



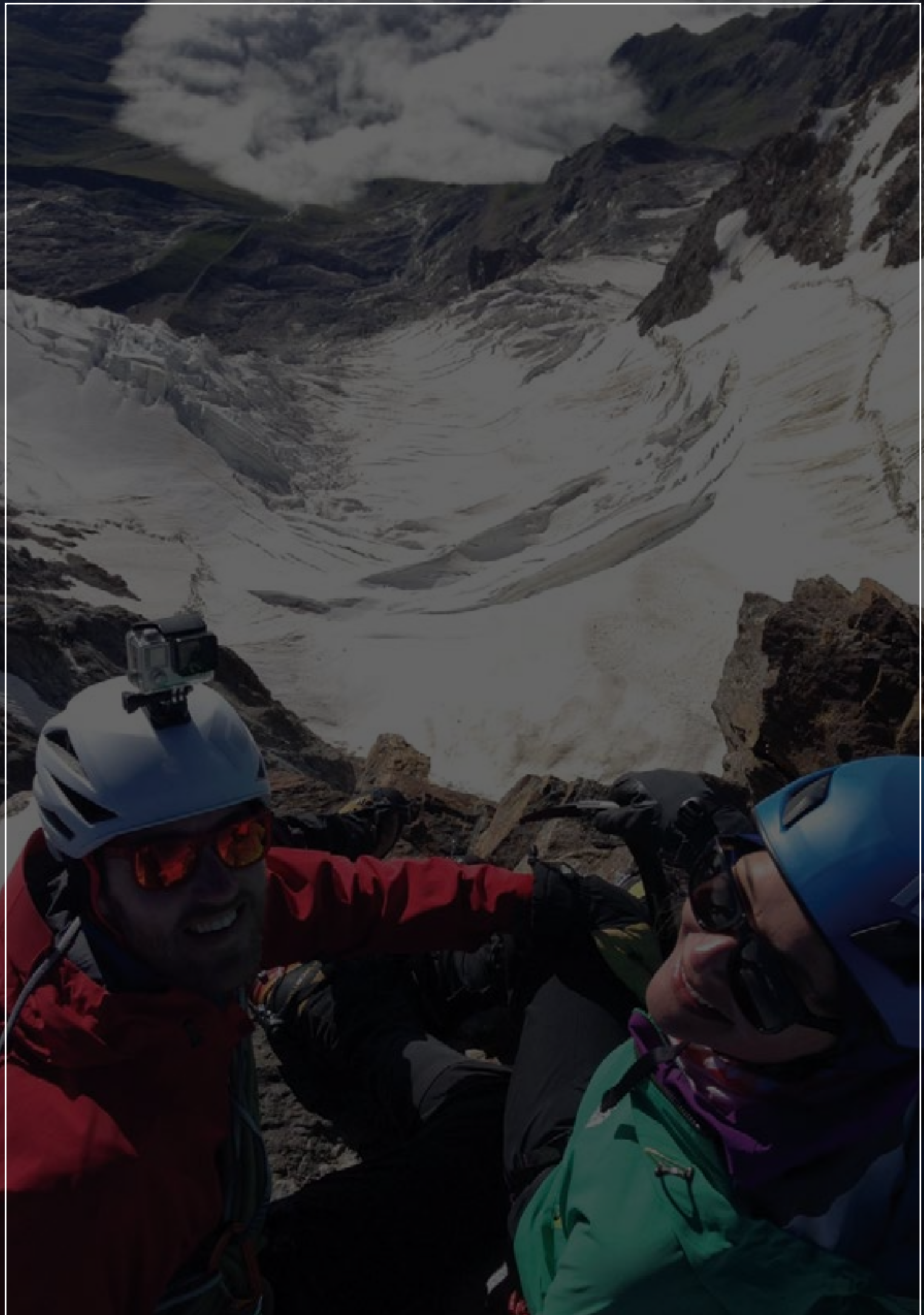
# MONTE ROSA COURSE & ASCENTS

EX CHAMONIX



**2026 COURSE NOTES**







# MONTE ROSA COURSE & ASCENTS TRIP NOTES

## 2026 COURSE DETAILS

**Dates:** Available on demand

**Duration:** 6 days

**Departure:** ex Chamonix, France

**Price:** €6,250 for 1:1 guide to climber ratio  
€3,750 for 1:2 guide to climber ratio

▲ Sunset from Zumsteinspitze. Photo: Bruce Mackintosh

This is one of the finest alpine outings at a moderate level of difficulty. The views are stupendous; from the Matterhorn to the elegant North Face of Lyskamm and the knuckled mass of the Dufourspitze, it is impossible to forget the scenery. After a day of training and acclimatisation above Courmayeur, you will spend the week with ice axe and crampons, passing from Italy to Switzerland and back again. The Monte Rosa Course is also a Grand Traverse, a ridiculously scenic journey that includes up to ten 4,000m peaks.

This course, departing from Chamonix, France, will appeal to those with previous mountaineering experience who want to enjoy a new region and collect plenty of summits. It is also appropriate for first time alpinists with a good level of fitness and a hiking or rock climbing background. Instruction can be included into your itinerary to get you started, followed by the ascents themselves.

Throughout the week you will climb under the supervision of our experienced and professional mountain guide(s). This will allow you to learn with confidence while taking in the grandeur of your surroundings. The huts are typical European-style high-altitude huts; rustic but warm and with good wholesome Italian and Swiss food to finish each day.

## SKILLS COVERED

- Alpine mountaineering equipment—what to use and how to choose
- Rope work—tying in and basic climbing knots
- Travelling over different terrain—progression from glacier to rock and ice climbs
- Objective dangers—awareness and avoidance
- Alpine huts—early starts and etiquette

## OUR GUIDES

Adventure Consultants guides are BMG, NZMGA and/or IFMGA-UIAGM qualified mountain guides. They are professional mountaineers and operate to the highest industry standards.





Learn new skills and techniques as you climb. Photo: Bruce Mackintosh



▲ Enjoying summit success! Photo: Bruce Mackintosh



▲ Climbing West Breithorn. Photo: Paolo Pironi

Being a technically proficient climber alone is not enough to work with us; our standards demand that trip leaders are great guides with good people skills as well. You will find your guide friendly, approachable and focused on providing a safe and enjoyable trip in line with your objectives and comfort level. Success with the highest margin of care is always a hallmark of our approach; promoting the realisation that even extreme pursuits such as high-altitude mountaineering can be undertaken safely.

Adventure Consultants only employs IFMGA qualified guides for European ascents and courses and this is the only certification that is recognised in the French Alps. Guides must undergo rigorous training and assessment on climbing skills, instructional skills, avalanche training and assessment, wilderness first aid, rescue training and much more to gain these qualifications. It takes many years to attain IFMGA status, which ensures you are getting a world-class professional service.

## SAMPLE ITINERARY

Following is an sample itinerary for our Monte Rosa Course and Ascents programme ex Chamonix:

- Day 0 Travel to Chamonix, overnight at hotel
- Day 1 Meet your guide for gear check and briefing before driving to Courmayeur, training and traverse of Aiguilles Marbrées, overnight at Courmayeur hotel
- Day 2 Drive to Cervinia, climb Breithorn, overnight at Val d'Ayas Guides Hut
- Day 3 Climb Castor and Pollux, overnight at Quintino Sella Hut
- Day 4 Climb Balmenhorn, Vincent Pyramid, overnight at Gnifetti Hut or Mantova Hut
- Day 5 Parrotspitze, overnight Margherita Hut
- Day 6 Grenz Glacier, overnight at hotel
- Day 7 Depart Chamonix

## DETAILED ITINERARY

### Day 0

Travel to Chamonix, overnight at hotel.

### Day 1

Meet your guide the hotel for a briefing and gear check, arrange any last minute rental and/or equipment purchases in Chamonix, before driving



▲ Views across Breithorn West to Monte Rosa. Photo: Paolo Pieroni

to Courmayeur, Italy. We take the Monte Bianco Skyway and spend some time learning or refreshing basic mountaineering skills and techniques. We then traverse the Aiguilles Marbrées, the rocky spires that border Italy and France before overnighting at a Courmayeur Hotel.

## Day 2

Drive to Cervinia and take the cable car to Plateau Rosa (3,500m/11,500ft), climbing the West Summit (4,165m/13,665ft) of the Breithorn before descending the Grand Glacier de Verraz to the Val d'Ayas Guides Hut (3,425m/11,237ft) for the night. This is a cosy little hut with a rather good bar (Peak 1).

## Day 3

An early start to climb 400m/1,300ft to the base of the south side of Pollux (4,092m/13,425ft), where the short but interesting South West Ridge may be climbed before traversing Castor (4,423m/14,511ft). From here we continue to Felixsjoch and descend to the Quintino Sella Hut (3,585m/11,762ft) with sweeping views over the beautiful Gressoney and Ayas Valleys (Peaks 2 and 3).

## Day 4

Another early start is needed to negotiate the West Lys Glacier under Lyskamm to the Passo del Naso del Lyskamm (4,100m/13,450ft) before crossing the crevassed West Lys Glacier to pick up the Balmenhorn (4,167m/13,671ft), an odd little peak with a bivouac and statuesque cross at its top. Then it is onto the Vincent Pyramid (4,215m/13,828ft) before turning down the Garstele Glacier to the Gniffetti Hut (3,647m/11,965ft) or the slightly lower Mantova Hut (3,470m/11,385ft) (Peaks 4 and 5).

## Day 5

After an early breakfast, we slowly climb up the East Lys Glacier to reach the short but steep Corno Nero (4,321m/14,177ft), a fine little summit soon followed by the more simple Ludwigshöhe (4,341m/14,242ft) and the long whale back of the Parrotspitze (4,432m/14,541ft). We then cross the Grenz Glacier to Signalkuppe (4,554m/14,941ft) on the summit of which is the Margherita Hut, the highest mountain hut in Europe and our last Italian night of this tour (Peaks 6–9).





▲ Stunning views from the summit of Breithorn. Photo: Tammy Schiro

## Day 6

After an early breakfast, we climb the Zumsteinspitze (4,563m/14,970ft) by a short scramble and then stroll down the crevassed Grenz Glacier, passing under the magnificent North Face of Lyskamm and sprawling South West facets of the Dufourspitze. We eventually reach the very Swiss Monte Rosa Hut (2,795m/9,170ft) for a welcome rest before heading off again across the icy Gorner Glacier and gently climbing back to Rotenboden under the Riffelhorn. We take the Gornergrat mountain railway to Zermatt, then a cable car to the Klein Matterhorn. Another cable car stretch takes us to Plateau Rosa, before a third deposits us down at Breuil-Cervinia, from where we drive back to Chamonix (Peak 10).

## Day 7

After a late breakfast, we say goodbye to Chamonix and depart for home.

**NOTE:** This is a sample itinerary, your actual itinerary may vary if conditions are more suitable in another region or factors such as the weather or lift service precludes access. In some cases, this may be an additional expense to you.

## CLASS SIZE

Our Monte Rosa Course and Ascents programme is offered on a private 1:1 or 1:2 guide to climber ratio. This offers you focused guide attention throughout the course to ensure consistency across the program. Whilst other operators combine you with large groups on training days we know your safety will be better protected and the learning progressions will be enhanced with the attentive care of your guide at our lower 1:2 ratio.

## ACCESS TO THE MOUNTAINS

All lifts and cable cars on the programme are included in the course cost. If a change in programme forces us to use additional lifts due to weather or other logistical reasons, your guide will first consult the group members before committing to the change. In some cases, this may be an additional expense to you.

## CLIMBING SEASON

We operate in the Alps mid-June to mid-September and other times as conditions allow. In June and early July, we can expect more snow cover on the routes and as temperatures warm up into the summer months from mid-July, we traditionally experience more settled weather and warmer temperatures.

## WEATHER

Europe has a continental climate which in general encourages more stable weather. However, the weather in the high mountains can be changeable and at times very severe. It is possible that weather conditions may thwart our programme. However, due to the length of the course and our focus on the forecasts, we can often change our itinerary slightly to work around frontal weather systems.

## EQUIPMENT

Climbing in the European Alps requires you have high-quality clothing and equipment due to the extremes of weather conditions. Our focus is on having the essential clothing and equipment to keep you warm and comfortable while climbing.



▲ Traversing towards Lyskamm. Photo: Olivier Baron

You will be sent an equipment checklist on confirmation of your booking and your guide will go through this with you at the beginning of your trip. You can rent technical equipment for the course but you must provide your own mountaineering clothing as per the equipment list. Actual equipment required may vary subject to seasonal weather and route conditions. Group equipment including ropes and technical hardware will be provided by your guide.

## COMMUNICATION & MESSAGES

Our guides are in cell phone communication with our operations base throughout the trip. This assists us with schedule and weather forecast updates, lift and accommodation coordination and safety backup. Your own mobile phone should work in the region though you may want to check with your own service provider first. Local mobile phones can be rented at the international airports.

## FITNESS & HEALTH

To make the most of your climbing experience, we encourage you to work on your fitness prior

to the trip. You will find that training on hills with a +10kg/22lb pack on is the best preparation for the mountains, with the aim of building your endurance. Your guide will be attuned to your fitness levels and will regulate the pace accordingly.

Our registration form requests that you advise us of any medical problems you may have and if you are on any medication. Any information you supply will be treated as confidential.

## FOOD

Adventure Consultants will provide breakfasts for the duration of the trip and evening meals on the hut nights while the trip is running. This is from breakfast on Day 1 until breakfast on your departure day. You will be responsible for your own lunch and snacks each day, plus evening meals on the non-mountain nights in Chamonix and Courmayeur. This allows you to experience the exciting culinary options available in the region as there are many restaurants and bars within close walking distance of our hotels that provide a variety of foods to suit your tastes. Any additional food, bottled water, beverages or meals you purchase that are not mentioned in the inclusions will be at your own expense.





▲Climb up to ten peaks throughout the course. Photo: Bruce Mackintosh

You should bring a selection of your favourite snack food and hydration drinks with you to ensure you are fuelled for by your preferred brands, as well as money for lunches and snacks whilst in the mountains. Actual amounts depend on your consumption but two per day in addition to your lunch would seem reasonable.

If you have any special dietary requirements, please advise us at the time of registration. If your dietary requirements are especially strict, you are advised to bring a sufficient supply of your required food types with you to ensure you are provided for.

## INSURANCE

We strongly recommend that you take out Trip Cancellation Insurance and Travel Insurance, as well as Medical and Rescue Insurance to protect yourself in the event of injury or mishap prior to or during your trip.

While our focus is on safety and our track record supports this, the mountains do have hazards and there is the potential for mishap. If you were injured whilst on the trip, there is a very efficient rescue service nearby.

## TRAVEL TO CHAMONIX

We commence this Monte Rosa Course and Ascents departure from Chamonix in France. The closest international airport is in Geneva, just over the border in Switzerland. Regular shuttles operate between Geneva and Chamonix, and the trip takes about 1.5 hours. Your shuttle driver will drop you at your accommodation. At the completion of the course, the shuttle can pick you up from your hotel and take you back to the airport. The shuttle transfers are at your own cost but we can arrange this for you.

## ACCOMMODATION

Accommodation is provided on a twin share basis from the evening of Day 0 through to the morning of Day 7 after breakfast. Accommodation in the mountains is in Swiss alpine huts in shared bunk rooms or dormitory rooms. Blankets are provided so no sleeping bag will be required.

There are no single supplements or private rooms available in the mountain huts, but this can be arranged for you during your hotel nights in Chamonix and Courmayeur. Please enquire about





▲ High on Pollux. Photo: Paolo Pieroni



▲ Fine tune mountaineering skills and techniques. Photo: Stefan Spörli



The final approach to Castor. Photo: Paolo Pieroni

costs at the time of booking as this option must be reserved in advance.

## PRE-COURSE ACCLIMATISATION PROGRAMME

It is preferable to spend a few days at altitude prior to your scheduled trip to assist with your acclimatisation. Climbers regularly attend our Pre-Course Acclimatisation Programme in Chamonix prior to undertaking the course.

This 2-day acclimatisation and re-familiarisation programme takes you on day climbs to high elevations. We choose peaks that are easily accessible from Chamonix to kickstart your acclimatisation and get you out climbing before the main programme begins. By enhancing your acclimatisation and fine-tuning your skills in advance of your course, you experience more enjoyment from the climbs and enjoy a greater success rate.

## MONT BLANC ADD ON

Utilise your acclimatisation and climbing skills to join one of our guides for a quick ascent of Mont Blanc directly following your instruction course. This 3-day programme is available only to our course participants.

## ZERMATT DEPARTURE

We also offer the Monte Rosa Course and Ascents programme departing from Zermatt, Switzerland. Please see our website or contact our office for further information on this option.

## PRICES

Private courses available on demand, ex Chamonix, France.

€6,250 1:1 guide to climber ratio

€3,750 per person 1:2 guide to climber ratio

**NOTE:** All prices are subject to change without notice.



▲Cristo delle Vette upon the summit of Balmenhorn. Photo: Paolo Pieroni

The cost includes:

- Guide
- Lifts
- Mountain huts
- 3 nights hotel on twin share basis including first night and last night of course
- Transport during course dates as per schedule
- Ropes and group technical equipment
- Breakfast and dinner during mountain component of course

The cost **does not** include:

- Any lift, hut, hotel or transport costs additional to the programme due to weather or logistics (any changes will be actioned only after you have been consulted by your guide)
- Personal equipment and clothing
- Lunches
- Evening meals during hotel nights in Chamonix and Courmayeur
- Extra additional meals or snacks/drinks purchased from huts/hotel
- Insurance
- Transport to and from Chamonix (although we can arrange it for you)
- Gratuities

## MONT BLANC ADD ON

€1,890 per person at a 1:2 guide to climber ratio  
€3,150 per person at a 1:1 guide to climber ratio

For further information on the Mont Blanc Add On please contact our office.

## PAYMENT

All payments should be made by bank transfer to the following Euro bank account:

Bank of New Zealand  
Offshore Branch  
42 Willis Street  
Spark Central  
Wellington  
New Zealand

for the account of Adventure Consultants Limited

**Account Number:** 1000-594771-0002

**Account Type:** Euros

**Swift Address:** BKNZNZ22

**NOTE:** All bank transfer charges are for the remitter's account.

We can also accept your deposit and balance payment by credit card (Visa, Mastercard, and Amex).

## DEPOSIT

To confirm place on one of our Monte Rosa Course and Ascents we require a completed registration form with a deposit of €500.

## BALANCE

The balance payment is due 60 days prior to the course start date.

## CANCELLATION & REFUND POLICY

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 60 days prior to your trip commencement date. A climber may then cancel their participation on the following basis:





▲ Clouds swirl on the summit of Pollux. Photo: Tammy Schiro

- Cancellations outside of 60 days will result in the loss of the trip deposit.
- For cancellations made within 60 days of the trip commencement date we reserve the right to retain 50% of the full fee.
- For cancellations made within 30 days of the trip commencement date we reserve the right to retain 75% of the full fee.
- For cancellations within 15 days of the departure date a cancellation fee of 100% of the full fee applies.

We recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

## HOW TO JOIN THIS TRIP

If you would like to join one of our Monte Rosa Course and Ascents please complete our online booking form and forward your deposit payment at <https://adventureconsultants.com/courses-training/europe-training/monte-rosa-course-and-ascent#DepartureBookingBlock>.

## CONTACT US

If you require more information, please contact us at:

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**Phone:** + 64 3 443 8711

**Email:** [info@adventure.co.nz](mailto:info@adventure.co.nz)

**Web:** [www.adventureconsultants.com](http://www.adventureconsultants.com)



▲ On the summit of Signalkuppe Photo: Paolo Pieroni



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

