



Compagnie des Guides de Chamonix

190 place de l'église - 74400 Chamonix – France - Tél : + 33 (0)4 50 53 00 88

www.chamonix-guides.com - e-mail : info@chamonix-guides.com

1ST 4000 - THE MONTE ROSA 4000 PEAKS

Duration: 3

Level: ▲▲▲▲▲

Price from: 830 €

The Monte Rosa Massif, straddling the Italian Valle d'Aosta and the Swiss Valais, is a must-see destination for altitude enthusiasts. A combination of a dozen peaks over 4000m and majestic glaciers made easy to access by a set of high-perched refuges. In the heart of the Monte Rosa Massif, the proposed program will allow you to enjoy a typical high altitude glacial atmosphere and breathtaking views of the Alps. In three days, you will climb numerous 4000's, including Pointe Zumstein and Vincent Pyramid. Due to the altitude, this program requires knowledge of basic mountaineering techniques.

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: Walk up to the Gnifetti hut (3 625m)

Morning transfer to Gressoney-Staffal in the Aosta Valley, at the foot of the Monte Rosa Massif. We take the Staffal ski lifts up to the Indren glacier (3,275m). A short traverse of the glacier quickly leads us to the Mantova hut (3,418m), then to the Gnifetti hut (3,625m). We enjoy a quiet afternoon at the hut to acclimatize to the altitude and review basic roping techniques.

Vertical ascent: 370m

Day 2: Ascent of Pointe Zumstein (4,563m)

We gently climb the Glacier du Lys until we reach the Col du Lys (4,152m), which marks our entry onto the Zermatt side of the Monte Rosa Massif. We pass nearby Capanna Margherita (highest refuge in Europe: 4,554m!) to reach the Col Gnifetti (4,455m), from where we take the southeastern ridge of Pointe Zumstein to the summit (4,563m). We descend by the same route, taking a break at Capanna Margherita. Depending on conditions, it is possible to add the ascent of Ludwigshöhe (4,343m). Second night at the Gnifetti hut.

Elevation gain: 938m - Elevation drop: 938m

Day 3: Ascent of Vincent Pyramid (4,215m)

We gently climb the Glacier du Lys again, but we turn right halfway to Vincent Pyramid and its summit (4,215m). We enjoy a beautiful view over the east side of the Monte Rosa Massif and the wild Valsesia. We walk down to the refuge and then to the ski lifts near Pointe Indren (3,258m), which bring us peacefully back to Staffal. Return to Chamonix in the middle of the afternoon.

Elevation gain: 590m - Elevation drop: 940m

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 : 855€ per person based on minimum of 3 participants

Included in the package :

- IFMGA English speaking mountain guiding service
- 2 Half-board in mountain hut (dinner, breakfast and night)
- lifts
- transfers as per programme

Not included in the package :

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

PRIVATE BOOKING

Private guiding 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 : 1360€ per person
- 3 people : 1005€ per person
- 4 people : 830€ per person

Included in the package :

- IFMGA English speaking mountain guiding service
- 2 Half-board in mountain hut (dinner, breakfast and night)
- lifts
- transfers as per programme

Not included in the package :

- personal drinks and other personal expenses (we recommend you bring Euros)
- take out lunches and daily snacks
- 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, contact our advisor (contact details above)

Meeting : Meet at 08.30am at the Chamonix Guides Company: 190 place de l'église

Physical level : For people who regularly exercise/take part in sports. 6 to 8 hours of exercise per day.

Technical level : A mountaineering experience is necessary

Guiding policy : 3 to 4 people. The Compagnie des Guides de Chamonix's guiding policy guarantees the most balanced groups as possible as well as high-quality personalised advice.

Accommodation : 2 nights in huts with dinner & breakfast.

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
- Gaiters, if needed for your trousers
- Telescopic trekking poles
- Crampons with anti-balling plates; helmet, harness and straight ice axe

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
- Down jacket
- Base layer leggings
- Durable summer mountaineering trousers (not ski trousers)
- 'Gore Tex' style over-trousers
- 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
- Ski goggles
- Headtorch plus spare batteries
- Sheet sleeping bag
- 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](#)