

# ZERMATTERS

## ALPINE SCHOOL

# Glacier trekking best of Monte Rosa

## JOURNEY TO THE MIGHTY MONTE ROSA RANGE (CH) | 4 DAYS

Alpine splendors will spoil you on every day of the trek. You'll get the most out of the various stages, framed by the 4,000-meter peaks of the Allalinhorn, Alphubel, Täschhorn, Dom, Rimpfischhorn, Matterhorn and the breathtaking panorama of the Monte Rosa area. Each day you'll become acclimated to the mountain surroundings and altitude before capping off the trek with the ascent of the Breithorn (4,164 meters) on the last day.

Technique	<b>intermediate</b>  Safe alpine hiking in any terrain. Sure-footedness and a head for heights are required. Terrain: moderately steep with short steeper, exposed sections. Alpine technique: experience is not necessary.
Condition	<b>beginner–intermediate</b>  Duration from 4 to 6 hours, up to approx. 1,000 vertical meters, approx. 250 vertical meters per hour.
Meeting place	10.15 a.m. Mammut Store Zermatt
Departure	approx. 2 p.m. Zermatt train station
Accommodation	Monte Rosa Hut SAC 2,883 mHotel BaseCamp, 3920 ZermattGandeggütte 3030 m

## Services

included	<ul style="list-style-type: none"><li>• Guiding and supervision by a mountain guide</li><li>• Accommodation with half board: 2 x hut (base camp), 1 x hotel (double room)</li><li>• 15% discount on mammut.com</li></ul>
not included	<ul style="list-style-type: none"><li>• Travel to the course (parking fee, CHF 15.50 per day)</li><li>• Transport (cable car journey from approx. CHF 100 per person)</li><li>• Glacier equipment (climbing harness, ice axe, crampons)</li><li>• Snacks and drinks</li><li>• A CHF 12.- per night (approx.) hut tax for non-SAC members</li><li>• Contribution to the Travel Guarantee Fund (0.25% on total amount)</li></ul>

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### Program

- Day 1** Individual arrival in Zermatt. The mountain guide will explain the itinerary and distribute the rental equipment. Together we'll take the Gornergrat Railway to Rotenboden station. You will trek along the high trail – with a view of the massive Monte Rosa Range – down to the Gorner Glacier. Here you will learn how to use the crampons and ice axe, so you're fully prepared for these trekking days. Then we'll climb up to the SAC Monte Rosa Hut, today's camp. (Distance: 7,0 km. Duration: 3-4 hours. Ascent/Descent: 300/200 vertical meters)
- Day 2** From the Monte Rosa Hut you'll descend the hut path and soon reach the mighty Gorner Glacier, where you can apply the learnings from the previous day. During the ascent towards the spectacular ladder you are surrounded by a marvellous moraine landscape. Traversing glacier streams you can see with what force the ice masses have shaped the rocks around you. Continuing on the mountain path you will reach Rotenboden Station from where you can take the gondola to get back to Zermatt. (Distance: 8,2 km. Duration: 4.5-5.5 hours. Ascent/Descent: 540/500 vertical meters)
- Day 3** From Zermatt we'll take the mountain railway to Schwarzsee. We'll hike along a mountain path up to Hirli and cross the Furggbach farther down. Then you'll continue to the Furg Glacier along moraine landscapes. On the right side, the prominent eastern face of the Matterhorn towers majestically. You'll end by traversing the upper Theodul Glacier to reach Trockener Steg and the Gandegg hut. (Distance: 8.0 km. Duration: 5 hours. Ascent/Descent: 600/100 vertical meters)
- Day 4** By gondola up to Klein Matterhorn from where you traverse the Breithorn Plateau, a glaciated plateau of impressive dimensions. At this level, you can get used to the altitude without too much physical effort. The ascent to the highest point is worthwhile in every way. In addition to the incredible feeling of having managed to reach the top of a 4,000-meter peak by yourself, you can look forward to a tremendous panoramic view of the Western Valais peaks, the Mont Blanc area, the Gran Paradiso Chain with the Aosta Valley, the Po Valley all the way to the distant Bernina Group and the Bernese Alps. Congratulations on climbing this impressive 4,000-meter peak! The descent will take you to the Klein Matterhorn station and from here the train will take you back to the green pastures of the Matternal Valley. (Distance: 8.0 km. Duration: 4-5 hours. Ascent/Descent: 400/400 vertical meters)

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### Rental equipment

Our mountain guide will bring the ordered rental equipment to the meeting place. The following equipment can be rented: **Please note that the backpack with the equipment does not weigh more than 8 to 10 kg (crampons, ice axe, harness weigh about 1.5 kg).**

- ☐ Climbing harness with 1x safelock carabiner
- ☐ Ice axe
- ☐ Crampons with ABS

### Technical equipment

- ☐ Climbing harness with 1x safelock carabiner (or 2x screw carabiners)
- ☐ Ice axe
- ☐ Crampons with ABS
- ☐ Backpack approx. 30l with rain cover
- ☐ Gaiter (optional)
- ☐ Telescopic trekking poles with snow baskets (optional)

### Clothing

- ☐ 1x Hardshell jacket and pants (wind- and waterproof)
- ☐ 1x Mountaineering or trekking pants
- ☐ 1x Soft shell and/or fleece jacket
- ☐ 1x Down jacket
- ☐ 1x Short/long functional underwear
- ☐ 1x Cap/headband and 1x hat
- ☐ 2 pairs of gloves (1 thin pair, 1 warm, windproof and waterproof pair)
- ☐ 1x Functional socks and 1x spare socks
- ☐ Hiking shoes or mountaineering shoes (at least ankle-high, hard sole)

### Overnight cottage

- ☐ Own toiletries, ear plugs if required
- ☐ Clothes to wear in the hut and the hotel (Minimum)
- ☐ Slipper socks are at the hut
- ☐ Sleeping bag liner made of silk or cotton (for hygienic reasons)
- ☐ Pillow (60x60)
- ☐ Towel
- ☐ SAC/Alpine Club member card (if available)

### Food

- ☐ breakfast and dinner in a hotel or a hut
- ☐ Tea and lunch must be brought or can be bought in the village or at the hut
- ☐ Snacks (e.g. energy bars, dried fruit, dried meat)

### Various

- ☐ Sunglasses and ski goggles
- ☐ Sun cream and lip cream (SPF 30 or higher)

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- ☐ Camera and binoculars (optional)
- ☐ half fare travelcard (if existing)
- ☐ Thermos flask made from break-proof material
- ☐ headlamp or flashlight with new batteries
- ☐ Small medicinal supplies for personal requirements