



Bronze Tour

Included Services:

- Mountain Guide IFMGA for 4 days
- 2 Overnights in rifugio Quintino Sella (3585m) in half board
- 1 Overnight in Capanna Gnifetti CAI (3647m) in half board
- Cable car Ticket Staffal-Bettaforca and Punta Indren-Staffal
- Equipment: Harness, crampons ice axe/sticks
- Special Price for rental Boots in Ambaradanspitz



Starting from €1.240,00 per person

Itinerary:

- **1st Day:** Meeting with the guide in Staffal around 01:30p.m. After the equipment check, with the lift system, we will arrive at Colle Bettaforca. From there we will walk up to the Quintino Sella hut. The last part of the trail follows a rock ridge equipped with iron steps and ropes. We will sleep in the hut
- **Up:** 3:30 hours - 850m
- **2nd Day:** Departure around 6:00 a.m depending on the period of the year. At the beginning, the Felik glacier is not too steep and it helps us to warm up the legs. We will arrive at the beginning of the steep slopes that goes up to the Felik Pass. After we will reach the ridge that we will follow until the top of Castore. The descent will go along the same itinerary.
- **Up:** 3:30 hours 650m
- **Down:** 2:00 hours 650m
- **3rd Day:** Departure at around 6:00a.m depending on the period of the year. From the hut, we will walk along the West Lys Glacier, just below the Lyskamm south face. We will arrive at the base of the Naso del Lyskamm; depending on the conditions, we will climb it along the snow face or following the rocks on the left. From the top, we will go down along a steep snow face to the Lys Glacier. We will cross it in direction of the Col Vincent and the Piramide Vincent, our second 4000 meters peak of the day. From here, a gentle descent goes down to Rifugio Gnifetti, where we will spend the night.
- **Up:** 4:30 hours 950m
- **Down:** 2:30 hours 880m
- **4th Day:** Departure around 5:00 a.m depending on the period of the year. We will hike up along the Lys Glacier up to the Lys Pass (4260m), where normally we stop to eat and drink and to admire the great view. After a short descent, we will traverse below the Parrotspitze and we will start the last ascent to the Colle Gnifetti. From here the last effort to climb, the infamous "rivetto" and finally you will stand on the balcony of the hut! The descent will follow the same itinerary. Once back to Rif. Gnifetti we will keep going down to P.ta Indren station where we will take the lift down to Staffal.
- **Up:** 3:30/4:30 hours 950m
- **Down:** 3:00 hours 1300m

Useful Information:

Meeting point: At 01:30pm in our office in Staffal (Hotel Nordend near to the bar FZRY).

Requirements: No particular technical difficulties; just the traverse of Naso del Lyskamm has some rocks and steep snow slopes. This tour is suitable for hikers in really 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 recommended 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. Helix Guides S.r.l. | Phone: IT +39 327 707 6161 | E-Mail: info@guidemonterosa.com
Google Maps: HELIX GUIDES
Elisuperficie Franco Garda 11013 Entreves, Courmayeur (AO) – Italy
Phone: +39 366 629 2888
Supervisor: Paola Maria Viora | First Aid: Marco Viora
Administrator: Maiken Henssler
- In Courmayeur, under the Nordend Hotel, next to the Bar Restaurant FZRY: