



The Gressoney valley and the whole Aosta valley is a very popular area for the rock climbing. The areas with very good quality of the rock, short approaches and the mild climate offer both single and multi-pitch routes. Very close to here we can also find the Orco Valley, a true Mecca for the trade climbing, which can complete the already numerous possibilities. The region offers all difficulties and our programs can be organized depending on the all level of guests. Enjoy the fantastic rock climbing's in our areas.

**Program:**

- 1<sup>st</sup> day:** Meeting with the guide, equipment check; transfer to the climbing area. Our guides will choose the best climbing area for your level to fulfill your dreams and expectations. You will climb with your guide the whole day. Overnight stay in a hotel or hut depending on the climbing area.
- 2<sup>nd</sup> day:** After breakfast meeting with the guide, equipment check; transfer to the climbing area in necessary. You will climb with your guide the whole day. Overnight stay in a hotel or hut depending on the climbing area.
- 3<sup>rd</sup> day:** After breakfast meeting with the guide, equipment check; transfer to the climbing area in necessary. You will climb with your guide the whole day. Late afternoon after climbing individual traveling back home.

**You have to know:**

- Accommodation:** Overnight stay in a hotel or hut can be organized by our office
- Meeting point:** To be agreed with the guide
- Requirements:** We can organize our climbing weekends for all level of abilities, from beginner to expert. For group booking's, we can take care individual of the group level.
- Equipment:** See the equipment list below.
- Weather:** 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 Guide of Guidemonterosa. Shortly before the tour, you will get the phone number of the guide. For all other questions please contact our office.

**For any further questions...**

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

Services and prices:

- Services included: Mountain Guide IFMGA or Aspirant Guide for the weekend
- Additional costs: Drinks, lunch, travel expenses, if necessary equipment rental.
- Prices: 1 participant: Euro 990,00  
2 participants: Euro 495,00 per part.  
- Bigger groups on request

Helpful for preparation:

- Apparel / Clothing: We recommend functional clothing / layering principle so you can react to the different temperatures.
- Boots: Approach shoes and climbing shoes.
- Lunch: Please take some snacks and drinks with you.
- Back pack: We recommend a back pack with 30L.

Equipment list

All you need for this event is marked as

Apparel / Clothing

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> Light Mountain jacket Gore-Tex                                 | <input checked="" type="checkbox"/> breathable underwear clothing |
| <input checked="" type="checkbox"/> Robust and elastic climbing pants (cotton or light soft shell) | <input checked="" type="checkbox"/> Light approaching socks       |
| <input checked="" type="checkbox"/> Climbing sweatshirt  | <input checked="" type="checkbox"/> Light 5 fingers gloves        |
|  | <input checked="" type="checkbox"/> Beanie / headband             |

Additional material

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> Sunglasses with high protection            | <input type="checkbox"/> Headlamp with spare batteries          |
| <input checked="" type="checkbox"/> Sun crème / lip balm                       | <input checked="" type="checkbox"/> Water bottle                |
| <input type="checkbox"/> Light toiletry not too much                           | <input checked="" type="checkbox"/> Pocket knife                |
| <input type="checkbox"/> Event. silk sleeping bag                              | <input 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 type="checkbox"/> Poss. Oropax                           |
|  | <input checked="" type="checkbox"/> Poss. map                   |

Boots / Gaiter

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

Technical mountaineering material

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