GUIDE MONTEROSA
TRAVEL | MOUNTAINEERING | HELICOPTERS

MONTE ROSA

Pollux Normal way

Included Services:

- IFMGA mountain guide or aspirant guide for 2 days
- Overnight stay at the Rifugio Guide d'Ayas (3425m) with half-board
- Jeep 4X4 to Piani di Verra
- Equipment: climbing harness, crampons, ice axe



Starting from €640,00 per person

Itinerary:

- **Day 1**: Meet your mountain guide around 10:00 AM. After checking your equipment, you will take an off-road taxi service to the Piani di Verra Superiori, where the trail to the Guide di Ayas hut begins. During the ascent, you may stop at the Mezzalama hut. The final section of the climb is equipped with fixed ropes. Overnight stay at the Guide di Ayas hut. **Ascent**: 3 hours 30 minutes, 1000m
- **Day 2**: Departing around 6:00 AM, you will head toward the southwest ridge of Pollux, following it to the summit. You will return to the base of the ridge via the same route. From there, you will head back to the Guide di Ayas hut before continuing toward the Piani di Verra Superiori, where a jeep will take you back down to the valley. **Ascent**: 4–5 hours, 1100m **Descent**: 5 hours, 2100m

Useful Information:

Meeting point: The meeting time is 10:00 AM, as agreed upon with the mountain guide.
Requirements: You should have experience with mountain hiking, including in exposed terrain. Technical mountaineering skills (specifically the use of crampons) are required. You should possess the physical fitness for an ascent of up to 5 hours, plus the corresponding descent.
Clothing: We recommend functional mountain apparel that effectively wicks away moisture; a multi-layer clothing system is advised so you can adapt to changing weather conditions.
Footwear: Crampon-compatible mountain boots.
Provisions: Snacks and drinks for your excursion.
Backpack: We recommend a backpack with a capacity of approximately 30–40 liters.

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.