



With the ascent to Pyramid Vincent, you have the chance to visit one of the most important glacial environment of Italy; the Lys glacier, indeed, is one of the biggest glacier in the Italian territory and his big strip is visible from so far. From the summit, the panorama cover all the North West of Italy.

Program:

1st day: Meeting with the guide in Staffal around 7:00a.m. - Equipment check. We take the cable car up to Punta Indren. We hike up in direction of the Gnifetti hut. In the proximity of the hut, we put the crampons on and the rope. We follow the track that goes to Colle del Lys, but at around 4000 meters, we turn right in direction of the Colle Vincent. We climb the last slope that a bit more step goes to the summit of the Piramide Vincent. The descent follows the same itinerary.
↑ 3:30 hours 940m ↓ 2:30 hours 940 m

You have to know:

Accommodation: No accommodation is required; this is a day tour

Meeting point: At 7:00am in our office in Staffal (Hotel Nordend)

Requirements: this tour is suitable for all regular hikers who want to make a first experience in high altitude and on this kind of terrain where basic safety rules of mountaineering are mandatory.

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 of Guidemonterosa. shortly before the tour, you will get the phone number of the guide. For all other questions, please contact our office.

PIRAMIDE VINCENT 4215m – REGULAR ROUTE

Services and prices:

Services included:	Mountain Guide IFMGA for one days
Additional costs:	cable car to Punta Indren and back, drinks, lunch, travel expenses, if necessary equipment.
Prices:	1 participant: Euro 380,00 Every additional person +25,00 Maximum 5

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:	Please take some snacks and drinks with you.
Backpack:	As this is a day tour, you do not need to carry too many things. Take with you just an extra layer in case of cold and a shell if it is windy; plus some snacks to eat and some energy drinking. At the end, you have to carry your backpack. We recommend a backpack with 30L.
Maps:	Monte Rosa - Alte valli d'Ayas e del Lys - L'Escursionista ESC08 1:25000 Swisstopo – No. 294 Gressoney 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.

PIRAMIDE VINCENT 4215m – REGULAR ROUTE

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 type="checkbox"/> Spare underwear | <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-tanning crème / lip balm - lip care | <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 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 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 pole |
| <input type="checkbox"/> 2,4m Cord 6mm | <input checked="" type="checkbox"/> Backpack 30L |