ZERMATTERS
ALPINE SCHOOL

For women: Dream tour in the Monte Rosa Massif

SPAGHETTI TOUR LIGHT – A CLASSIC! (CH/I) | 5 DAYS

On this week-long tour, you will explore the mighty Monte Rosa Massif, climb five 4,000-meter peaks, enjoy the flair of Italian huts, admire breath-taking summit views and spend the night at the highest hut in the Alps, the Margherita Refuge at 4,554 m. During this tour you will experience the Monte Rosa Massif at its very best.

An offer exclusively for women.

Technique	**beginner-intermediate** Experience of simple alpine tours required; Terrain: moderately steep with short steeper rock, ice and firn sections; Alpine technique: beginner/basic course or similar basic knowledge
Condition	**medium-demanding** Duration from 7 to 9 hours, up to approx. 1,500 vertical meters, approx. 350 vertical meters per hour.
Meeting place	11:15 a.m. Mammut Store Zermatt
Departure	approx. 3 p.m. Zermatt
Accommodation	Rifugio Guide del Cervino 3,480 mRifugio Mezzalama 3,004 mRifugio Mantova 3,480 mRifugio Margherita 4,554 m

Services

Included

- Guiding and supervision by a mountain guide
- Accommodation with half board: 4 x huts (base camp)
- Eiger Extreme Hardshell Jacket to test
- 15% discount on mammut.com

Not included

- Travel to the course (parking fee CHF 15.50 per day)
- Transport (mountain rail travel approx. CHF 50.- and EUR 50.-)
- Glacier equipment CHF 90.- (climbing harness, ice axe, crampons)
- Snacks and drinks

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Program

Day 1

Individual arrival in Zermatt. Welcome and information about the course schedule provided by the mountain guide. Distribution of rental equipment. Travel by mountain railway to Klein Matterhorn. Short ascent to the hut. Rock/ice training in the area around the Rifugio Guide del Cervinio. Welcome drinks and dinner. (Distance: 3-4 km. Duration: 2-3 hours. Ascent/Descent: 100/450 vertical meters)

Day 2

Hike up to the Breithorn Plateau from where you will climb the Breithorn 4,164 m – the first peak. Descent via the Verra Glacier to the cozy Mezzalama Refuge, located high above the Champoluc Valley. (Distance: 9.5 km. Duration: approx. 5 hours. Ascent/ Descent: 700/1200 vertical meters)

Day 3

Descent from the Mezzalama Hut down into the Ayas Valley to Résy and via Bettaforcla to the valley of Gressoney. A pleasant ride upwards by rail and then onwards across the Endre Glacier to the cozy Mantova Hut at 3,480 m. (Distance: 9 km. Duration: approx. 4-5 hours. Ascent/Descent: 700/1050 vertical meters)

Day 4

Day four is summit day: across the Lys Glacier to the Vincent Pyramid 4,215 m and shortly after that via Balmenhorn 4,167 m to Ludwigshöhe 4,341 m. At Lysjoch 4,151 m, you'll cross the border again and climb via the Grenz Glacier to Signalkuppe 4,554 m, the location of the highest hut in the Alps, the Margherita Refuge. And should you not be able to sleep: the sea of lights across Turin is breathtaking at night. (Distance: 7 km. Duration: approx. 5-6 hours. Ascent/Descent: 1200/150 vertical meters)

Day 5

After breakfast, onwards over the mighty Grenz Glacier to the Monte Rosa Hut. After a substantial rest, onwards over the Gorner Glacier to Rotenboden. You will then travel by train back to Zermatt, where this incredible tour ends. (Distance: 14 km. Duration: approx. 7 hours. Ascent/Descent: 450/2100 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

Technical equipment

- ☐ Climbing harness with 2 screwgate Carabinners and 1 Prusik
- ☐ Ice axe
- ☐ Crampons with ABS
- ☐ Backpack approx. 30l with rain cover
- ☐ Gaiter (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
- ☐ Mountaineering shoes (at least ankle-deep, 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 cover
- ☐ Towel
- ☐ Slippers
- ☐ SAC/Alpine Club member card (if avalaible)

Food

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

Various

- ☐ Sunglasses
- ☐ Sun cream and lip cream (SPF 30 or higher)
- ☐ Camera and binoculars (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)