2019 COURSE DETAILS

Dates: Available on demand
Duration: 6 days
Departure: ex Chamonix, France
Price: €4,550 for 1:1 guide to climber ratio
€2,700 for 1:2 guide to climber ratio

2019 MONTE ROSA COURSE & ASCENTS TRIP NOTES

This is one of the finest alpine outings at a moderate level of difficulty. The views are stupendous; from the Matterhorn to the elegant North Face of Lyskamm and the knuckled mass of the Dufourspitze, it is impossible to forget the scenery. After a day of training and acclimatisation above Courmayeur, you will spend the week with ice axe and crampons, passing from Italy to Switzerland and back again. The Monte Rosa Course is also a Grand Traverse, a ridiculously scenic journey that includes up to ten 4,000m peaks.

This course, departing from Chamonix, France, will appeal to those with previous mountaineering experience who want to enjoy a new region and collect plenty of summits. It is also appropriate for first time alpinists with a good level of fitness and a hiking or rock climbing background. Instruction can be included into your itinerary to get you started, followed by the ascents themselves.

Throughout the week you will climb under the supervision of our experienced and professional mountain guide(s). This will allow you to learn with confidence while taking in the grandeur of your surroundings. The huts are typical European-style high-altitude huts; rustic but warm and with good wholesome Italian and Swiss food to finish each day.

SKILLS COVERED

- Alpine mountaineering equipment—what to use and how to choose
- Rope work—tying in and basic climbing knots
- Travelling over different terrain—progression from glacier to rock and ice climbs
- Objective dangers—awareness and avoidance
- Alpine huts—early starts and etiquette

OUR GUIDES

Adventure Consultants guides are BMG, NZMGA and/or IFMGA-UIAGM qualified mountain guides. They are professional mountaineers and operate to the highest industry standards.
Being a technically proficient climber alone is not enough to work with us; our standards demand that trip leaders are great guides with good people skills as well. You will find your guide friendly, approachable and focused on providing a safe and enjoyable trip in line with your objectives and comfort level.

Success with the highest margin of care is always a hallmark of our approach; promoting the realisation that even extreme pursuits such as high-altitude mountaineering can be undertaken safely.

Adventure Consultants only employs IFMGA qualified guides for European ascents and courses and this is the only certification that is recognised in the French Alps. Guides must undergo rigorous training and assessment on climbing skills, instructional skills, avalanche training and assessment, wilderness first aid, rescue training and much more to gain these qualifications. It takes many years to attain IFMGA status, which ensures you are getting a worldclass professional service.

ITINERARY

Following is an ideal itinerary for our 2019 Monte Rosa Course and Ascents programme ex Chamonix:

**Day 0**  Meet in Chamonix, overnight at hotel

**Day 1**  Drive to Courmayeur, training and traverse of Aiguilles Marbrées, overnight at Courmayeur hotel

**Day 2**  Drive to Cervinia, climb Breithorn, overnight at Val d’Ayas Guides Hut

**Day 3**  Climb Castor and Pollux, overnight at Quintino Sella Hut

**Day 4**  Climb Balmenhorn, Vincent Pyramid, overnight at Gnifetti Hut or Mantova Hut

**Day 5**  Parrotspitze, overnight Margherita Hut

**Day 6**  Grenz Glacier, overnight at hotel

**Day 7**  Depart Chamonix

**DETAILED ITINERARY**

**Day 0**

We will meet up in Chamonix at our friendly local hotel on the evening of Day 0. Our guide will then brief us on the week ahead, including the weather and the expected conditions, as well as conducting a check of the team equipment.
Day 1
Today we drive to Courmayeur, Italy, in the morning. We take the Monte Bianco Skyway and spend some time learning or refreshing basic mountaineering skills and techniques. We then traverse the Aiguilles Marbrées, the rocky spires that border Italy and France before overnighting at a Courmayeur Hotel.

Day 2
Early in the morning, we drive to Cervinia and take the cable car to Plateau Rosa (3,500m/11,500ft), climbing the West Summit (4,165m/13,665ft) of the Breithorn before descending the Grand Glacier de Verraz to the Val d’Ayas Guides Hut (3,425m/11,237ft) for the night. This is a cosy little hut with a rather good bar (Peak No. 1).

Day 3
We need an early start to climb 400m/1,300ft to the base of the south side of Pollux (4,092m/13,425ft), where the short but interesting South West Ridge may be climbed before traversing Castor (4,423m/14,511ft). From here we continue to Feliksjoch and descend to the Quintino Sella Hut (3,585m/11,762ft) which offers sweeping views over the beautiful Gressoney and Ayas Valleys (Peaks No. 2 and 3).

Day 4
Another early start is needed to negotiate the West Lys Glacier under Lyskamm to the Passo del Naso del Lyskamm (4,100m/13,450ft) before crossing the crevassed West Lys Glacier to pick up the Balmenhorn (4,167m/13,671ft), an odd little peak with a bivouac and statuesque cross at its top. Then it is onto the Vincent Pyramid (4,215m/13,828ft) before turning down the Garstele Glacier to the Gniffetti Hut (3,647m/11,965ft) or the slightly lower Mantova Hut (3,470m/11,385ft) (Peaks No. 4 and 5).

Day 5
After an early breakfast, we slowly climb up the East Lys Glacier to reach the short but steep Corno Nero (4,321m/14,177ft), a fine little summit soon followed by the more simple Ludwigshohe (4,341m/14,242ft) and the long whale back of the Parrotspitze (4,432m/14,541ft). We then cross the Grenz Glacier to Signalkuppe (4,554m/14,941ft) on the summit of which is the Margherita Hut, the highest mountain hut in Europe and our last Italian night of this tour (Peaks No. 6–9).
Day 6
After an early breakfast, we climb the Zumsteinspitze (4,563m/14,970ft) by a short scramble and then stroll down the crevassed Grenz Glacier, passing under the magnificent North Face of Lyskamm and sprawling South West facets of the Dufourspitze. We eventually reach the very Swiss Monte Rosa Hut (2,795m/9,170ft) for a welcome rest before heading off again across the icy Gorner Glacier and gently climbing back to Rotenboden under the Riffelhorn. We take the Gornergrat mountain railway to Zermatt, then a cable car to the Klein Matterhorn. Another cable car stretch takes us to Plateau Rosa, before a third deposits us down at Breuil-Cervinia, from where we drive back to Chamonix (Peak No. 10).

Day 7
After a late breakfast, we say goodbye to Chamonix and depart for home.

NOTE: The itinerary may change if conditions are more suitable in another region, or factors such as the weather or lift service preclude access into this region.

CLASS SIZE
Our Monte Rosa Course and Ascents programme is offered on a private 1:1 or 1:2 guide to climber ratio. This offers you focused guide attention throughout the course to ensure consistency across the program. Whilst other operators combine you with large groups on training days we know your safety will be better protected and the learning progressions will be enhanced with the attentive care of your guide at our lower 1:2 ratio.

ACCESS TO THE MOUNTAINS
All lifts and cable cars on the programme are included in the course cost. If a change in programme forces us to use additional lifts due to weather or other logistical reasons, your guide will first consult the group members before committing to the change. In some cases, this may be an additional expense to you.

CLIMBING SEASON
We operate in the Alps mid-June to mid-September and other times as conditions allow. In June and early July, we can expect more snow cover on the routes and as temperatures warm up into the summer months from mid-July, we traditionally experience more settled weather and warmer temperatures.
WEATHER
Europe has a continental climate which in general encourages more stable weather. However, the weather in the high mountains can be changeable and at times very severe. It is possible that weather conditions may thwart our programme. However, due to the length of the course and our focus on the forecasts, we can often change our itinerary slightly to work around frontal weather systems.

EQUIPMENT
Climbing in the European Alps requires you have high-quality clothing and equipment due to the extremes of weather conditions. Our focus is on having the essential clothing and equipment to keep you warm and comfortable while climbing.

You will be sent an equipment checklist on confirmation of your booking and your guide will go through this with you at the beginning of your trip. You can rent technical equipment for the course but you must provide your own mountaineering clothing as per the equipment list. Actual equipment required may vary subject to seasonal weather and route conditions. Group equipment including ropes and technical hardware will be provided by your guide.

COMMUNICATION & MESSAGES
Our guides are in cell phone communication with our operations base throughout the trip. This assists us with schedule and weather forecast updates, lift and accommodation coordination and safety backup. Your own mobile phone should work in the region though you may want to check with your own service provider first. Local mobile phones can be rented at the international airports.

FITNESS & HEALTH
To make the most of your climbing experience, we encourage you to work on your fitness prior to the trip. You will find that training on hills with a +10kg/22lb pack on is the best preparation for the mountains, with the aim of building your endurance. Your guide will be attuned to your fitness levels and will regulate the pace accordingly.
Our registration form requests that you advise us of any medical problems you may have and if you are on any medication. Any information you supply will be treated as confidential.

**FOOD**

Adventure Consultants will provide breakfasts for the duration of the trip and evening meals on the hut nights while the trip is running. This is from breakfast on Day 1 until breakfast on your departure day. You will be responsible for your own lunch and snacks each day, plus evening meals on the non-mountain nights in Chamonix and Courmayeur. This allows you to experience the exciting culinary options available in the region as there are many restaurants and bars within close walking distance of our hotels that provide a variety of foods to suit your tastes. Any additional food, bottled water, beverages or meals you purchase that are not mentioned in the inclusions will be at your own expense.

You should bring a selection of your favourite snack food and hydration drinks with you to ensure you are fuelled for by your preferred brands, as well as money for lunches and snacks whilst in the mountains. Actual amounts depend on your consumption but two per day in addition to your lunch would seem reasonable.

If you have any special dietary requirements, please advise us at the time of registration. If your dietary requirements are especially strict, you are advised to bring a sufficient supply of your required food types with you to ensure you are provided for.

**INSURANCE**

We strongly recommend that you take out Trip Cancellation Insurance and Travel Insurance, as well as Medical and Rescue Insurance to protect yourself in the event of injury or mishap prior to or during your trip.

While our focus is on safety and our track record supports this, the mountains do have hazards and there is the potential for mishap. If you were injured whilst on the trip, there is a very efficient rescue service nearby.

**TRAVEL TO CHAMONIX**

We commence this Monte Rosa Course and Ascents departure from Chamonix in France. The closest
PRE-COURSE ACCLIMATISATION PROGRAMME

It is preferable to spend a few days at altitude prior to your scheduled trip to assist with your acclimatisation. Climbers regularly attend our Pre-Course Acclimatisation Programme in Chamonix prior to undertaking the course.

This 2-day acclimatisation and refamiliarisation programme takes you on day climbs to high elevations. We choose peaks that are easily accessible from Chamonix to kickstart your acclimatisation and get you out climbing before the main programme begins. By enhancing your acclimatisation and fine-tuning your skills in advance of your course, you experience more enjoyment from the climbs and enjoy a greater success rate.

MONT BLANC ADD ON

Utilise your acclimatisation and climbing skills to join one of our guides for a quick ascent of Mont Blanc directly following your instruction course. This 3-day programme is available only to our course participants.
**ZERMATT DEPARTURE**

We also offer the Monte Rosa Course and Ascents programme departing from Zermatt, Switzerland. Please see our website or contact our office for further information on this option.

**PRICE**

Private courses available on demand, ex Chamonix, France.

€4,550 1:1 guide to climber ratio

€2,700 per person 1:2 guide to climber ratio

**NOTE:** All prices are subject to change without notice.

The cost includes:

- Guide
- Lifts
- Mountain huts
- 3 nights hotel on twin share basis including first night and last night of course
- Transport during course dates as per schedule
- Ropes and group technical equipment
- Breakfast and dinner during mountain component of course

The cost **does not** include:

- Lunches
- Evening meals during hotel nights in Chamonix and Courmayeur
- Extra additional meals or snacks/drinks purchased from huts/hotel
- Insurance
- Transport to and from Chamonix (although we can arrange it for you)
- Gratuities

**MONT BLANC ADD ON**

€1,400 per person at a 1:2 guide to climber ratio

€2,280 per person at a 1:1 guide to climber ratio

For further information on the Mont Blanc Add On please contact our office.

**PAYMENT**

All payments should be made by bank transfer to the following Euro bank account:

Bank of New Zealand
Offshore Branch
1 Willis Street
Wellington
New Zealand

for the account of Adventure Consultants Limited

**Account Number:** 1000-594771-0002

**Account Type:** Euros

**Swift Address:** BKNZNZ22
NOTE: All bank transfer charges are for the remitter’s account.

We can also accept your deposit and balance payment by credit card (Visa, Mastercard, and Amex).

DEPOSIT
To confirm place on one of our Monte Rosa Course and Ascents we require a completed registration form with a deposit of €500.

BALANCE
The balance payment is due 60 days prior to the course start date.

CANCELLATION & REFUND POLICY
Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 60 days prior to your trip commencement date. A climber may then cancel their participation on the following basis:

• Cancellations outside of 60 days will result in the loss of the trip deposit.
• Inside 60 days of the departure date, we reserve the right to retain 50% of the full fee.
• Inside 30 days of the departure date, we reserve the right to retain 75% of the full fee.
• Inside 15 days of the departure date forfeit 100% of the full fee.

We recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS TRIP
If you would like to join one of our 2019 Monte Rosa Course and Ascents please complete our online booking form and forward your deposit payment at https://www.adventureconsultants.com/climbing-schools/climbing-school-europe/monte-rosa-course-and-ascent/book-now.

CONTACT US
If you require more information, please contact us at:
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Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their ‘Revitalise a Village’ programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.