

## **MONTE ROSA**

# Via Ferrata

### cluded Services:

ountain Guide or Aspirant IFMGA for 1 day



Starting from €5,00 per person

#### **Itinerary:**

• 1st Day: Meeting with the Guide, depending on the program of the day. After the Equipment check, you will start your adventure.

#### **Useful Information:**

**Meeting point:** In our office in Stafal or upon different agreement with the guide **Requirements:** Via Ferrata does not require a specific ability; it is suitable for all people in regular shape and with no fear of heights.

**Apparel/Clothing:** We recommend functional clothing to deal with the different temperatures.

**Boots:** Approach shoes or Trekking shoes.

**Lunch:** Please take some snacks and drinks with you. **Backpack:** We recommend a backpack with 20L.

#### 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.