



The "TMR" Tour Monte Rosa and the circumnavigation of the Monte Rosa is probably one of the most beautiful round trips in the Alps. Based in one of the most spectacular high mountain landscapes in the Alps. We are following the colonizer of the region the Walser who originally settled this region. The tour takes us back to Gressoney in 8 days touring through Champoluc, Zermatt, Saas Fee, Macugnaga and Alagna with the most impressive mountain region in the Alps. The TMR is an unforgettable experience in the footsteps of the Walser.

Program:

- 1st day:** Meeting point in Gressoney - last material check. We take the cable car and chair lift up to the Colle di Bettaforca where we follow the tracks down to Rif. Ferraro where we overnight.
2 hours total walking time ↑ with lift support ↓ 700m vertical meter
- 2nd day:** From the Rif. Ferraro we climb up the Colle Superiore delle Cime Bianche and after a short descent, we reach the Cime Bianche Laghi cable car. With the cable car we go up to Testa Grigia. We follow the Theodul Glacier down to Trockener Steg. From here, we reach Zermatt with the cable car overnight stay in a hotel in Zermatt.
7-8 hours total walking time ↑ 1220m vertical meter ↓ 960m vertical meter
- 3rd day:** From Zermatt we descend towards Täsch. From Täsch we continue until Randa where we hike up to the European hut where we will spend the night.
5 hours total walking time ↑ 870m vertical meter ↓ 200m vertical meter
- 4th day:** On a beautiful mountain trail called "Europaweg" with beautiful views of the surrounding 4000m peaks we reach our destination Grächen. Overnight in a hotel or guesthouse.
7-8 hours total walking time ↑ 720m vertical meter ↓ 1400m vertical meter
- 5th day:** In the morning, we reach with the cable car the mountain station Hanigalp our starting point of the day. With incomparable views towards Bietschhorn we pass the Balfirn through beautiful larch forests finally we reach our destination Saas Fee where we will spend the night in a hotel or guesthouse.
7-8 hours total walking time ↑ 1130m vertical meter ↓ 1425m vertical meter

TMR TOUR MONTE ROSA - TREKKING TOUR AROUND MONTE ROSA

- 6th day: On foot or by bus, it goes down to Saas Almagell. Passing the Mattmark lake with its dam, we follow the tracks towards Monte Morro Pass. On the top of the pass we take the cable car down to Macugnaga our daily goal. Overnight in a hotel or guesthouse.
6-7 hours total walking time ↑ 1250m vertical meter ↓ 225m vertical meter
- 7th day: In the morning we take the nice paths through the Val Quarraza until we reach Colle del Turlo. From here we follow the paths down to the Rif. Pastore just near Alagna. We stay at the hut for this night.
8-8,5 hours total walking time ↑ 1500m vertical meter ↓ 1250m vertical meter
- 8th day: On the last day it goes from the Rif. Pastore up to the Passo Salati from where we reach the starting point Gressoney by cable car.
6 hours total walking time ↑ 1500m vertical meter ↓ 1250m vertical meter

You have to know:

- Accommodation:** We stay in hotel, guesthouses and huts.
- Meeting point:** At 9:30a.m. in our office in Staffal or by appointment with our office and guide.
- 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.
- 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:** Hiking guide / mountain guide IFMGA for 8 tour days
Organization of overnight stays and transfers
- Additional costs:** Overnight stay in the hut, hotel or guesthouse in HB also for the mountain guide, cable car, train and taxi transfers also for the mountain guide, drinks, lunch, travel expenses, if necessary equipment and all other services not included.

Prices:

- 1 participant Euro 2640,00
- 2 participants Euro 1320,00 pro person
- 3 participants Euro 910,00 pro person
- 4 participants Euro 720,00 pro person
- 5 participants Euro 610,00 pro person
- 6 participants Euro 540,00 pro person
- 7 participants Euro 485,00 pro person
- 8 participants Euro 445,00 pro person

Helpful for preparation:

- Apparel / Clothing:** We recommend functional clothing / layering principle so you can react to the different temperatures.
- Boots:** Trekking or mountaineering boots.
- Lunch:** Please take some snacks and drinks for the daily trip. You can buy them also in the hut or villages.



Backpack: Do not put too many things! You will be amazed how few things you need. At the end, you have to carry your backpack. We recommend a backpack with 35-40L.

For any further questions...

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



GUIDE MONTEROSA

TRAVEL | MOUNTAINEERING | HELICOPTERS

TMR TOUR MONTE ROSA – TREKKING TOUR AROUND MONTE ROSA

Equipment list

all you need for this event is marked as

Apparel / Clothing

- | | |
|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| <input checked="" type="checkbox"/> Rain and mountain jacket Gore-Tex | <input checked="" type="checkbox"/> Spare underwear |
| <input checked="" type="checkbox"/> Poss. very light mountain pant Gore-Tex | <input checked="" type="checkbox"/> Gloves |
| <input checked="" type="checkbox"/> Elastic mountain pants for example Soft Shell pants | <input checked="" type="checkbox"/> Change |
| <input checked="" type="checkbox"/> Fleece pullover or jacket or may be primaloft jacket. | <input checked="" type="checkbox"/> Trekking / Mountaineering socks |
| | <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 checked="" 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 type="checkbox"/> Gaiter |
| <input type="checkbox"/> Approaching boots | |

Technical mountaineering material

- | | |
|----------------------------------------------------------|---------------------------------------------------------------|
| <input type="checkbox"/> Harness | <input type="checkbox"/> Crampons with anti-balling/anti-snow |
| <input type="checkbox"/> 1 x HMS screwgate carabiner | <input type="checkbox"/> Ice axe |
| <input type="checkbox"/> 2 x HMS screwgate carabiner | <input type="checkbox"/> Umbrella small |
| <input type="checkbox"/> 1 x runners/tubular sling 120cm | <input checked="" type="checkbox"/> Trekking poles |
| <input type="checkbox"/> 1 x runners/tubular sling 60 cm | <input checked="" type="checkbox"/> Backpack 30/40L |
| <input type="checkbox"/> Helmet | |