



DISCOVERING MONTE ROSA AND NIGHT AT MARGHERITA REFUGE

The Monte Rosa massif is a huge glacial massif located between Zermatt and the Valle d'Aosta. It gives us the opportunity to climb beautiful snowy peaks of more than 4,000m. We recommend that you go more than 2.5 days to fully enjoy these beautiful landscapes at high altitude. If you stay 2 nights in a mountain hut, you can immerse yourself in the heart of the high mountains.

PROGRAM

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

Day 1 Gnifetti refuge

Departure from Saint Gervais in the late morning. We carpool to reach the Stafal ski lifts, in the Gressoney valley (about 2h30 drive). Possibility of a school of ice while going to the Gnifetti refuge at 3,647m. Height difference: + 375m - About 1h30 walking.

Day 2 Pyramide Vincent 4,215m

Glacier hike to the Margherita refuge 4500m crossing the Pyramide Vincent (4215m) and the Lys Pass. Night in high altitude in the highest refuge of the Alps (4215m).

Day 3 Monte Rosa summits

Off to Zumsteinspitze and / or return by the many peaks over 4200m: Pointe Gniffeti, Pointe Parot, Ludwigshöhe, ... Back to the refuge Citta Di Mantova and the Staffal lifts.

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 Friday from the end of June to mid-September, depending on the conditions.
Private sessions: every day from the end of June to mid-September depending on the conditions.

PARTICIPANTS AND SUPERVISION

1 guide for 4 people.

Group sessions are guaranteed from 3 subscriptions.

You will be supervised by a mountain guide.

TECHNICAL AND PHYSICAL REQUIREMENTS

This climb requires good physical preparation; it is intended for sporty people. You will have to walk for about 8 hours per day, 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.



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2024 RATES

Price of the group session:

€1020 / person (guaranteed departure from 3 subscriptions)

Price of the private option:

- 1 participant: €2145
- 2 participants: €1320 per person
- 3 participants: €1030 per person
- 4 participants: €890 per person
- 5 participants: €1150 per person
- 6 participants: €1030 per person

The price includes:

- Supervision by a mountain guide
- Half-board in the huts
- Lift passes
- Picknicks or lunches
- Water in the huts
- Mont Blanc tunnel fee
- Toll fees

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 €15 (€5/day). We also offer optional cancellation insurance at a rate of €36 (€12/day). This insurance does not take into account 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.