GUIDE MONTEROSA
TRAVEL | MOUNTAINEERING | HELICOPTERS

MONTE ROSA

Castore Normal Way

Included Services:

- Mountain Guide IFMGA or Asp. Guide for 2 days
- Overnight in Rifugio Quintino Sella (3585m) in half board
- Cable car Ticket Staffal-Bettaforca valid more days round trip
- Equipment: Harness, crampons ice axe
- Special Price for boots rental in Ambaradanspitz



Starting from €545,00 per person

Itinerary:

- **1st Day:** Meeting with the guide in Staffal around 01:30p.m. After the equipment check, with the cable car, we will arrive at Colle Bettaforca. From there, we will start the walk up to Quintino Sella Hut. The last part of the trail follows a rock ridge equipped with iron steps and ropes. We will sleep at the Hut
- **Up:** 3:30 hours - 850m
- **2nd Day:** Departure around 6:00a.m. depending on the period of the year. At the beginning, the Felik glacier is not too steep and it will help us to warm up. We will easily arrive at the beginning of the steep slopes that goes up to the Felik Pass. After the pass, we will reach the ridge which we will follow until the top of Castore. The descent goes along the same itinerary. We will stop for lunch at the Sella hut and we will go back to the lift station at Passo Bettaforca.
- **Up:** 3:30 hours 650m
- **Down:** 4-5 hours 1500m

Useful Information:

Meeting point: At 02:00pm in our office in Staffal (Hotel Nordend near to the bar FZRY)
Requirements: Easy rocks equipped with iron steps and ropes to reach the hut; some steep snow to reach the summit of Castore, but normally with a good trail. This tour is suitable to all hikers in a good shape.
Apparel/Clothing: We recommend functional clothing / layers principle, in order to deal with the different temperatures.
Boots: Waterproof mountaineering boots suitable for crampons.
Lunch: it is reccomended to bring some snacks and drinks with you, according to your needs. You will also have the opportunity to buy some snacks and drinks at the Hut.
Backpack: We recommend a 30L/40L backpack. Remember that everything you bring you have to carry it. Take with you functional, extra layer in case of cold, a shell if it is windy and a change for the hut, is usually enough.

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.