



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



## **DISCOVERING MONT-ROSE AND NIGHT AT REFUGE MARGHERITA**

The Monte Rosa area is a vast glacial massif located between Zermatt and the Aosta Valley. It offers us the opportunity to climb beautiful snowy peaks over 4000m. We suggest you to go on 2 and a half days to fully enjoy these magnificent landscapes at high altitude. Spending 2 nights in a hut allows you to immerse yourself deeply in the heart of the high mountains.



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## OUTLINE

**The day before** Appointment at 6.30 pm at the guides' office

### Day 1 **Gnifetti refuge 3647m**

Meeting in Saint Gervais les Bains in the late morning. Drive to the Staffal ski lift in the Gressoney valley (approx. 2.5 hours' drive). Possibility of an ice introduction going up to the refuge Gnifetti 3647m.

### Day 2 **Pyramide Vincent 4215m**

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: Point Gniffeti, Point Parot, Ludwigshöhe Back to the refuge Citta Di Mantova and the Staffal lifts.

**The guides could be led to change the programme depending on the weather conditions, the mountains and the level of the participants.**

## 2021 DATES

Group sessions: every Wednesday 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.



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## TECHNICAL AND PHYSICAL LEVEL

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 an 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).

## 2021 RATES

### Price of the group session:

815€ / person (guaranteed departure from 3 subscriptions)

### Price of the private option:

1 participant : 1755€

2 participants : 1055€ / person

3 participants : 830€ / person

4 participants : 710€ / person

5 participants : 895€ / person



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### **The price includes**

- Supervision by a mountain guide
- Half board in the huts
- 3 picnicks or lunches
- Lift passes
- Water during the meals in the refuges
- Mont-Blanc tunnel fee

### **The price doesn't include**

- 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.

### **APPOINTMENTS**

The appointment takes place the day before the departure at 6.30 pm at the guides' office (in the Tourist Office building) in Saint-Gervais.

Location : <https://goo.gl/maps/58Kc9c7E3FsXXAcQ6>

Please let us know if you cannot be present, the appointment can be done by phone.



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## 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 with our partners:

- For Saint-Gervais: - [www.blanc-sport-saintgervais.com](http://www.blanc-sport-saintgervais.com)  
- [www.unlimited-saintgervais.com](http://www.unlimited-saintgervais.com)
- Les Contamines: - [www.intersport-lescontamines.com](http://www.intersport-lescontamines.com)

### 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



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### **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)

**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.**