



The SW ridge on Pyramid Vincent is the right in between an easy walk on a glacier and a pretty serious climb in altitude. With a bit a rock climbing and some snow ridge is the perfect itinerary where to challenge a bit yourself if you want to leave glaciers behind and looking for a bit of thrill.

Program:

1st day: Meeting with the guide in Staffal around 7:00a.m. - Equipment check. We take the cable car up to Punta Indren. We hike up in direction of the Gnifetti hut. At the base of the ridge we put the rope and depending on the condition the crampons. We follow the ridge looking for the most interesting cliffs to climb. We arrive at the last snowy cap, from where we joint the summit. The descent is along the regular route. Depending on the timing, we can stop at the Gnifetti hut to get some lunch before going down to the Indren station and the valley.
↑ 3:30 hours 940m ↓ 2:30 hours 940 m

You have to know:

Accommodation: No accommodation is required; this is a day tour

Meeting point: At 7:00am in our office in Staffal (Hotel Nordend)

Requirements: some rock climb with short steps on grade II°; this tour is suitable for those regular hikers who want to make a first experience in altitude and on this kind of mixt terrain where to challenge with a bit of easy climbing

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 one days
Additional costs:	cable car to Punta Indren and back, drinks, lunch, travel expenses, if necessary equipment.
Prices:	1 participant: Euro 420,00 2 participants: Euro 500,00

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:	Please take some snacks and drinks with you.
Backpack:	As this is a day tour, you do not need to carry too many things. Take with you just an extra layer in case of cold and a shell if it is windy; plus some snacks to eat and some energy drinking. At the end, you have to carry your backpack. We recommend a backpack with 30L.
Maps:	Monte Rosa - Alte valli d'Ayas e del Lys - L'Escursionista ESC08 1:25000 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 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 checked="" type="checkbox"/> Poss. first aid kit to coordinate with mountain guide | <input 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 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"/> Backpack 30L |