



Gressoney and the neighboring valleys the Val d'Ayas and the Alagna Valley offer many beautiful half-day and day hiking tours from easy to challenging. Tours such like, the tour to the base of the imposing Lys glacier Monte Rosa, the Monterosa Walser Trail to Colle Valdobbiola, a hut excursion to the Rif. Quintino Sella or you follow in the history of the Queen Margherita of Savoy. Gressoney has hiking tours for everyone. We are happy to show you the most beautiful trails and hikes in Gressoney and the Monte Rosa south area.

**Program:**

day program:

Meeting point in Gressoney or after appointment with our office in your hotel or at the starting point - last material check. Depending on the tour, our guide will be hiking with you for half or full day. Return at noon or late afternoon.

**You have to know:**

- Accommodation:** No overnight stay
- Meeting point:** At 8:30a.m. in Gressoney or by appointment with our office in your hotel or at the starting point.
- Requirements:** Depending on the tour, from easy mountain hikes to challenging mountain hikes. There are tours from 3 to 8 hours walking/hiking time to choose.
- Weather:** In the high mountains, even in summer, there could be extreme weather conditions. Before the tour/trip, we will check the weather forecast in the area, and we will inform you about it!
- Leading Guide:** Mountain hiking 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.

MONTE ROSA GRESSONEY – HALF DAY AND DAY HIKING TOURS



Services and prices:

Services included: Hiking guide / mountain guide or Aspirant IFMGA for ½ or full day tour

Additional costs: Drinks, lunch, travel expenses, cable car or buss transfer if necessary equipment and all other services not included.

Prices full day tours:

- 1 participant Euro 300,00
- 2 participants Euro 150,00 per person
- 3 participants Euro 105,00 per person
- 4 participants Euro 85,00 per person
- 5 participants Euro 75,00 per person
- 6 participants Euro 65,00 per person
- 7 participants Euro 55,00 per person
- 8 participants Euro 50,00 per person

Helpful for preparation:

Apparel / Clothing: We recommend functional clothing / layering principle so you can react to the different temperatures.

Boots: Trekking boots, hiking boots or approach boots.

Lunch: Please take some snacks and drinks for your tour.

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 15-20L.

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

- Rain and mountain jacket Gore-Tex



# GUIDE MONTEROSA

TRAVEL | MOUNTAINEERING | HELICOPTERS

## MONTE ROSA GRESSONEY – HALF DAY AND DAY HIKING TOURS

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> Elastic mountain pants for example Soft Shell pants   | <input checked="" type="checkbox"/> Depending on tour and weather gloves                      |
| <input checked="" type="checkbox"/> Fleece pullover or jacket or may be primaloft jacket. | <input checked="" type="checkbox"/> Trekking / Mountaineering socks                           |
|   | <input checked="" type="checkbox"/> Depending on tour and weather condition Beanie / headband |

### Additional material

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> Sunglasses with high protection                       | <input checked="" type="checkbox"/> Water bottle  |
| <input checked="" type="checkbox"/> Sun-tanning crème / lip balm - lip care               | <input checked="" type="checkbox"/> Pocket knife  |
| <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 |   |

### Boots / Gaiter

- |   |                                 |
|---|---------------------------------|
| <input checked="" type="checkbox"/> Mountaineering/Trekking boots | <input type="checkbox"/> Gaiter |
| <input type="checkbox"/> Mountaineering boots for crampons        |                                 |

### Technical mountaineering material

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> May be small umbrella | <input checked="" type="checkbox"/> Backpack 15/20L |
| <input checked="" type="checkbox"/> Trekking poles        |   |