



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 - VINCENT PYRAMID

Duration: 4 days

Level: ▲▲▲▲▲

Price from: 735 €

You now cross the 4000m mark - higher altitudes are calling but you don't know how your body is going to react. Our programme guarantees a progressive approach to higher altitudes. After two days of acclimatisation on the Glacier du Tour in the Mont Blanc Massif, we head for the Monte Rosa Massif and the ascent of one of its peaks - the Vincent pyramid (4215m) - from the Italian side.

This programme is aimed at people looking to discover the high altitude environment. It also provides an opportunity to learn basic mountaineering techniques and skills, such as crampons and ice axe use.

ITINERARY

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

Start in the village of Vallorcine (1250m). We use the ski lifts to take us up to near the Col des Posettes (1950m). We take a comfortable path that starts with a traverse before following the moraine of the Tour glacier to the Albert 1er hut (2702m). The hut was renovated in 2014 and we hope you will appreciate the level of comfort and the views from the terrace at sunset. *Vertical ascent: 750m*

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 Vincent pyramid (4215m)

Morning transfer to Gressoney-Staffal in the Aosta valley, and the foot of the Monte 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 pyramid. 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 2022 : Find all the dates available in the drop-down list below.

Price 2022: 760€ 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),
- 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.

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 2022 :

- 2 persons : 1395€ per person
- 3 persons : 1025€ per person
- 4 persons : 840€ per person
- 5 persons : 735€ 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 09.00am at the ski lift of Vallorcine village.

Ability level: A successful trip largely depends on how fit you are. Regular sport practice, enhanced with a strenuous activity during the months preceding the trip are a promise of success. Last minute intense training results in increasing exhaustion during the trip. The effects of altitude and the weight of your pack will increase difficulty and therefore tiredness. We strongly recommend you arrive in Chamonix well-rested, well-prepared and equipped adequately in order to enjoy our mountainous surroundings at best.

For people who regularly exercise/take part in sports. Six to seven hours of exercise per day. No mountaineering experience necessary.

Guiding policy: 4 to 5 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: *During the trip:* 2 nights in huts (Day 1 & 3); with dinner & breakfast.
Day 2: 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 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 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.

Weather conditions can be extremely variable: from 20°C on the approach route to the hut, to -15°C on the summit (like a cold winter's day in a ski resort).

Generally speaking, it is better to put on several thin layers than to have one bulky item of warm clothing, and it is vital that you remain dry at all times.

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

- **A LIGHT SLEEPING BAG**
- **A BED LINER**
- **INDOOR SHOES**
- Category 4 sunglasses
- 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](#)