



# Monte Rosa 4000ers Spaghetti Tour 2019



- If you want to climb as many 4000m peaks as possible during a week, whilst staying in high mountain huts with amazing scenery, this course is perfect for you. It is a great alternative to our Alpine Intro course, for those with a day or two of previous crampon skills. The guiding ratio is 1:3.
- The Monte Rosa massif has the largest land area above 4000m in the Alps. The course lets you ascend as many of these peaks as you can during the week, staying in remote mountain huts with your Guides. Monte Rosa is an elevated plateau, meaning you could take in 6 summits above 4000m.
- This route is nicknamed the 'Spaghetti Tour' by the Italians, as it wiggles its way from hut to hut on the Val d'Aosta side of the Monte Rosa massif. Each night on the tour you stay in comfortable Italian mountain huts, where there's always some pasta on the menu each night!
- The itinerary for this course is deliberately flexible to allow for changing conditions, your experience and how quickly you acclimatise. We make every effort to match people of similar experience on this course.
- This course can be used as an opportunity to spend a week in the mountains and is the same level in a different region offering progression from the Alpine Introduction or Alpine Autonomy courses.



## Course summary and key details

- We make efforts to match people of similar experience on this course as the guiding ratio is two clients per Guide in each climbing team (although there are usually up to six clients with Guides per group).
- The Monte Rosa tour is affectionately known by the Guides as the 'Spaghetti Tour' as you stay in the Italian huts, which are all famed for their fantastic food (especially pasta) that are on the ridge line.
- The meeting point for the trip is in Chamonix, as it is easy to get to from Geneva airport, and this is where the safety briefings are held and kit hire arranged. Accommodation at each end of the guiding is included in Chamonix so you can store anything that you do not need with you in the mountains and collect it when you get back to Chamonix.
- The currency for staying in the huts is usually Euros, and if you do need any Swiss Francs for this trip the huts will usually do an exchange for you in the huts. Cable cars can usually be paid by credit / debit card.
- Recommended Maps & Guidebooks: LKS1348 Zermatt, LKS1:50,000 284 Mischabel, LKS1:50,000 294 Gressoney, LKS5006 Matterhorn Mischabel, The Alpine 4000m Peaks by the Classic Routes, by Richard Goedeke.

### Dufourspitze 4634m

Climb the highest summit of Monte Rosa; Dufourspitze 4634m. It's the highest mountain in Switzerland, and the second highest in all of the Alps after Mont Blanc. We offer a week long programme to attempt this peak, as your acclimatisation and flexibility for selecting a weather window are crucial. <http://www.icicle-mountaineering.ltd.uk/dufourspitze.html>

### Mont Blanc 4810m

Extend your trip with a two day extension to ascend Mont Blanc on a two day trip, via Gouter; <http://www.icicle-mountaineering.ltd.uk/extensions.shtml>

### Testimonials

*"Staying in huts for so many nights was really useful for us for acclimatisation and to maximise our climbing time, and as a result we summited so many amazing classic 4000m peaks."* **Christos A**

*"The night in the Margherita hut was very memorable, and an amazing experience, even though I didn't sleep a wink at that altitude. Thanks to all the guides for a great week of climbing".* **Steve B**



## Course daily itinerary & objectives

### Sunday

Travel to Chamonix to arrive for the 17:00 check-in and course / itinerary briefings, kit checks or rental. Briefings are over by 19:00 and Chamonix hosts accompany group to pre-dinner drinks to answer queries. Night in Chamonix.

### Monday

Travel to the Monte Rosa region via the Mont Blanc tunnel, and to one of the southern valleys such as Champoluc, Gressoney or Cervinia, to ascend to the Plateau Rosa or Ayas hut for the night. You take the cable car, and should have time to make an ascent of Breithorn, before returning to the hut. Guiding ratio 1:3 (max). Night in mountain hut.

### Tuesday

Alpine start for ascent of peaks such as Castor or Pollux, or even Liskaam West. Castor is the most popular objective, and it offers a great mixed climb at altitude. For more experienced groups, it may even be possible to make a traverse of Castor. The night is usually spent in the Quintino Sella refuge. Guiding ratio 1:3 (max). Night spent in mountain hut.

### Wednesday

Alpine start for route, such as the West summit of Liskaam or the Naso de Liskaam, to make the traverse of the slopes to reach either the Mantova or Gnifetti mountain hut for the night. On the way you might ascend one of these peaks; Parrotspitze, Balmenhorn, Corno Nero, Ludwigshoehe and Vincent Pyramid. Guiding ratio 1:3 (max). Night spent in mountain hut.

### Thursday

A very early Alpine start to traverse some of the seven 4000m peaks on the way up to the Margherita hut, the highest guarded mountain hut in the Alps, itself perched on the summit of Cima Margherita. There is a huge choice of peaks on the route today, and the hut itself is built on top of a 4000m peak! Guiding ratio 1:3 (max). Night spent in mountain hut.

### Friday

Your last early Alpine start to reach the final summit, normally Zumsteinspitze, then the long descent to either Cervinia or Gressoney, to descend via the cable cars to reach the cars, and the return drive to Chamonix! When you get back, the group normally opts to go out for celebratory drinks and a meal, to toast the weeks achievements. Guiding ratio 1:3 (max). Night in Chamonix.

### Saturday

Breakfast, then accommodation check out at 10:00, then you depart for home.

ITINERARY NOTES: Where possible we follow itineraries. Mountain adventures are weather and conditions dependant, so occasionally we are forced to alter the plans. If this is the case, suitable alternatives are offered. Please use this outline itinerary as a guide to the types of route / activity that you will attempt.



## Course dates, prices, & inclusions



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5 full days IFMGA guiding, 1:3 max ratio  
7 days holiday in total, Sunday-Saturday

### Inclusions

1) IFMGA Mountain Guide for five days, 2) Chamonix course hosts for logistics & briefings, 3) B&B accommodation in Chamonix (inc. beddings & towels), 4) Up to four nights half board in mountain hut (inc. costs for guides), 5) Pre course information booklet, 6) Equipment discount voucher for UK shop, 7) Free 36 page technical Course Instruction Booklet, 8) Road transport in Chamonix valley including road transport to / from the Monte Rosa region, 10) Evening technical instruction on nights in Chamonix.

### Exclusions

1) Travel to and from Chamonix, 2) Equipment hire, 3) Personal laundry, telephone calls, lunches, evening meals in valley, & any purchases in mountain huts / hotels / restaurants, 4) Cable cars and uplift for you and your guide (approx £80), 5) Sunday pre-dinner drinks & Friday celebratory meal & drinks, 6) Activities insurance, & excess baggage charges.

### Dates

- 23 - 29 Jun 2019
- 7 - 13 Jul 2019
- 21 - 27 Jul 2019
- 4 - 10 Aug 2019
- 11 - 17 Aug 2019
- 25 - 31 Aug 2019

**Bespoke:** If the scheduled dates don't suit, and there are three of you, we can operate a bespoke course just for you on any date at the same course price. Get in contact with your preferred dates.



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## Windermere mountain store (UK)

A key part of choosing a company is being able to come and talk about your plans with an experienced course advisor face to face. In an increasingly virtual world, we know our clients value speaking to real people, getting open and honest advice. The vast majority of our clients are British, and our office and outdoor store is based in Windermere in the English Lake District.

Get in contact to arrange a meeting, and come in for a coffee to discuss your course in person with a trip advisor. We are keen to ensure that you are as prepared as possible, and that you select a course that is suitable for you. It makes it easier and more enjoyable for you and us, if you are on the right trip. As well as talking through your course, most clients have queries about the kit they will require, so as to avoid expensive mistakes, and we can show you some examples of kit to consider. Others have training queries, about how to best prepare for your trip, and we will be able to steer you in the right direction. No question is too silly, and we'll have heard them all before, so don't worry!

By now you'll have got the idea that an integral part of booking is the ability to get good, knowledgeable, advice, and a highly personal service. Some people do just book online, but we are there every step of the way to walk you from the initial enquiry, right through to your course. Unlike some companies that only exist virtually in cyberspace, we are staffed by real people, in a real office, who offer real honest advice. Because we are tangible, we are accountable, and we take great pride in that and the high standards of service that we offer you.



## Why travel with Icicle in the Alps

- **Our Mission...** To have the best safety and peak summiting records of any mountain and ski guiding company in the whole world.
- **Our Aim...** To exceed the expectations of each client, to realise their ambitions, and to provide the best quality experiences possible.
- **Our Environment...** We aim to minimise our environmental impact, and to preserve, improve & promote the responsible use of the mountains.
- **Our Ethos...** We know every single client has individual needs, strengths, aims, weaknesses, ambitions, and goals. We care about each one.
- **Your Money...** We have taken every step to protect you on the mountain, and in your pocket. Funds paid to us are held in trust until you return home.



## How to book a course with Icicle

On the front page of the Icicle website there is a course 'Live Availability' button which links to a page that is updated with each booking to show the number of spaces available on each advertised date of each course. The number shown in brackets on this page is the number of places still available on the date.

To book a trip you complete the secure online booking form on the website, which is protected by SSL encryption, so you can input card details and pay safely over the internet. You can list up to four people on one booking form, but if members of a group live at different addresses, or wish to pay the balance separately, it is worth completing a form separately so that you each receive the confirmation email, and the information and payment reminder emails. When you submit the form you will receive automatic confirmation with a receipt, course specific kit list, and a course information booklet with useful information.



## Icicle background and key features

- Established in 2000, Icicle is a UK company, and although our trips are for English speakers, our client base is worldwide. Icicle has firmly established itself as one of the leading mountain guiding operators in the UK.
- We are proud to still be a small specialist company who have a very personal approach. It allows us to really support each of our clients. The attention to detail, local Alpine support team, and work ethic sets us apart.
- All of our Alpine courses are all led by professional guides (IFMGA / UIMLA), as our priority is your safety and quality guiding. We focus on instructional courses, and our local knowledge is second to none. Our contacts and staff always aim to 'make it happen' for you.
- We keep all our overheads low, such as our office being paid for by it also being a retail shop. We also don't spend lots of (your) money shouting about how good we are, and haven't got the flashiest website or glossiest brochure. We offer you great value without sacrificing standards.
- What differentiates us is that we have a highly personalised, flexible and friendly, approach to our courses. This flexibility is essential to maximise your achievements. We aim to offer you great and innovative trips that we would dream of going on ourselves.



## Your complete financial protection

We have a moral as well as a legal obligation to protect your money, data and online security when you book onto an Icicle course. We want you to be totally confident that we are a bona fide company whose financial conduct has been assessed, and who follow a strict code of practice to protect your money. Your booking is protected by our bonding with the Travel Trust Association U3307. This bonding fully complies with the 1992 Package Travel Regulations, and guidelines proposed by the Department of Trade and Industry to protect clients on package holidays. All monies that you pay to Icicle are held in trust until after your course has ended. This protects you in the highly unlikely event of our insolvency, and all monies paid by you are insured. We are also registered with the ICO for Data Protection. Our online payments system is with RBS, who have verified the security of our system with their independent tests.



## Course mountain activity insurance

It is a condition of booking onto any of our trips, that all clients have sufficient activities insurance. This is to protect you in case of any requirement for medical or hospital treatment, mountain search and rescue, and in case you have to cancel your course due to injury or personal circumstances. Your documentary proof of cover is checked at the start of the week before you start any of the guiding. It must be written in English, and specify that it covers you for all of the activities you plan to undertake (see your detailed itinerary on the website). If you are a UK resident, we recommend arranging insurance through Snowcard or the BMC. If you are not a UK resident we recommend arranging insurance through the Austrian Alpine Club (although this does not cover you for cancellation or curtailment so you should get extra cover for this).



## Arranging travel to Alpine courses

All of the Alpine trips are offered on a 'Land Only' basis meaning that you need to arrange separate travel to the start of the trip. Although Icicle does hold an ATOL licence and so can arrange flights on behalf of clients, most people find that it is easier to arrange flights through discount airlines. For a range of flight options (including budget) we recommend: [www.skyscanner.net](http://www.skyscanner.net). There is also a Eurostar service from London to Geneva (see: [www.eurostar.com](http://www.eurostar.com)). For courses that meet in Chamonix, airport transfers can be booked from Geneva airport to Chamonix to match your flights for c. 30 euros per person each way.





## Icycle guides & their qualifications

We are a small company, and our team is everything to us. The guides have responsibility for all decisions taken on the mountain and to ensure your safety. Whilst we are fortunate to have an excellent mountain team, we also have a superb office team who arrange the logistics that make the trips run smoothly.

The IFMGA Mountain Guide qualification is the highest qualification that is recognised for leading groups, and the only people who lead any of our skiing or climbing courses in the Alps. IFMGA stands for the International Federation of Mountain Guide Associations. All of our IFMGA Guides hold the International Mountain Guide carnet, and have been selected for their leadership style, personality, and sense of humour, not to mention the fact that they aren't too bad at climbing and skiing either!

All of the Alpine trekking and snow-shoeing courses are run by UIMLA mid mountain guides. These two qualifications are your guarantee of the highest standards and professionalism, and the holders of these qualifications wear their badges with pride. Rest assured that you are being led in the mountains by the best. Our itineraries are planned with guide to client ratios within the safety guidelines outlined by the IFMGA and UIMLA. Each course itinerary states these daily guiding ratios.

We strongly believe that a badge or qualification does not make a good leader, which is why we carefully hand pick our guiding team. However you have our guarantee that all our courses are led by verified highly qualified professionals, as this is a legal requirement in the Alps. Note that for trips outside the Alps, the IFMGA or UIMLA qualification is not a legal requirement, and local guides are used. This is normal practice on peaks including Kilimanjaro, Elbrus, the Atlas and the Himalayas. In the UK no qualifications are legally required, but we follow best practice and all leaders on our UK trips are suitably qualified.



## Accommodation: valley/mountain

When on an Icycle course the details of where you will stay will be included in your detailed itinerary. For Chamonix based Alpine courses you are usually based in the valley in one of three types of accommodation; a self-catering studio flat, a chalet or a hotel. Accommodation is on a bed & continental breakfast basis, and all bedding (linen and towels) and any tourist taxes are included. There is a choice of B&B (always included) or half board (upgrade) in the valley, and the accommodation is usually two or three people sharing. In some trekking courses a packed lunch is also included and this will be a sandwich with two cereal / snack bars per person (see itinerary for inclusions).

In mountain huts you always stay on a half board basis, where there is a hut guardian who cooks the evening meal so you do not need crockery, pans or cutlery, with the exception of some hut winter rooms (see itinerary for details). Blankets are provided in mountain huts so you should take a sleeping bag liner for hygiene (silk or cotton), but you do not normally need a sleeping bag / mat.



## Course client equipment discount



Once you have booked, you will be sent a catalogue of all the preferential rate equipment and clothing that you can buy in our Windermere shop. We offer 15% OFF equipment and clothing. There is also a selection of books and maps. Orders over £30 are posted free to any UK address. Our shop also stocks a wide range of rental kit for use in the UK or on any of our Alpine courses.

View full details at; <http://www.icicle-mountaineering.ltd.uk/icicleshop.htm>. If you have any queries, please e-mail [info@icicle.co.uk](mailto:info@icicle.co.uk) or telephone 01539 44 22 17.