MONTE ROSA COURSE & ASCENTS
EX ZERMATT

2019 COURSE NOTES
2019 COURSE DETAILS

Dates: Available on demand
Duration: 6 days
Departure: ex Zermatt, Switzerland
Price: €5,200 for 1:1 guide to climber ratio
       €3,150 for 1:2 guide to climber ratio

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 Zermatt, you will spend the week with ice axe and crampons, passing from Switzerland to Italy and back again. The Monte Rosa Course is also a Grand Traverse, a ridiculously scenic journey that includes up to ten 4,000m peaks.

SKILLS COVERED

- Alpine mountaineering equipment—what to use and how to choose
- Rope work, tying in and basic climbing knots
- Progression over different types of terrain from glacier to rock and ice climbs
- Awareness and avoidance of objective dangers
- 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.
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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 world class professional service.

ITINERARY

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

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

**Day 1** Training at Riffelhorn, overnight at hotel

**Day 2** 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 Zermatt

**DETAILED ITINERARY**

**Day 0**

During the evening, we will meet up in Zermatt at our friendly local hotel. Our guide will then brief us on the week ahead; the weather and the expected conditions, as well as conducting a check of the team equipment.

**Day 1**

After breakfast, we will take the Gornergrat Mountain Railway to Rotenboden for a day of technical rope work and rock climbing training
Day 2

After an early breakfast, we take the cable car to Klein Matterhorn from where a simple snow/ice climb takes us to the West Summit of the Breithorn (4,165m/13,665ft). In good conditions, we can continue to the Central Summit (4,160m/13,648ft) before descending the Grand Glacier de Verraz to the Val d’Ayas Guides Hut (3,425m/11,237ft) for the night. This is a cozy little hut with a rather good bar (Peak No. 1).

Day 3

We need an early start to climb the 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 the traverse of Castor (4,423m/14,511ft) to the Feliksjoch and a descent 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 Garstelle Glacier to the Gnifetti 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 Ludwigshöhe (4,341m/14,242ft) and the long whaleback of the Parrotspitze (4,432m/14,541ft), before crossing 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 which passes under the magnificent North Face of Lyskamm and sprawling South West facets of the Dufourspitze, before eventually reaching the very Swiss Monte Rosa Hut (2,795m/9,170ft) for a welcome rest. We head off again across the icy Gorner Glacier and a gentle climb back to Rotenboden under the Riffelhorn, before taking the Gornergrat Mountain Railway back to Zermatt, civilisation, hotel, hot showers and beer (Peak No. 10).

Day 7
After a late breakfast, we say goodbye to Zermatt 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 1:1 and 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 reason, 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 appropriate mountaineering clothing as per the equipment list. Actual equipment taken 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 Zermatt. This allows you to experience the exciting culinary options available in Zermatt as there are many restaurants and bars within close walking distance 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 ZERMATT**

We commence our Monte Rosa Course and Ascents Program from Zermatt, Switzerland. The closest international airports are in Geneva, Basel, Zurich and Milan. Regular taxi shuttles and trains operate through to Zermatt and the trip takes about 3 to 4 hours.

Zermatt is car-free and vehicles are only permitted up to Täsch (5 km before Zermatt), and the road between Täsch and Zermatt is also closed to public transport. There is a shuttle train, the Matterhorn Gotthard Railway, which runs between Täsch and Zermatt every 20 minutes. Your transfers are at your own cost but we can help arrange this for you.

**ACCOMMODATION**

Accommodation is provided on a twin share basis from Saturday evening through to the following Saturday morning after breakfast. Accommodation in the mountains is in Swiss alpine huts in shared bunk rooms or dormitory rooms. Blankets are provided and no sleeping bag will be required.
There is no single supplement or private rooms available in the mountain huts, but we can arrange this for you in Zermatt.

A single supplement is available at additional cost for the three hotel nights during the course. Please enquire about costs at the time of booking as this option must be reserved in advance.

**PRE-COURSE ACCLIMATISATION PROGRAMME**

It is preferable to spend a few days at altitude prior to your scheduled course to assist with your acclimatisation. Climbers regularly attend our Chamonix based Pre-Course Acclimatisation Programme, and we are able to arrange a similar programme from Zermatt.

The 2-day acclimatisation and refamiliarisation programme takes you on day climbs to high elevations on easily accessible peaks to kickstart your acclimatisation. Please contact our office for further information and costs.

**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 option enables you to add on an ascent of Mont Blanc directly after your course finishes. This 3-day program is available only to our course participants and you will need to relocate to Chamonix after the course to take this option.

**PRICE**

Courses are available on demand, ex Zermatt, Switzerland.

- €5,200 1:1 guide to climber ratio
- €3,150 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:
• Any lift, hut, hotel or transport costs additional to the programme due to weather or logistics (any changes will be actioned only after you have been consulted by your guide)
• Personal equipment and clothing
• Lunches
• Evening meals during hotel nights in Zermatt
• Extra additional meals or snacks/drinks purchased from huts/hotel
• Insurance
• Transport to and from Zermatt (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

Please contact our office for further information.

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 & 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.

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