



MONTE ROSA IN 2 DAYS 4,215 M

In Italy, at a 2h30 drive from Saint Gervais, lies Monte Rosa, a fascinating massif with multiple summits above 4,000m.

Depending on your level and your wishes, you can climb several of these mythical peaks: the Zumstein 4,563m, Gnifetti 4,554m or Parrot 4,432m peaks and the Ludwigshöhe 4,341m or Pyramide Vincent 4,215m peaks.



43 RUE DU MONT-BLANC
74170 SAINT-GERVAIS
04 50 47 76 55

WWW.GUIDES-MONT-BLANC.COM
CONTACT@GUIDES-MONT-BLANC.COM

PROGRAM

The evening before Appointment at 6.30 pm at the guides' office where you will meet your guide.

Day 1 Gnifetti refuge 3,647m

Departure in the morning from Saint-Gervais for Stafal, in the valley of Gressonney-la-Trinité. Climb to the mountain hut Citta di Mantova (3498 m) or Gnifetti (3647 m), first with the ski lifts to Punta Indren, then a hike to the hut.

Height difference: + 375m - About 1h30 walking.

Day 2 Monte Rosa 4000's

Ascent of one of the summits, near 3 hours from the refuge. Walk on the snowy glacier. You will come back via the same route, lunch at the refuge or in Stafal. Between 6 to 9-hour walking.

The guides may have to adapt the program to the weather conditions, mountain conditions and the level of the participants.

2024 DATES

Group sessions: every Saturday from the last week of June to the first of September depending on conditions.

Private sessions: every day from the last week of June to the first of September depending on conditions.

PARTICIPANTS AND SUPERVISION

Max. 4 people per guide.

Guaranteed departure in group sessions from 3 subscriptions.

You'll be supervised by a mountain guide.

TECHNICAL AND PHYSICAL REQUIREMENTS

This climb requires good physical preparation; it is intended for sporty people. On the second day, you will have to walk for about 9 hours, so you should prepare by practicing "cardio" during workouts. Endurance sports such as cycling, running or long walks are an ideal preparation.

Also remember that you will be hiking for 2 days with an 8-kilo backpack, which significantly increases the effort required, so if you do go out, exercise with that extra weight.

You will evolve on an unmarked mountain route, you must be aware of the dangers associated with this activity (glacier crevasses, serac falls, rock falls, avalanches, very low temperatures).

We are at your disposal to answer your questions.

2024 RATES

Price of the group option:

€640 / person (guaranteed departure from 3 subscriptions)

Price of the private option:

1 participant: €1380

2 participants: €840 per person

3 participants : 630€ par personne

4 participants: €530 per person

5 participants: €710 per person

6 participants: €630 per person

The price includes:

- Supervision by a mountain guide
- Half-board at Gnifetti or Mantova
- Lunches
- Water in the huts
- Mont Blanc tunnel fee
- Toll
- Cable car transfers

The price does not include:

- Drinks, cereal bars and other personal expenses
- Transportation to the starting point (it is customary for the clients to transport their guide)
- Your personal insurance
- Your hiking equipment
- Everything that isn't mentioned in « the price includes »

REGISTRATION AND PAYMENT

Using the dated and signed registration form accompanied by a 30% deposit and the amount of the optional insurance. The balance must be paid 60 days before the departure date.

INSURANCES

Being covered by repatriation insurance is mandatory to participate in our activities: it must cover you in the high mountains for helicopter search and rescue.

If you do not have repatriation insurance, we can offer it at a cost of €10 (€5/day). We also offer optional cancellation insurance at a rate of €24 (€12/day). This insurance does not take consider the sporting nature of our activities). The insurance brochures can be downloaded from our website.

RENDEZVOUS

Meeting with the guides the day before departure at the [office in Saint-Gervais \(43 rue du Mont Blanc, 74170 Saint-Gervais\)](#), at the tourist office in the centre of the village at 6.30 pm.

If you are unable to attend, please let us know, the briefing can also be done by phone.

EQUIPMENT LIST

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

The technical equipment is available for rent at the following partner stores:

For Saint Gervais : <https://blanc-sport-saintgervais.com/> www.unlimited-saintgervais.com

For les Contamines : www.intersport-lescontamines.com/

Clothing:

- ☐ Hat and headscarf or buff®
- ☐ Thermal underwear, long and short sleeves
- ☐ Thick fleece jacket or down jacket
- ☐ Thinner fleece jacket or down jacket
- ☐ Gore-Tex® jacket or similar (an insulated ski jacket is not suitable)
- ☐ Thermal underwear tights
- ☐ Gore-Tex® trousers or similar
- ☐ Warm socks

Essential equipment:

- ☐ Glacier sunglasses (cat. 4)
- ☐ Slippers for in the refuge
- ☐ Ski goggles (in case of strong winds or snow)
- ☐ Cap
- ☐ Headlight and batteries
- ☐ 2 pairs of gloves: a thin pair and a warm pair like mittens
- ☐ A sleeping bag liner
- ☐ Sunscreen for body, face, and lips
- ☐ Thermos flask (0.5 L minimum) and energy bars or dried fruit
- ☐ Small personal first-aid kit (aspirin, compeed®, earplugs)
- ☐ Small toiletry bag (small toothpaste, toothbrush, wipes)
- ☐ Identity papers, insurance papers, international health insurance card

Do not hesitate to contact us if you would like advice on your physical preparation, the choice of your equipment or the organization of your stay.