



# Compagnie des Guides de Chamonix

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## SKI TOURING - THE MONTE ROSA 4000ERS

Duration: 4 days

Level: ▲▲▲▲▲

Price from: 775 €

The Monte Rosa massif includes a dozen peaks over 4000m high. This offers an outstanding playground for skiers, with some of the most spectacular descents in the Alps. Join us on the traverse from the Gressoney valley to Zermatt and an exploration of this extraordinary area. Straddling Italy and Switzerland, the range provides a stunning glaciated landscape and the opportunity to climb several 4000-metre peaks.

This programme is a logical extension of the Chamonix-Zermatt Haute Route. It allows you to explore the other legendary mountains surrounding Zermatt and continue your high-altitude journey.

### ITINERARY

**Day 1 :** Transfer from Chamonix to Italy's Gressoney valley via the Mont Blanc tunnel. We take the Gressoney-Alagna resort ski lifts from the village of Stafal. We go to the comfortable Orestes hut (2625m), located within the resort's ski fields, to spend the night. *Vertical ascent: 500m / Vertical descent: 500m*

**Day 2 :** After a first descent to Gabiet, we take the ski lifts to Indren (3275m), from where we head to the Montova hut (3500m). Once again we can lighten our packs here before heading for our first 4000er: the Vincent Pyramid (4215m). The gentle gradient of the slopes here is made for skiing. We descend via the same route to the hut, where we spend the night. *Vertical ascent: 940m / Vertical descent: 715m*

**Day 3 :** Destination Col de Lys (4256m), followed by the Signalkuppe also known as the Punta Gnifetti (4554m). Once again, the gentle slopes here provide optimal skiing conditions. There is a markedly glaciated feel to the terrain all along the ascent and there are some spectacular views. On the summit of the Signalkuppe we take a well-earned rest in the remarkable Margherita hut, the highest guarded hut in the Alps. We descend via the Grenz glacier, which takes us to the Monte Rosa hut (2883m), where we spend the night. *Vertical ascent: 1054m / Vertical descent: 1670m*

**Day 4 :** We leave along the Monte Rosa glacier in the direction of the Dufourspitze (4634m). We take a break on the shoulder (4150m), which has magnificent views over the previous day's descent route and the impressive north face of Liskamm. Now begins the long descent to Zermatt passing the lower slopes of the Breithorn (4164m). This is without doubt one of the most spectacular descents in the Alps. Depending on the conditions, the exit from the Gorner glacier may require a short walk. We arrive in Zermatt in the early afternoon and transfer back to Chamonix, in option. *Vertical ascent: 1270m / Vertical descent: 2530m*

*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 2021 :** March 25-28 ; April 1st-04 ; April 08-11 ; April 15-18 ; April 22-25.

**Price 2021 :** 940€ per person based on minimum of 4 participants.

**Included in the package :**

- IFMGA English speaking mountain guiding service,
- Half-board in mountain huts (dinner, breakfast and night),
- Ski lift access as per programme,
- Transfers as per programme,
- Rental of full safety kit (avalanche transceiver/DVA, shovel, probe).

#### **Not included in the package :**

- Take out lunches\* and daily snacks, *\* can be taken at the huts*
- Personal drinks in huts and other personal expenses (we recommend you to bring Euros and Swiss Francs),
- Cost of getting back to Chamonix (90 euros per person),
- Personal technical equipment.

## FURTHER INFORMATION

**Rendez-vous :** Meet at 08:30 at the Compagnie des Guides office in Chamonix. Transfer by minibus to the departure point. (Participants may leave personal belongings in our office until the group returns). Return to Chamonix from Zermatt, in option.

**Ability level :** An appropriate choice of destination is essential for you to properly enjoy your holiday. To get the most out of your trip we recommend you take regular exercise throughout the year and, where necessary, undertake specific training a few months before you leave. Try to avoid last minute training that can lead to injury. It is important you do not overestimate your abilities and you understand that the weight of your backpack, the altitude and the snow conditions can negatively impact on your normal skiing ability.

**Fitness level :** For people participating in regular endurance activities and are experienced ski tourers. Vertical ascent of up to 1300m per day. Seven to eight hours of exercise per day. Backpack includes mountaineering equipment (crampons and ice axe). Carrying skis. Altitudes of under 4000m.

**Technical level :** For intermediate ski tourers. Varied slopes, a few technical sections (slopes up to 35°). Solid technique in all snow conditions. Mastery of basic mountaineering techniques (walking with crampons and ice axe) and kick turns.

**Guiding policy :** 4 to 6 people. The Compagnie des Guides de Chamonix's guiding policy is one of the strictest in the mountain guiding business. It guarantees the most balanced groups as possible as well as high-quality personalised advice.

**Accommodation :** Half-board in huts. Showers available on day 1.

*Before & after the trip:* We have some hotel partners in Chamonix with special prices for our customers.

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

**Preparing for the trip :** One week before the trip, the mountain guide will be in contact to answer any questions you may have.

## EQUIPMENT

We recommend you to pay particular attention to the choice of your equipment. It contributes greatly to the success of your stay. Weight is decisive: you always have to evaluate the ratio weight/comfort, to find the best compromise. In a general way, it is better to pile up several light coats rather than wear one big clothing.

#### **Equipment**

- Comfortable frameless rucksack of 35l on which you could fix your skis & ice-axe,
- Ski touring skis & shoes, *rentable*
- Adhesive climbing skins & ski knives adapted to your skis, *rentable*
- A pair of poles with large discs, *rentable*
- A pair of light crampons & an ice-axe, *rentable*
- A security pack including harness, DVA, shovel & probe - this pack will be lend by your guide.

#### **Clothing**

- Waterproof and windproof, non-insulated parka with hood (Gore-tex or equivalent), *rentable*
- Waterproof and windproof, non-insulated pants, *rentable*
- Thick polar-pile fleece jacket or equivalent,
- A light down jacket,
- 1 long-sleeve shirt,
- Medium weight thermal underwear (top + bottoms, silk or polypro, double as pyjamas),
- Warm ski socks,

- Warm ski hat and light sun hat with brim,
- Warm ski gloves or mittens,
- A pair of adjusted gloves (in leather or fleece),
- Neck protection,
- Spare thermal underwear (for sleeping and change).

### Accessories

- High-altitude sunglasses (grade 4 is recommended),
- A goggle,
- 1.5 quart water bottle,
- An isotherm bottle,
- A mini toilet bag including: sun block for face and lips, aspirin, elastoplast, 2nd skin kit, earplug, toilet paper,
- A headlamp with spare batteries,
- A cotton or silk sleeping sheet: compulsory in every hut. - Hut provide blankets, slippers or clogs
- A plastic bag contains your ID card & Euros for extras.

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

A 10€ discount voucher coming from the shop [Au Vieux Campeur](#) will be given to the first 500 clients from the 'Cie des Guides' (voucher to be collected at our office). Closest shop 'Au Vieux Campeur' : Sallanches.

## 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 2021 :

- 2 persons : 1665€ per person
- 3 persons : 1215€ per person
- 4 persons : 995€ per person
- 5 persons : 860€ per person
- 6 persons : 775€ per person

*These prices include the same conditions as mentioned above.*

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**Responsabilité civile professionnelle :** MMA IARD - 14 Bd Marie et Alexandre Oyon - 72 000 Le Mans - Police 125 901 025  
**Garantie financière :** GROUPAMA ASSURANCE - 5, rue du Centre - 93199 Noisy le Grand Cedex - Contrat #4000713874/1