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Website: www.icicle-mountaineering.ltd.uk
Online: shop.icicle-mountaineering.ltd.uk



2023 trip dossier | **Monte Rosa 4000's £1499**

Website link | <http://www.icicle-mountaineering.ltd.uk/monterosa4000ers.htm>

Key features

- Known as the 'spaghetti tour' you climb as many 4000m summits as possible.
- 5 days guiding (Monday - Friday), staying in high mountain huts with amazing scenery
- Flexible itinerary to suit changing conditions and group ability and objectives.
- Led by top qualified guides (IFMGA), 1:3 guiding ratio. Can be operated as a private 1:2 course.
- All technical equipment (e.g. B3 boots, crampons, ice axe etc.) can be hired from Icicle
- 2023 dates; 18-24 Jun, 2-8 Jul, 16-22 Jul, 30 Jul - 5 Aug, 6-12 Aug, 13-19 Aug, 27 Aug - 2 Sep, 3-9 Sep.



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22 years
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Course overview

- 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.
- We make efforts to match people of similar experience on this course as the guiding ratio is three 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 Gressony, LKS5006 Matterhorn Mischabel, The Alpine 4000m Peaks by the Classic Routes, by Richard Goedeke.

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Sample itinerary

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, Ludwigshoeh 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.

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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 Inclusions

1) IFMGA Mountain Guide for five days, 2) Chamonix course hosts for logistics & briefings, 3) Two nights twin / double room self-catered accommodation in Chamonix (inc. linen, bedding & 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.

Course 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.

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Pre-requisite skills

These are outlined on this page; <http://www.icicle-mountaineering.ltd.uk/courses.html>, and this course is;

Course level: **Intermediate**
Mountaineering: **some experience as itinerary.**
Ice & Rock: **grades I/II gullies and / or rock 3 / V.Diff.**
Fitness: **high fitness and stamina.**

Fitness & stamina

The ideal fitness levels are detailed at; <http://www.icicle-mountaineering.ltd.uk/trainingpreparation.html>, and there are links to general training advice and planners that you can adapt to suit and follow.

This trip is graded: **Level 2** - We suggest that people on courses of this grade can run 10km without a problem, but we stress that for courses of this level you do not need to be any fitter than this minimum level, though it is there to ensure a good basic level of aerobic fitness and training.

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How to book

- All bookings are made securely online, and deposit of £250 is payable (with secure payments handled via our travel bonding by SinGS / Felloh). Ensure that when completing the form, you fill in all the required fields, in order for the 'SUBMIT' button to appear.
- All payments are protected by our Tour Operator travel bonding with ATOL and TTA, and your monies are held in trust until after you have travelled home. You are fully financially protected, in accordance with UK and EU laws.
- Website link: <http://www.icicle-mountaineering.ltd.uk/booking.html>

Before your trip

- As soon as you book online, you are sent confirmation of this, and attachments including joining instructions, course specific kit lists. If you haven't received this e-mail within half an hour of booking online, please check your junk / spam folder.
- At the office, we manually check all bookings, and you'll also receive a personalised e-mail from us formally confirming your course space, and sending you a deposit payment link. Once you have this office confirmation and paid the deposit, it's fine to go ahead and book your travel arrangements, and to arrange your activities insurance.
- Activities insurance is a requirement for all trip participants. Organise it as soon as you are booked, and ensure that it covers you for cancellation or curtailment, in case you injure yourself or get ill before your trip. This ensures you'd be fully reimbursed for the trip, and all travel costs.
- Website link: <http://www.icicle-mountaineering.ltd.uk/insurance.html>

Travel to the Alps

- The closest international airport to Chamonix, is Geneva (airport code GVA). There are many direct flights from the UK every day, and it's well served by the budget airlines e.g. EasyJet.
- Geneva is a small but busy airport, and it's only a very short walk from baggage reclaim into the arrivals area, where all the airport transfer companies meet. In the Course Information Booklet is a code for preferential rates from our reliable transfer partner Mountain Dropoffs.
- Chamonix is also very easy to travel to by rail, from the UK to Paris via Eurostar, then from Paris Gare du Lyon (or Austerlitz) to Saint Gervais by high speed TGV, then the local train up the valley to the Chamonix Aiguille du Midi (or Chamonix central) stop.

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- Driving can work out cheaper, if you're with others, and there's free parking close to the accommodation, on a first come first served basis. Generally a couple of laps, and a space will be freed up for you. See the Course Information Booklet map for the locations of this free parking.
- Website link: <http://www.icicle-mountaineering.ltd.uk/travel.html>

Meeting point

- Once you've booked, you'll receive the Course Information Booklet, which details the meeting point for Chamonix course clients.
- If you want an address for your airport transfer, provide the Aiguille du Midi cable car, on Rue Lyret, 74400 Chamonix. The accommodation is situated in a pedestrianized area, so you cannot be dropped off at the door, and the cable car station, or Chamonix Sud bus station are the closest access points. If arriving on EasyBus, Ouibus, or Flixbus, these all arrive at the bus station.

Course accommodation

- Most course clients stay in Chamonix in en-suite rooms, in a purpose built ski village in Chamonix Sud. These have a small kitchenette, for those wishing to self-cater. Alternatively a hotel room is booked.
- Check in time is from 16:00 (4pm) on the Sunday, and the meeting point to be shown into your accommodation is detailed in your Course Information Booklet, that is sent upon booking.
- The flats are normally twin rooms for two people sharing. If you are travelling as a couple (or named friends), you will share. If travelling on your own, you will be matched with another course client of the same sex.
- This accommodation is small and basic, to provide you low cost accommodation in Chamonix, but it is functional and really well located. If you wish to upgrade to higher quality accommodation, there is a £100 discount available for sourcing your own accommodation, which is applied to your invoice.
- Website link: <http://www.icicle-mountaineering.ltd.uk/chamflat.html>

Course briefing

- The course briefing for this trip is at 17:00 on the Sunday evening. The Course Information Booklet will confirm the exact location for this briefing. When you attend the briefing, take your passport and activities insurance details, for these to be noted.
- The briefing takes about 45 minutes, and it aims to answer all your queries about the course.

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- Attendance at the course briefing is obligatory, and you are asked to sign a copy of the Terms & Conditions. These are the same as those you accepted online when you booked, but it's for us to have a signed paper copy on record.

Equipment checks

- Take any equipment to the briefing that you would like one of our guiding team to advise you about. For some people that may be very little, whilst others want to double-check a few bits of kit. It's always a good idea to take your boots and crampons, so we can check the fit for you.
- If you've your own safety equipment, it's worth having one of the team check this over for you.
- Note that if you require any hire equipment, or any kit that is loaned on a course, you need to attend the course briefing, as it's straight after this that is when it is allocated.
- Website link: <http://www.icicle-mountaineering.ltd.uk/hire.html>

Late arrivals

- If they are pre-booked days ahead, we can accommodate late arrivals. We will organise for you to be able to check into your course accommodation at any time that you arrive. We do however ask you to assess how necessary a late arrival is, and for you to consider the disruption to your flatmate.
- You will require a separate Course Briefing, which involves an early start for our team, to fit this in before your guiding. It's not an ideal start to schedule a late arrival, followed by an early start, and sets you on the back foot. Please select suitable flight times to fit the advertised course timings.

Cable cars

- Cable cars and uplift for you and your guide will cost approx £80. Generally you only need one uplift at the start of the week, and another to descend at the end. These can be purchased in situ, and normally a standard (non same day) return ticket is all you need for the week
- Website link: <https://www.visitmonterosa.com/en/monterosa-ski/gressoney-la-trinite/>

Breakfasts

- When you are in town and accommodation is included on a room only / self-catering basis. There are a great range of cafes, bakeries, and coffee shops in town, where you can get breakfast, and there are a few offering cooked breakfasts too.

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- If the room is self-catering, it's yours for the week, so no need to check out when you are away in mountain huts. Should you use up any items from your breakfast or room supplies, there's a supermarket located just across the pedestrian square from the course accommodation.
- Website link: <http://www.icicle-mountaineering.ltd.uk/chamflat.html>

Lunches & drinks

- Everyone has their own idea of what they would like for lunch whilst in the mountains, varying from a stack of Mars bars to a large ham sandwich. For this reason we let you choose your own lunches, which may be easily purchased locally from shops and supermarkets.
- You will be advised in the briefings as to how many days lunches you should plan ahead and purchase. There is never time to cook hot lunches while on a course, but you could take a thermos.
- Website link: <http://www.icicle-mountaineering.ltd.uk/chamflat.html>

Evening meals

- In town clients normally take advantage of the excellent variety of local restaurants, and also the town's bars to celebrate week's achievements. We are also happy to book places in restaurants for you, should you wish an evening on your own.
- Some clients want an early night or to budget, so opt to cook for themselves in the self-catering flats. In guarded huts, the cooked evening meal is normally three courses.
- Website link: <http://www.icicle-mountaineering.ltd.uk/chamonix.html>

Mountain huts

- Mountain Huts are run by a 'Guardian' who cooks, cleans and is on hand for your assistance. On most courses, the itineraries detail a specific number of nights in mountain huts.
- Clients share rooms, which often are on tiered bunks. Each person is allocated a mattress with its own pillow and blankets, but you should take a sleeping bag liner for comfort.
- There are normally storage / drying rooms. Meals are on a half board basis, with a basic continental breakfast and a three course cooked evening meal. Any extras you order, such as bottled water, beer or wine, packed lunch, or chocolate, must be paid for by you.
- Website link: <http://www.icicle-mountaineering.ltd.uk/chamflat.html>

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Weather & conditions

- It's natural for you to be avidly checking the weather on the weeks and days preceding your course, and we try and keep our social media channels updated daily, so you can see what's going on, and how the conditions are evolving. The website links below give you trustworthy weather forecasts.
- Website link: <http://www.icicle-mountaineering.ltd.uk/webcams.html> and https://www.meteoblue.com/en/weather/week/breuil-cervinia_italy_3181545

Maps & guidebooks

- You don't need to take any maps and guidebooks for your trip, as you are being guided, but it's always a good idea from a safety perspective to have a map with you. Here are the key links;
- Chamonix map; <https://shop.icicle-mountaineering.ltd.uk/79/BooksMaps/Maps/Alpinemaps/IGNChamonix3630Omap.html>
- Monte Rosa, Matterhorn; <https://shop.icicle-mountaineering.ltd.uk/199/BooksMaps/Maps/Alpinemaps/MatterhornMonteRosaMap.html>
- Instructional book; <https://shop.icicle-mountaineering.ltd.uk/165/BooksMaps/Books/Instructional/AlpineClimbing:TechniquetoTakeYouHigher.html>

Equipment lists

- You will be sent a precise course specific kit list upon booking, but we have a huge amount of kit advice on our website; <http://www.icicle-mountaineering.ltd.uk/boots.html>
- Website link: <http://www.icicle-mountaineering.ltd.uk/icicleshop%2BKIT%2BMTR.html>

Any questions?

Even if you've read all the detail here and in your Course Information Booklet, and on the website, you may still have some queries about your trip, so don't hesitate to get in touch.

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- Facebook message <http://m.me/iciclemountaineering>
- Here's our office hours, and online chat <http://www.icicle-mountaineering.ltd.uk/contact.html>
- When you're on a trip, you'll also be provided an in resort WhatsApp number for our team, so if you haven't already, please ensure that you download this free app to your phone.



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