb to the Col du Lys (4250m), where there are stunning panoramic views over the Monte Rosa Massif. Descent via the same route and return to Chamonix mid-afternoon. *Vertical ascent: 570m / Vertical descent: 1250m*

*This programme is meant as a guide only. Depending on the abilities of the group and the conditions in the mountains, your mountain guide may alter the route.*

### GROUP BOOKING

Group session associates several people who don't know each other. It allows for a planned program to benefit from an attractive price on fixed dates. This formula is ideal for people looking for the friendliness of a group.

**Dates :** See below for the group booking module

**Price 2024** : 885€ per person based on minimum of 4 participants

Included in the package :

- IFMGA English speaking mountain guiding service
- half-board in Albert 1er hut & Gnifetti hut (dinner, breakfast and night)
- 1 bottle of water at the hut D3
- lift access as per programme
- transportation on Day 3 & 4

Not included in the package :

- personal drinks not mentioned and other personal expenses (we recommend you bring Euros)
- take out lunches and daily snacks
- night Day 2
- cost of getting to meeting point
- personal technical equipment including your mountaineering shoes

## PRIVATE BOOKING

Private hiring is the historical relationship that binds a guide to his/her client. It allows you to be alone, or in a constituted group, with your guide that meets your specific needs. It is undoubtedly the ideal formula to realize your projects because it guarantees you a maximum of comfort. You are free to choose your departure date (depending on the availability of the huts) and the itinerary can be adjusted, according to your specific expectations.

**Prices 2024** :

- 2 people : 1630€ per person
- 3 people : 1190€ per person
- 4 people : 970€ per person
- 5 people : 835€ per person

Included in the package :

- IFMGA English speaking mountain guiding service
- half-board in Albert 1er hut & Gnifetti hut (dinner, breakfast and night)
- lift access as per programme
- transportation on Day 3 & 4

Not included in the package :

- personal drinks and other personal expenses (we recommend you bring Euros)
- take out lunches and daily snacks
- night Day 2
- cost of getting to meeting point
- personal technical equipment including your mountaineering shoes

## FURTHER INFORMATION

In this section, find all the information about this activity. For further information, please contact our advisor (contact details above).

**Meeting point** : Meet at 10.00 am at the ski lift of le Tour village.

**Physical level** : For people who regularly exercise/take part in sports. Six to seven hours of exercise per day

**Technical level** : No mountaineering experience necessary

**Guiding policy** : 4 to 5 people.

**Accommodation** : 2 nights in hut (Day 1 & 3); with dinner & breakfast.

Day 2: We have hotel partners in Chamonix with special prices for our guests.

**Documentation** : Participants must have mountain sports insurance with repatriation cover. We strongly recommend that this also includes cancellation cover. You can take out insurance when you sign up. Participants must also take valid ID with them.

## EQUIPMENT

We recommend you take particular care over your choice of equipment, as it plays a large role in the success of your trip. Weight is critical, and you must always evaluate the weight-to-comfort ratio to find the best compromise.

### Equipment

- 35-litre backpack
- High-altitude mountaineering boots that are not too tight - *rentable*
- Gaiters, if needed for your trousers
- Telescopic trekking poles - *rentable*
- Crampons with anti-balling plates; helmet, harness and straight ice axe - *rentable*

### Clothing

- Warm hat that can be worn under a helmet
- Sun hat or cap
- Neck protection such as a 'Buff'
- 'Micro-fibre' style long-sleeve base layer
- Fleece
- 'Gore Tex' style shell jacket with hood - *rentable*
- Down jacket
- Base layer leggings
- Durable summer mountaineering trousers (not ski trousers)
- 'Gore Tex' style over-trousers - *rentable*
- Warm specialist walking socks
- Lightweight specialist walking socks
- Ski gloves or good quality mitts
- Leather or fleece gloves
- Change of clothes at your discretion

### Accessories

- Category 4 sunglasses
- A bed liner
- Ski goggles
- Headtorch plus spare batteries
- Water bottle (minimum 1.5l) and thermos bottle
- Personalised first aid kit with a minimum of: sun cream, lip balm, cotton buds, blister kit, antisickness medication
- Watertight bag to contain your ID/passport and Euros

**Our Rental Partners :** You can rent your equipment with our rental shops partners and benefit from special price [Sanglard Sports](#), [Ravanel & Co](#) & [Concept Pro Shop](#)

**Our Equipment Partners :** [Millet](#), [Dynastar](#), [Julbo](#), [Grivel](#) & [Monnet](#)