GUIDE MONTEROSA
TRAVEL | MOUNTAINEERING | HELICOPTERS

MONTE ROSA

Piramide Vincent Normal Way

Included Services:

- Mountain Guide or Aspirant IFMGA for 1 day



Starting from €136,00 per person

Itinerary:

- **1st Day:** Meeting with the guide in Staffal around 7:00a.m. After the equipment check, we will take the cable car up to Punta Indren. We will hike up in direction of the Gnifetti hut. In the proximity of the hut, we will put the crampons on and the rope. We will follow the track that goes up to Colle del Lys but, around 4000 meters, we will turn South in direction of Colle Vincent. We will climb the last steep slope that will bring us to the summit of the Piramide Vincent. The descent follows the same itinerary.
- **Up:** 3:30 hours 940m
- **Down:** 2:30 hours 940m

Useful Information:

Meeting point: At 7:00am in our office in Staffal (Hotel Nordend near to the bar FZRY)
Requirements: This tour is suitable for all regular hikers as first experience in high altitude and on this kind of terrain, where basic safety rules of mountaineering are mandatory.
Apparel/Clothing: We recommend functional clothing / layers principle, in order to deal with the different temperatures.
Boots: Waterproof mountaineering/trekking boots suitable for crampons.
Lunch: It is reccomended to bring some snacks and drinks with you, according to your needs.
Backpack: We recommend a 30L backpack. Remember that everything you bring you have to carry it. Take with you an extra layer in case of cold.

Where we are and contacts:

- In Courmayeur, the helicopter base is located near the Val Veny and Skyway cable cars. Google Maps: HELI GUIDES
  Address: Elisuperficie Franco Garda - Loc. Entreves P.le Funivie Val Veny 11013 Courmayeur (AO) Phone +39 366 629 2888.
- In Gressoney under the Nordend Hotel, next to the Bar Restaurant FZRY;
  Google Maps: Guidemonterosa / Guidemonterosa S.R.L. Fraz. Tschaval 5, 11020 Gressoney la Trinité, (AO) Italy. Phone +39 349 367 4950.

Cancellation insurance and health insurance:

We always recommend a travel cancellation insurance, baggage insurance as well as travel and accident insurance.