



The most of the people do not know that the nearest Via Ferrata is only a 5 min. walk away from the square of Gressoney la Trinité. Leave the flat and safe ground for a challenging experience. The Gressoney Valley offers a couple of nice Via Ferrata for all levels. Steep faces, narrow ledges, small overhangs and cracks can be climbed thanks to the steps, wires and Tibetan bridges. Come with us to explore the Via Ferrata in Gressoney

#### Program:

½ day: Meeting with the guide in Gressoney around 9:00a.m. - Equipment check. Transfer to the base of the Via Ferrata. Before the Via Ferrata, the guide will train you about the use of the required equipment; depending on your skill and confidence, the guide will decide which itinerary fit better for you. From the top of the Via Ferrata, a good trail goes back to the valley.

#### You have to know:

**Accommodation:** No accommodation required; this is a half-day tour

**Meeting point:** To be agreed with the guide and office

**Requirements:** Via Ferrata does not require a specific ability; it is suitable for all people in regular shape and with no fear of heights.

**Equipment:** See the equipment list below.

**Weather:** In mountains, even in summer, there could be difficult weather conditions. 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.

#### Services and prices:

**Services included:** Mountain Guide IFMGA or Aspirant guide for a half day

**Additional costs:** Travel expenses, if necessary equipment and all services not included.

**Prices:**

- 1 participant: Euro 180,00
- 2 participants: Euro 90,00 per part.
- 3 participants: Euro 67,00 per part
- 4 participants: Euro 55,00 per part

Helpful for preparation:

- Apparel / Clothing: We recommend functional clothing / layering principle so you can react to the different temperatures.
- Boots: Approach shoes or Trekking shoes
- Lunch: Please take some snacks and drinks with you.
- Backpack: We recommend a backpack with 20L.

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"/> 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 type="checkbox"/> Light 5 fingers gloves                   |
|  | <input 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 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 checked="" type="checkbox"/> Approaching boots             |   |

Technical mountaineering material

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> Harness                           | <input checked="" type="checkbox"/> Via ferrata set              |
| <input checked="" type="checkbox"/> 1 x HMS screwgate carabiner       | <input checked="" 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 type="checkbox"/> Crampons with anti-balling/anti-snow    |
| <input checked="" 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 for the decent |
| <input type="checkbox"/> 2,4m Cord 6mm                                | <input checked="" type="checkbox"/> Backpack 20L                 |