

# ZERMATTERS

## ALPINE SCHOOL

# The classic “Spaghetti tour”

## ELEVEN 4000ERS IN ONE WEEK (CH/I) | 6 DAYS

Soaring peaks and high-alpine huts. The entire week's agenda will unfold in the 4000er zone: eleven peaks boasting 4000er status. And this time it's not just about summitting peaks but also about spending a fantastic week completing a route with a special concept. Spaghetti tour? You've found it!

<b>Technique</b>	<b>medium-demanding</b>  Experience of intermediate level mountain tours required; Terrain: mostly steep with longer exposed rock sections (grade II-III), ice and firn sections; Alpine technique: advanced course or similar knowledge
<b>Condition</b>	<b>demanding</b>  Duration from 8 to 10 hours, up to approx. 1,800 vertical meters, approx. 350 vertical meters per hour.
<b>Meeting place</b>	7 p.m. Zermatt, Hotel BaseCamp (Train arrival 6.14 p.m. Zermatt Bahnhof)
<b>Departure</b>	approx. 3 p.m. Zermatt
<b>Accommodation</b>	Hotel BaseCamp, Riedstrasse 20, 3920 Zermatt Rifugio Guide d'Ayas 3400 m Rifugio Quintino Sella 3585 m Mantova-Hütte 3400 m Cap Margherita 4554 m

## Services

<b>Included</b>	<ul style="list-style-type: none"><li>• Guiding and supervision by a mountain guide</li><li>• Accommodation with half board: 4 x hut (base camp), 1 x hotel (standard double room)</li><li>• Eiger Extreme Hardshell Jacket to test</li><li>• 15% discount on mammut.com</li></ul>
<b>Not included</b>	<ul style="list-style-type: none"><li>• Travel to the course (parking fee CHF 15.50/day)</li><li>• Transport (mountain railways approx. CHF 75)</li><li>• Glacier equipment CHF 115.- (climbing harness, climbing helmet, ice axe, crampons)</li><li>• Snacks and drinks</li><li>• Hut tax CHF 12 per night if not a SAC/Alpine Club member</li><li>• Contribution to the Travel Guarantee Fund (0.25% on total amount)</li></ul>

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### Program

- Day 1** Arrive in Zermatt, meet up with the guide and get briefed on the plans for the week. Later, aperitifs and dinner with the group.
- Day 2** Take the cable car to the Klein Matterhorn and cross the Breithorn plateau to reach the first summit: the Breithorn (4164 m). Cross the Verra Glacier to reach the second peak, Pollux (4091 m), and then descend to the Rifugio Guide d'Ayas hut. (Distance: 8.6 km. Duration: 6-7 hours. Ascent/Descent: 665/1100 vertical meters)
- Day 3** Starting out from the hut, we will climb the southwest route to the summit of the Castor (4226 m). Descend crossing the Felik Glacier to reach the Quintino Sella Hut. (Distance: 5.5 km. Duration: 5 hours. Ascent/Descent: 795/635 vertical meters)
- Day 4** Not one, not two, but three 4000ers are on the agenda today. First we'll encounter Il Naso (4205 m), before crossing the Lys Glacier to the Balmenhorn (4167 m). On the way to the Mantova Hut, we'll squeeze in one more peak – the Vincentpiramid (4215 m). (Distance: 10.5 km. Duration: 7-8 hours. Ascent/Descent: 1005/1140 vertical meters)
- Day 5** Corno Nero (4215 m), Ludwigshöhe (4341 m), crossing over the Parrotspitze (4436 m) and finally up to the Signalkuppe (4456 m), where the Margherita Hut is located as well. We couldn't pack more excitement into a single day! (Distance: 5.5 km. Duration: 6 hours. Ascent/Descent: 1145/2160 vertical meters)
- Day 6** After summitting the Zumsteinspitze (4563 m), it's time to bid farewell to the 4000er zone. Descend across the Border Glacier to the Monte Rosa Hut, on down to Rotenboden station and then ride back down to Zermatt. End of the tour. (Distance: 15.1 km. Duration: 8-9 hours. Ascent/Descent: 535/2160 vertical meters)

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### Rental equipment

Our mountain guide will bring the ordered rental equipment to the meeting place. The following equipment can be rented: **Please note that the backpack with the equipment does not weigh more than 8 to 10 kg (crampons, ice axe, harness weigh about 1.5 kg).**

- ☐ Climbing harness with 1x safelock carabiner
- ☐ Ice axe
- ☐ Crampons with ABS
- ☐ Helmet

### Technical equipment

- ☐ Climbing harness with 1x safelock carabiner (or 2x screw carabiners)
- ☐ Ice axe
- ☐ Crampons with ABS
- ☐ Helmet
- ☐ Backpack approx. 30l with rain cover
- ☐ Gaiter (optional)
- ☐ Telescopic trekking poles (optional)

### Clothing

- ☐ 1x Hardshell jacket and pants (wind- and waterproof)
- ☐ 1x Mountaineering or trekking pants
- ☐ 1x Soft shell and/or fleece jacket
- ☐ 1x Down jacket
- ☐ 1x Short/long functional underwear
- ☐ 1x Cap/headband and 1x hat
- ☐ 2 pairs of gloves (1 thin pair, 1 warm, windproof and waterproof pair)
- ☐ 1x Functional socks and 1x spare socks
- ☐ Hiking shoes or mountaineering shoes (at least ankle-high, hard sole)

### Overnight cottage

- ☐ Own toiletries, ear plugs if required
- ☐ Clothes to wear in the hut (Minimum)
- ☐ Sleeping bag liner made of silk or cotton (for hygienic reasons)
- ☐ Pillow (60x60)
- ☐ Towel
- ☐ Slippers
- ☐ SAC/Alpine Club member card (if available)

### Food

- ☐ Breakfast and dinner at the hut
- ☐ Tea and lunch must be brought or can be bought at the hut or in the village
- ☐ Snacks (e.g. energy bars, dried fruit, dried meat)

### Various

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- ☐ Sunglasses
- ☐ Sun cream and lip cream (SPF 30 or higher)
- ☐ Camera (optional)
- ☐ Half fare travelcard (if existing)
- ☐ Thermos flask made from break-proof material
- ☐ Headlamp with new batteries
- ☐ Small medicinal supplies for personal requirements
- ☐ FFP2 mask (for mountain cablecars in Italy)