GUIDE MONTEROSA
TRAVEL | MOUNTAINEERING | HELICOPTERS

MONTE ROSA

Lyskamm Traverse

Included Services:

- Mountain Guide IFMGA for 2 days
- Overnight in Rifugio Quintino Sella (3585m) or Capanna Gnifetti CAI (3647m) in half board
- Cable car Ticket Staffal-Bettaforca or Staffal-Punta Indren valid more days round trip
- Equipment: Harness, crampons ice axe
- Special Price for boots rental in Ambaradanspitz



Starting from €1.800,00 per person

Itinerary:

- **1st Day:** Meeting with the guide in Staffal around 02:00p.m. After the equipment check, we will take the cable car up to Punta Indren. From there we will hike up to the Gnifetti hut, where we will sleep overnight.
- **Up:** 1:00 hours - 370m
- **2nd Day:** Departure around 5:00am depending on the period of the year. We will follow the trail going to Margherita hut until the proximity of the Lys Pass; here we will join the feet of the E ridge; this ridge will give you already an idea of the terrain we will find all the way. We will climb it until the Lyskamm O; from this summit, an easy descent goes to the wide saddle between the two summits. The following part have also some mixed climbing up to grade II° just before the Lyskamm Occ. Here we will start the descent along the steep West face, down to the Felik Pass and the Sella hut. After a quick stop at the hut, we will keep going down to the Passo Bettaforca and the lift.
- **Up:** 5:00 hours 950m
- **Down:** 5-6 hours 1800m

Useful Information:

Meeting point: At 02:00pm in our office in Staffal (Hotel Nordend near to the bar FZRY)
Requirements: Steep terrain, exposed snow ridges and rock climbing up to grade III°. You should have already made similar tours.
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.