Compagnie des Guides de Chamonix

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MOUNTAINEERING - THE MONTE ROSA 4000 PEAKS

Duration: 3 | Fitness: ▲▲▲▲▲ | Technique: ▲▲▲▲▲ | Price from: 1 035 €

THE 4000M PEAKS OF MONTE ROSA

Straddling Italy's Aosta Valley and the Swiss Valais, the Monte Rosa massif has one of the **highest concentrations of 4000m peaks in the Alps**. Its vast glaciers and high-altitude huts provide an exceptional setting for several days of mountaineering, with panoramic views across much of the Alpine range. Over three days, you climb several 4000m peaks, including Vincent Pyramid (4215 m), Zumsteinspitze (4563 m) and Punta Gnifetti (4554 m), home to the Margherita Hut. The altitude and successive ascents require previous mountaineering experience.

OUR SELECTION OF 4000M PEAKS IN THE ALPS

This trip is part of our selection of programs dedicated to climbing the 4000m peaks of the Alps. For a first experience at high altitude, discover the ascent of Vincent Pyramid. You can also climb Gran Paradiso or discover the peaks of the Swiss Valais with the Weissmies traverse.

ITINERARY

Day 1

Walk up to the Gnifetti Hut (3625 m)
Transfer from Chamonix to the Gressoney Valley, on the Italian side of the Monte Rosa massif. From Staffal, we take the lifts up to the Indren Glacier (3275 m). A short glacier crossing takes us to the Mantova Hut (3418 m), then to the Gnifetti Hut (3625 m). The afternoon is dedicated to acclimatisation and reviewing essential roping techniques. Overnight at the Gnifetti Hut.
Vertical ascent: 370 m

Day 2

Ascent of Zumsteinspitze (4563 m)
We climb the Lys Glacier to the Lysjoch (4152 m), which takes us onto the Swiss side of the Monte Rosa massif. We continue to the summit of Zumsteinspitze (4563 m), the highest point of the day. We then reach Punta Gnifetti (4554 m), home to the Margherita Hut, the highest staffed mountain hut in Europe. Depending on conditions and the level of the group, the ascent of Ludwigshöhe (4343 m) may also be added to the route. We descend via the Lys Glacier for a second night at the Gnifetti Hut.
Vertical ascent: 1050 m - Vertical descent: 1050 m

Day 3

Ascent of Vincent Pyramid (4215 m)
We climb the Lys Glacier once again before heading towards Vincent Pyramid (4215 m). From the summit, the panorama extends across the eastern side of the Monte Rosa massif and the Valsesia. We descend to the Gnifetti Hut, then continue to the Indren lifts to return to Staffal. Return to Chamonix in the middle of the afternoon.
Vertical ascent: 590 m - Vertical descent: 970 m

GROUP BOOKING

The group option brings together participants who may not know each other. It allows you to follow a set program on fixed dates while benefiting from an attractive price and the friendly atmosphere of a group.

Dates
See the group booking module below.
For departures in September, due to the closure of the Mont Blanc Tunnel, the journey will be via the Great St Bernard Tunnel.

Price 2027
€1035 per person, based on a minimum of 3 participants.

This price includes
- IFMGA English-speaking mountain guide
- Two nights in mountain huts on a half-board basis (dinner, overnight stay and breakfast)
- Lift access required for the program
- Transfers mentioned in the program

This price does not include
- Drinks in the huts and personal expenses
- Picnic lunches
- Transport to the meeting point
- Personal technical equipment

PRIVATE BOOKING

The private option allows you to take this trip with your own group and benefit from guiding tailored to your expectations. You can choose your departure date subject to hut availability, and the program can be adjusted according to your level, mountain conditions and objectives.

Prices 2027
2 people: €1735 per person
3 people: €1270 per person
4 people: €1035 per person
Registration is open to participants aged 16 and over.

This price includes
- IFMGA English-speaking mountain guide
- Two nights in mountain huts on a half-board basis (dinner, overnight stay and breakfast)
- Lift access required for the program
- Transfers mentioned in the program

This price does not include
- Drinks in the huts and personal expenses
- Picnic lunches
- Transport to the meeting point
- Personal technical equipment

FURTHER INFORMATION

To prepare for your trip, please read our guides' tips, which provide practical advice and recommendations for your mountaineering trip.

Meeting point
Meet at 8.30am on Day 1 at the Compagnie des Guides de Chamonix office, 190 place de l'Église.

Fitness level
Regular endurance training is required. You should be prepared for up to 7 hours of activity per day at high altitude.

Technical level
Previous mountaineering experience is required. The ascents take place mainly on glaciated terrain and require confidence using crampons.

Prerequisites
You should already have completed several high mountain outings and have previous experience walking with crampons.

Guiding policy

The group consists of 3 to 4 participants per guide, allowing for a suitable pace and personalised advice. Registration is open to participants aged 18 and over.

Accommodation
Two nights in mountain huts on a half-board basis are included (dinner, overnight stay and breakfast).

⚠ **Formalities**
Insurance covering mountain rescue and repatriation is mandatory. If you are not already insured, rescue, repatriation and cancellation insurance can be purchased when booking. A valid ID is also required.

EQUIPMENT

We recommend taking particular care when choosing your equipment, as it contributes directly to your comfort throughout the trip. Weight is an important consideration: choose lightweight, suitable equipment while ensuring adequate protection for several days at high altitude.

Equipment
- A backpack of approximately 35 litres
- High-altitude mountaineering boots
- Gaiters, if required with your trousers
- Telescopic trekking poles
- Crampons with anti-balling plates
- A helmet
- A harness
- A straight ice axe

Clothing
- A warm hat compatible with a helmet
- A sun hat or cap
- A neck warmer such as a Buff
- A long-sleeved technical base layer
- A fleece
- A waterproof hooded jacket such as Gore-Tex
- A lightweight down jacket
- Thermal leggings
- Trousers suitable for summer mountaineering
- Waterproof overtrousers such as Gore-Tex
- Socks suitable for hiking and mountaineering
- Warm gloves or mittens
- Lightweight gloves
- A change of clothes for the nights in the mountain huts

Accessories
- Category 4 sunglasses
- Ski goggles
- A headtorch
- A sleeping bag liner
- A water bottle of at least 1.5 L
- Earplugs
- A personal first aid kit including at least sunscreen, lip balm, blister treatment, as well as your usual medication for headaches and nausea
- A waterproof pouch containing your ID and some cash

Our Rental Partners
You can rent your equipment at preferential rates from our partner shops: Millet (excluding crampons, ice axes and helmets), Sanglard Sports, Ravanel & Co and Concept Pro Shop.

Our Equipment Partners
Millet, Dynastar, Julbo, Grivel and Monnet.