



Our Gold Tour is the program designates to the mountaineers with already many years of experience that want to cross the Monte Rosa massif along some of its nicest ridges. The Lyskamm traverse and the Rey ridge on Dufour are among some of most classic route of the area and maybe of the whole Alps. In this 5 days program you can combine these two ascent and climb few more others peaks of the Monte Rosa.

**Program:**

- 1<sup>st</sup> 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
- 2<sup>nd</sup> day:** departure at around 5:00 depending on the period of the year. Along the Felik glacier, we reach the Felik Pass and from there we start the ascent to Lyskamm West along its regular route, the West ridge. On top of it, starts the Lyskamm traverse itself, that connects the two summits. From Lyskamm East we start the descent in direction of the "Rocce della Scoperta". Arrived at the base of the ridge we can relax, join the main trail coming down from Colle del Lys and following it down to the Rif. Gnifetti, where we overnight.  
 ↑ 6:00 hours 1000 m ↓ 3:00 hours 950m
- 3<sup>rd</sup> day:** departure at around 7:00 depending on the period of the year. We start to walk along the Lys Glacier in direction of the Balmenhorn; we pass it and we arrive at the Colle Zurbriggen, between Corno Nero and the Ludwigshohe. We climb the first one along the north slope and, after the descent from it, we cross the summit of Ludwigshohe. We go down on the opposite side and we start the traverse of Parrotspitze. Once that we are at the Colle Sesia we start our last ascent of the day to the Capanna Margherita, where we overnight.  
 ↑ 4:30 hours 1146m ↓ 1:00 hours 240m
- 4<sup>th</sup> day:** Departure at around 5:00 depending on the period of the year. We go down along the Grenz glacier until the approximate altitude of 4000 meters. We climb up the small glacier between Dufour and Zumstein until the base of the ridge. A short steep snow slope gives access to the proper ridge. We follow the ridge always as much as possible close to its edge and we arrive exactly on top of the Dufourspitze 4634m. On the way, back we follow the Italian regular route crossing the summit of Zumsteispitze. After a quick stop to Gnifetti hut to repack, we go back to the cable car and the valley.  
 ↑ 3:30 hours 750m ↓ 5-6 hours 2000m

**You have to know:**

- Accommodation:** Q. Sella hut (3585m) with half board service  
Gnifetti hut (3647m) with half board service  
Margherita hut (4559m) with half board service
- Meeting point:** At 13:30p.m. in our office in Staffal (Hotel Nordend near to the bar da Giovanni).
- Requirements:** Steep terrain, exposed snow ridges, rock climbing up to grade III°. You should have already made similar ascents. This tour is achievable to confirmed mountaineers in really 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 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 IFMGA for four days
- Additional costs:** Overnight stay in the huts in HB also for the mountain guide, lift up to Passo Bettaforca and down from P.ta Indren, drinks, lunch, travel expenses, if necessary equipment.
- Prices:** 1 participant: Euro 2400,00

**Helpful for preparation:**

- Apparel / Clothing:** We recommend functional clothing / layering principle so you can react to the different temperatures.
- Boots:** Mountaineering boots for crampons.
- Lunch:** Snacks and drinks you can buy in the hut. Please take some snacks and drinks with you.
- Backpack:** 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 backpack. We recommend a e 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  
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.

## 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 type="checkbox"/> Mountaineering/Trekking boots                | <input type="checkbox"/> Climbing boots    |
| <input checked="" 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 type="checkbox"/> 1 x HMS screwgate carabiner                  | <input checked="" type="checkbox"/> Helmet                               |
| <input checked="" 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 checked="" 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 pole                        |
| <input type="checkbox"/> 2,4m Cord 6mm                                | <input checked="" type="checkbox"/> Back pack 30/40L                     |