



Nice walk along the heart of Mont Blanc range. The highest part of the Mer de Glace offers a nice traverse crossing crevasses and ice falls, surrounded by some impressive rock spikes and high peaks, including King Mont Blanc itself, Dent du Geant and Grandes Jorasses. A perfect introduction to the high mountain environment!

Program:

1st day: meeting with the guide at the Mont Blanc lift station at 8:00 o'clock. After the check of the equipment we take the lift up to Rif. Torino station. Few steps and we are on the glacier. We put all the equipment on (harness, rope and crampons) and we start to walk in direction of the Col Flambeaux. From here you will see our way and our goal. The first part is going down until the base of the P.te Adolphe Rey and the Piramide, two famous spikes. Looking up you will see climbers "fighting" with the difficulties of their routes. After here we will start to walk up first in direction of the wide Col de Midi. The last part up to the Aiguille de midi is the most demanding one; a steep and narrow ridge goes up finally to the station of the Aiguille de Midi.

From here we take the gondolas back to P.ta Helbronner and after a short walk down we will arrive to the Rif. Torino station.

↑4 to 5 hours 600m

You have to know:

- Accommodation:** Hotel in Courmayeur
- Meeting point:** At 8:00am at the lift station in Courmayeur.
- Requirements:** Glacier tour with just a small final steep section. Suitable for all beginners.
- 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 two days
Additional costs:	Eventual overnight stay in the hut in HB also for the mountain guide, cable car to Torino Hut and back, drinks, lunch, travel expenses, if necessary equipment.
Prices:	1 participant: Euro 380,00 Every additional person +25,00€ Maximum 4 participants

Helpful for preparation:

Apparel / Clothing:	We recommend functional clothing / layering principle so you can react to the different temperatures.
Boots:	Mountaineering boots for crampons, climbing shoes a plus to decide with your guide.
Lunch:	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. At the end you have to carry your back pack. We recommend a back pack with 30-40L.
Maps:	Monte Bianco 1:25000 L'Escursionista editore

For any further questions...

We are happy to help you for any further questions. Please contact our office.

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 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 type="checkbox"/> Poss. map |

Boots / Gaiter

- | | |
|---|---|
| <input checked="" type="checkbox"/> Mountaineering/Trekking boots | <input type="checkbox"/> Climbing shoes |
| <input type="checkbox"/> Mountaineering boots for crampons | <input 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 pole |
| <input type="checkbox"/> 2,4m Cord 6mm | <input checked="" type="checkbox"/> Back pack 30/40 liters |