Compagnie des guides SAINT-GERVAIS LES CONTAMINES Organisation
43 RUE DU MONT-BLANC
74170 SAINT-GERVAIS
04 50 47 76 55
WWW.GUIDES-MONT-BLANC.COM
CONTACT@GUIDES-MONT-BLANC.COM

Crossing of Mont-Rose

Glacial trek in 6 days

The beauty of the landscapes and the sweep of the summits make the crossing of the 4,000-metre summit of Mont Rose in the Italian Alps the best of the glacial treks in summer.

A breathtaking ride of ridges! For the climbers who already have some experience it is a key journey with more than a ten “4,000-metre summits” and the charm of Italy on top of everything.

43 RUE DU MONT-BLANC
74170 SAINT-GERVAIS
04 50 47 76 55
WWW.GUIDES-MONT-BLANC.COM
CONTACT@GUIDES-MONT-BLANC.COM

OUTLINE

The day before Appointment at 6.30 pm at the guides' office in Saint-Gervais for a briefing with the guides.

Day 1 Departure from Saint-Gervais by car to Saint-Jacques en Val d'Ayas, starting point for the trek. Taxi to Pian di Verra (2,394 m) from where you will leave on foot to go to Guide d'Ayas refuge (3,425 m) via Mezzalama refuge (3,002 m). Difference in height of + 1,031 m.

Day 2 Return trip of the ascent of Pollux (4,091 m) via the top of di Verra glacier, then descent to Guide d'Ayas refuge for the second night. It is not a difficult ascent with some mixed terrain and a nice last snow ridge. Difference in height of + 668 m/ - 670 m.

Day 3 You will then climb Castor northern face (4,228 m) to end by a beautiful snow ridge. You will go down towards Quintino Sella refuge (3,584 m) where you will spend the night. Difference in height of + 803 m/ - 644 m.

Day 4 Crossing of Naso del Lyskamm (4,200 m), the most technical way of that trek (depending on the conditions). You will start from Quintino Sella refuge to cross under the southern face of Lyskamm on a beautiful glacial plateau. You will climb Naso to discover the great stretches of Mont-Rose. A very beautiful panorama. From there you will go down to cross Lys glacier and spend the night at Cità di Mantova refuge (3,498 m). Difference in height of + 616 m / - 702 m.

Day 5 You will return where you were the day before to visit the highest refuge of Europe : Cabane Margherita (4,556 m) or Zumstein (4,563 m) depending on the conditions and your energy. It is a long but technically easy stage. Then you will go down to spend the last night at Gabiet refuge (,2375 m) among ibexes. Difference in height of + 1,060 m/ - 1,660 m.

Day 6 The last stage is much easier, right in the middle of the high mountain pastures. After going down to Gressonney, you will climb to Bettaforca (2,971 m) by cable-cars and via a path and then you will walk along a nice path on Saint Jacques where you will take your car.

Les guides pourront être amenés à modifier le programme en fonction des conditions météorologiques, des conditions de la montagne et du niveau des participants.

2020 DATES

Every Sunday from June 16 to September 8 (other departures possible for private groups).

PARTICIPANTS

Max. 3 people per guide. Group sessions are guaranteed from 3 subscriptions. Possible departure at 2 participants with an additional cost.

43 RUE DU MONT-BLANC
74170 SAINT-GERVAIS
04 50 47 76 55
WWW.GUIDES-MONT-BLANC.COM
CONTACT@GUIDES-MONT-BLANC.COM

NIVEAU PHYSIQUE ET TECHNIQUE

It's recommended you already have some mountaineering experience (walking with crampons, roping up). The climb requires a good training and is addressed to sports people. You'll be walking for between 6 and 9 hours per day, so you'll have to prepare and practice cardio during your endurance trainings. (biking, running, hiking in the mountains ...)

Don't forget that you'll be walking with a 8 kilograms backpack, this increases the amount of effort needed to walk, be sure to be training with this extra weight.

You will progress on an unmarked high-altitude mountain route, you will then have to know the dangers linked to that activity (cracks, seracfalls, rockfalls, avalanches, very low temperatures).

2020 RATES

Price of the group session:
1560€ / person (guaranteed departure at 3 subscriptions)
Price of the private option:
2 participants : 2050€ / person
4 participants : 1950€ / person

The price includes	The price does not include
• Supervision by a mountain guide • Picknicks or lunches • Half-board in huts • Mont-Blanc tunnel fee • Lift passes	• Drinks, cereal bars and other personal expenses • Transportation to the starting point • Your personal insurance • Your equipment • Everything that isn't mentioned in « the price includes »

REGISTRATION AND PAYMENT

Thanks to the registration form dated and signed and with the 30% deposit, plus the optional insurance coverage amounts. The balance will be paid 30 days before the departure date. Having repatriation help service coverage is compulsory to attend our trips. If you do not have one, we can offer you one.

43 RUE DU MONT-BLANC
74170 SAINT-GERVAIS
04 50 47 76 55
WWW.GUIDES-MONT-BLANC.COM
CONTACT@GUIDES-MONT-BLANC.COM

APPOINTMENTS

The appointment takes place the day before the departure at 6.30 pm at the guides' office. You can book a hotel room on the spot through us.

In Saint-Gervais :
The guides' office is in the tourist information centre of Saint Gervais in the centre of the village.

In Contamines :
The guides' office is in the city centre, next to the tourist information centre, in ESF premises.

To get to Saint Gervais or to Contamines :

Motorway A 40, exit 21. From the exit 21 : 6 km to Saint-Gervais, 18 km to Contamines.

Saint-Gervais/ Le Fayet train station. 4 km from Saint-Gervais city centre, 13 km from Contamines city centre. Transports by taxi or bus are possible (to be booked upfront).

Airports of Geneva (1h), Annecy-Methey (1h), Lyon Saint-Exupéry (2h). Shuttles and cabs are possible from the airports (upfront booking compulsory for the shuttles).

43 RUE DU MONT-BLANC
74170 SAINT-GERVAIS
04 50 47 76 55
WWW.GUIDES-MONT-BLANC.COM
CONTACT@GUIDES-MONT-BLANC.COM

LIST OF THE EQUIPMENT

Technical equipment

- □ Helmet
- □ 35/40-litre rucksack
- □ Two telescopic walking poles with washers
- □ Harness with locking carabiner
- □ Ice axe
- □ Gaiters
- □ Mountain boots with stiff soles to put crampons
- □ Semi-automatic crampons equipped with anti-boots

You can rent the technical equipment at : www.twinner-saint-gervais.fr and www.unlimited-saintgervais.com for Saint Gervais, www.intersport-lescontamines.com/ for Contamines. For the entire technical pack (helmet, ice axe, harness, boots and crampons) please count on about 25 € per day.

Clothing:

Upper body :

- □ Hat and headscarf or balaclava
- □ Modern fibre underwear, long and short sleeves
- □ Thick fleece jacket or down jacket for the bottom of the bag
- □ Thinner fleece jacket or down jacket
- □ Gore-Tex jacket (the ski anorak is not adapted)

Lower body :

- □ Modern fibre tights
- □ Gore-Tex trousers
- □ Warm socks

Essential equipment :

- □ Glacier glasses
- □ Cap
- □ 2 pairs of gloves: a thin pair and a warm pair like mittens
- □ Sun cream and labial screen ultra-protection
- □ Thermos flask of tea (0.5 L minimum) and energy bars
- □ Small personal first-aid kit (aspirin, second skins)
- □ Sleeping bag liner (blankets are available in the hut)
- □ Passport, insurance papers and swiss francs for drinks and extras.

Do not hesitate to contact us if you need some advice for your physical training, the selection of your equipment or the organization of your trip.