



Castore is a really nice snowy peak on the boundary line between Italy and Switzerland. From the Sella hut is not a long and difficult ascent; the last part follows a nice and curvy ridge that give to this ascent the right quantity of “pepper” to make it even more interesting.

Program:

- 1st day:** Meeting with the guide in Staffal around 13:30p.m. - Equipment check. With the lift system, we arrive at Colle Betaforca. From there we start the nice walking to the Q. Sella hut. The last part of the trail follows a nice rock ridge equipped with iron steps and ropes. We overnight in the hut.
↑ 3:30 hours - 850m
- 2nd day:** Departure around 6:00 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 easily arrive at the beginning of the steep slopes that goes up to the Felik Pass. Arrived to that pass we finally reach the nice ridge that we follow until the top of Castore. The descent goes along the same itinerary. We stop for lunch at the Sella hut, we repack and we go back to the lift station at Passo Betaforca
↑ 3:30 hours 650m ↓ 4-5 hours 1500m

You have to know:

- Accommodation:** Quintino Sella hut CAI (3585m) with half board service
- Meeting point:** At 13:30p.m. in our office in Staffal (Hotel Nordend)
- 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.
- Equipment:** See the equipment list below.
- Weather:** In the high mountains, even in summer, there could be extreme weather conditions. Three/four days before the tour/trip, we will check the weather forecast in the area, and we will inform you about it!
- Leading Guide:** Mountain Guide or Aspirant of Guidemonterosa. Shortly before the tour, you will get the phone number of the guide. For all other questions please contact our office.

Services and prices:

Services included:	Mountain Guide or Aspirant IFMGA for two days
Additional costs:	Overnight stay in the hut in HB also for the mountain guide, cable car to Colle Bettaforca and back, drinks, lunch, travel expenses, if necessary equipment.
Prices:	1 participant: Euro 500,00 Every additional person +40,00€ Maximum 4

Helpful for preparation:

Apparel / Clothing:	We recommend functional clothing / layering principle so you can react to the different temperatures.
Boots:	Waterproof mountaineering/trekking boots suitable for crampons.
Lunch:	Snacks and drinks you can buy in the hut. Please take some snacks and drinks with you.
Back pack:	Do not put too many things! You will be amazed how few things you need. Functional clothing for the day and a change shirt for the hut is usually enough. At the end you have to carry your back pack. We recommend a back pack with 30-40L.
Maps:	Monte Rosa - Alte valli d'Ayas e del Lys L'Escursionista ESC08 1:25000 Swisstopo Combination No. 25-15 Zermatt-Gornergrat 1:25000 Swisstopo – No. 284 Mischabel 1:50000

For any further questions...

We are happy to help you for any further questions. Please contact our office.
The equipment list is attached below.

Equipment list

All you need for this event is marked as

Apparel / Clothing

- | | |
|--|---|
| <input checked="" type="checkbox"/> Mountain jacket Gore-Tex | <input checked="" type="checkbox"/> Gloves |
| <input checked="" type="checkbox"/> Poss. light mountain pant Gore-Tex | <input checked="" type="checkbox"/> Warm, breathable clothing |
| <input checked="" type="checkbox"/> Robust and elastic mountain pants for example Soft Shell pants | <input checked="" type="checkbox"/> Trekking / Mountaineering socks |
| <input checked="" type="checkbox"/> Spare underwear | <input checked="" type="checkbox"/> Beanie / headband |

Additional material

- | | |
|--|--|
| <input checked="" type="checkbox"/> Sunglasses with high protection | <input checked="" type="checkbox"/> Headlamp with spare batteries |
| <input checked="" type="checkbox"/> Sun-tanning crème / lip balm - lip care | <input checked="" type="checkbox"/> Water bottle |
| <input checked="" type="checkbox"/> Light toiletry not too much | <input checked="" type="checkbox"/> Pocket knife |
| <input checked="" type="checkbox"/> Event. silk sleeping bag | <input checked="" type="checkbox"/> Alpine club identification CAI/DAV/SAC |
| <input checked="" type="checkbox"/> Poss. photo equipment | <input checked="" type="checkbox"/> ID / Passport |
| <input type="checkbox"/> Poss. first aid kit to coordinate with mountain guide | <input checked="" type="checkbox"/> Poss. Oropax |
| | <input checked="" type="checkbox"/> Poss. map |

Boots / Gaiter

- | | |
|---|--|
| <input checked="" type="checkbox"/> Mountaineering/Trekking boots | <input type="checkbox"/> Climbing boots |
| <input type="checkbox"/> Mountaineering boots for crampons | <input checked="" type="checkbox"/> Gaiter |
| <input type="checkbox"/> Approaching boots | |

Technical mountaineering material

- | | |
|---|--|
| <input checked="" type="checkbox"/> Harness | <input type="checkbox"/> Via ferrata set |
| <input checked="" type="checkbox"/> 1 x HMS screwgate carabiner | <input type="checkbox"/> Helmet |
| <input type="checkbox"/> 2 x HMS screwgate carabiner | <input type="checkbox"/> Chalk bag |
| <input type="checkbox"/> Quickdraw | <input type="checkbox"/> 1 x Ice screw |
| <input type="checkbox"/> Belay/Rappel Device with screwgate carabiner | <input checked="" type="checkbox"/> Crampons with anti-balling/anti-snow |
| <input type="checkbox"/> 1 x runners/tubular sling 120cm | <input checked="" type="checkbox"/> Ice axe |
| <input type="checkbox"/> 1 x runners/tubular sling 60 cm | <input type="checkbox"/> Ice climbing axe |
| <input type="checkbox"/> 1,2m Cord 6mm | <input checked="" type="checkbox"/> Trekking poles |
| <input type="checkbox"/> 2,4m Cord 6mm | <input checked="" type="checkbox"/> Backpack 30/40L |