Monte Rosa Climb

Trip Code: MRA

Version:

MOUNTAINEER	GUIDED GROUP	11 TOUGH



HIGHLIGHTS

- Climb Monte Rosa, the highest mountain in Switzerland and the 2nd highest in the Alps
- Acclimatise and develop skills on three Alpine summits: Breithorn, Pollux and Riffelhorn
- Stay at the environmentally friendly Monte Rosa hut, overlooking the Gorner Glacier
- Enjoy stunning views of the Matterhorn, Liskamm and the Signalkuppe
- Learn skills from and be led by our expert IFMGA guides

- FREE Equipment hire worth £100 is available for this holiday

AT A GLANCE

- 6 days trekking and climbing
- Max altitude - 4634m
- Join at Zermatt

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

A challenging walking and mountaineering holiday climbing Monte Rosa, the highest mountain in the Swiss Alps. Only Mont Blanc stands higher in the European Alps. Towering above the town of Zermatt, the many-summited massif of Monte Rosa presents a whole range of mountaineering challenges to those aspiring to go walking and climbing in the Alps. We have included two mountaineering peaks, Breithorn (4164m) and Pollux (4092m) and one climbing peak, Riffelhorn (2927m), to develop mountaineering skills and gain crucial acclimatization, before turning our attention to climbing the Dufourspitze (4634m), the highest peak in the Monte Rosa group.

We make the ascent from the ultra modern Monte Rosa Hut (2795m) which is located on a rocky island in a veritable sea of glacial ice. We ascend Monte Rosa, via a long glacial approach and finally along the stunning West Ridge, to the highest point, the Dufourspitze. The views of the Alps, particularly Liskamm (4479m) and the Signalkuppe are simply breathtaking. This great week of alpine adventure makes use of superb Italian and Swiss mountain huts and is a great choice for anyone with some alpine or winter mountaineering experience.

Is this holiday for you?

This is an Alpine climbing trip led by professional IFMGA guides. This is the most difficult alpine climbing trip that KE operate and so previous experience of using crampons and a single ice axe, either in the Alps or in the UK in winter is essential, along with a high level of physical fitness. The height gain of 1800m on the summit day, combined with the final exposed ridge to the summit of Monte Rosa makes this a more challenging objective than summiting Mont Blanc on our Mont Blanc Ascent trip. The four peaks included in the itinerary will provide a strenuous challenge on account of the height gained and the relatively high altitude. The expedition will involve roped glacier travel, snow-slope climbing, scrambling and very exposed ridges. Ropes, crampons and an ice axe will be used. Guiding is at a ratio of 1:2 throughout the trip.

Itinerary

Version:

Holiday Information

What's Included

- Professional IFMGA Guide(s)
- Accommodation as described
- Meals as detailed in the meal plan

What's not Included

- Travel insurance
- Airport transfers
- Some meals as detailed in the meal plan
- Cable car and mountain railways fees
- Miscellaneous personal expenses - drinks
- souvenirs etc.

Joining Arrangements & Transfers

Depending on the specific departure, this trip will begin in either Zermatt or St Niklaus (they are both on the same train line, Zermatt is just a couple of stops further along than St Niklaus - Zermatt is in fact the end of the line). You should aim to be here by 6pm.

There are two convenient international airports which allow easy access by train to Zermatt. Zurich - transfer time approx. 3hrs 40 mins - cost one way is around £83.00, and Geneva - transfer time approx 4 hrs - cost one way is around £90. Train tickets can be booked on-line with Swiss Federal Railways on https://www.sbb.ch/en/buying/pages/fahrplan/fahrplan.xhtml or by telephone on 00 41 900 300 300. The railway station is actually in the airport at Geneva and there is an hourly service (throughout most of the day) to Saint Niklaus VS, Bahnhof, connecting in Visp. Hotel contact details and an emergency number will be provided with your booking confirmation. If you are intending to drive to St Niklaus, we will provide route details and directions to the group hotel.

Meal Plan

All breakfasts and 6 dinners are included in the trip price. Packed lunches and snacks can be bought in the huts. On some days there may be the possibility of having a hot lunch either at a hut encountered on route or a late lunch taken at our overnight halt. You should allow around CHF15 / 10 Euros for a packed lunch from the hut or CHF 20 -30 / 15 - 20 Euros for a hot lunch. Most groups prefer to choose a restaurant for the final evening meal in Zermatt and we have therefore not included this meal in the price of your holiday. We suggest 30 - 40 Swiss Francs should be sufficient to cover this meal. Note that the Ayas hut is in Italy and for this nightyou will use Euros.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

When in the towns and villages all tap water is drinkable. In mountain huts there is usually not a sustainable drinking water supply. Water in plastic bottles is brought in to the hut. All huts have a recycling point. If you have to purchase water in plastic bottles please buy the largest bottle you can so as to use less plastic. Please take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water if you can fill from a local stream. Bottled water is not provided. We do not encourage the purchasing of single use plastic bottles. Local authorities are working to find solutions to using plastic water bottles in huts. We monitor the situation carefully for updates.

As to be expected, the food available in restaurants and hotels in Italy and Switzerland is excellent. The food provided in most huts is of a high standard considering the difficulties of supply inherent in their locations. Evening meals tend to be simple but wholesome and there will usually be a limited menu choice including a vegetarian option. Beer and wine as well as soft drinks and bottled water is available to purchase at most huts. Breakfasts in Italy and Switzerland are usually 'continental' style based on bread with jam, cheese or meat and sometimes boiled eggs. This is sometimes supplemented with cereals, yoghurt and fruit.

Accommodation

During this trip the group will spend 1 night in hotel accommodation in St. Niklaus and 3 nights in hotel accommodation in Zermatt. Accommodation here is based on twin share and if you are travelling by yourself you will be paired with another individual traveller of the same sex. Single rooms are not available. Whilst in the mountains, there are 3 nights spent in mountain huts where the accommodation provided is on a non-segregated, dormitory-style basis. In some high mountain huts, washing facilities are limited.

Group Leader & Support Staff

Groups will be led by an English-speaking IFMGA qualified guide. Guiding is at a ratio of 1:2 during the ascents of Castor, Pollux and Monte Rosa

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude on our website which can be viewed via the link below. You can also talk to one of our trekking experts if you have any concerns about altitude. www.keadventure.com/page/altitude.html

Spending Money

Please note that this is Switzerland and you should take the majority of your money in the form of Swiss Francs. You should make an allowance for lunches / snacks, drinks etc and the final evening meal in Zermatt. Approximately CHF 200 - 250 should adequately cover typical personal spending requirements including the aforementioned items. There are cashpoint facilities at Geneva Airport and in Zermatt. If you are intending to hire or purchase items of equipment, you should budget accordingly. For the night spent in the Ayas Hut which is in Italy you will also need some Euros (we suggest 30 should be sufficient).

Approximately CHF 260 should be budgeted for cable cars and mountain railways - this is in addition to the above amount.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack (of around 30 - 40 litres). For international flights please check your baggage allowance with your airline. Since group members will carry all personal equipment during the trek, it is important to keep the overall weight of this equipment to a minimum. Neither a sleeping bag nor a camping mattress is needed and it should be possible to keep the weight of your pack to under 10kg.

Whilst in the mountains you will leave your main bag and travel clothes in the group's hotel in Zermatt. You will have access to your luggage on the evening of day 4. Luggage with wheels can be useful for this holiday.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We would suggest that you adopt a weekly exercise regime leading up to your trip. Jogging, squash and swimming are good for developing better stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country. For this trip you will need to be competent in the use of an ice axe and crampons. This means you will be an experienced winter hill-walker or will have attended a basic snow skills course before coming on the trip.

Winter Skills Courses These courses are extremely helpful if you are undertaking one of our mountaineering trips. For information about available courses, please contact: Glenmore Lodge. (Scotland's National Outdoor Training Centre). Tel. 01479 861 256 email. enquiries@glenmorelodge.org.uk

Climate

The temperatures that we can expect to encounter during the day will vary considerably. In the heat of the day on the glacier, it can be quite hot, up to 25°C / 77°F. By contrast, high on Monte Rosa in the chill of the early morning, it may be as cold as minus 20°C / minus 4°F or even colder. The weather is usually stable throughout the summer season. But, mountainous areas do generate their own weather systems and occasional rain and even stormy weather cannot be ruled out.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Walking in The Valais Kev Reynolds. Cicerone Press: Cicerone Press are one of the UK`s most well known and respected publishers of guidebooks for the outdoor enthusiast. Easily distinguished by their convenient pocket size, these books have been a favourite amongst walkers, climbers and cyclists for many years.

Maps

Swiss Topo 1:50,000 Special Edition Hiking Maps

Swiss survey maps are highly regarded for their superb use of graphic relief and hill shading, presenting an almost 3-D picture of the terrain. These are 'special edition' maps from the Switzerland Topographic Survey at 1:50,000 which have the same excellent cartography as the general network which covers the entire country in 78 sheets, but are specifically designed for hikers and are centred on particular tourist regions. They also cover a larger area than the normal sheets. For this holiday you will need the following sheet: 5028T - Monterosa-Matterhorn 1:50 000

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your pack to a minimum.

You must bring the following items:

- Mountain Boots (see notes below)
- Crampons - MUST be fitted with anti-balling plates*
- Crampon bag* (when hiring crampons a bag is automatically included / can not be hired separately)
- Ice Axe*
- Mountaineering harness*
- Screw gate karabiner x 1*
- Helmet
- Trekking poles x 2 (with baskets)
- Gaiters
- Socks - walking socks are best (2/3 pairs)
- Trekking Trousers (i.e. not cotton)
- Waterproof over trousers - with long leg zip designed to put on whilst wearing boots
- Underwear
- Thermal Base Layer x 2 (one long sleeved for glacier travel)
- Fleece jacket or pullover
- Waterproof jacket (with hood)
- Extra warm layer - (prima loft or lightweight down)
- Sunhat
- Warm hat

- Sunglasses - category 3 or 4.
- Thin gloves - thermal or leather
- Very warm winter type gloves or mittens
- Sleeping bag liner/sheet sleeping bag (silk is lightest)
- Rucksack (30 - 40 litres should be sufficient)
- Head torch and spare battery
- Sun Protection (high factor for skin)
- Lip salve - with sunscreen
- Water bottle - 1 litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Small, lightweight wash kit and pack towel
- Dry bags(s) for daypack/kitbag contents (to ensure they keep dry)
- Small hand sanitizer gel
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters, blister treatment (zinc oxide tape and 'Compeed'), insect repellent, and re-hydration salts (Dioralite).

The following items are optional:

- Change of shirt and trousers
- Thermal baselayer - leggings
- Shorts (for non-glacial travel)
- Rain cover for Rucksack
- Earplugs (particularly if you are not the one snoring!)

- Repair kit - (eg. Pocket knife, needle, thread, duct tape etc.)
- Camera
- Travel Clothes (can be left at your hotel)
- Travel Shoes (can be left at your hotel)
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes

Mountaineering Boots: Recommended boots should be comfortable, warm and sufficiently stiff to take a crampon securely. A B2 boot will be suitable, but NOT a B1. Plastic B3 boots are also not appropriate for this trip.

Crampons: Modern strap on crampons are perfectly acceptable for this trek and will fit any boot. All crampons MUST be fitted with anti-balling plates. Grivel Crampons - G10 or G12 with a strap system are excellent and they come fitted with anti-balling plates. Aluminium crampons are not suitable for this trip (they are not strong enough over mixed terrain).

Equipment hire: Equipment marked with a *can be hired from KE. This can be reserved when you book your trip or closer to your departure but we advise booking hire equipment as soon as possible to ensure availability - equipment hire must be booked through the KE office prior to your departure. Any hired equipment will be collected on arrival from your guide, we do not hire mountaineering boots, but there are several shops in Chamonix renting boots that are suitable for this trip.

Sleeping bags are NOT required as bedding and hut shoes/slippers are provided at mountain refuges. However, you should bring a sheet sleeping bag.

Needle Sports (specialist mountaineering equipment shop)

Needle Sports is the English Lake District's foremost specialist climbing shop supplying mountaineering, rock, ice, alpine and expedition equipment worldwide. Internationally recognised as among the very best of the UK's top technical climbing gear retailers. They have a good range of equipment appropriate for this trip and offer knowledgeable advice both on their website and in store. View >>http://www.needlesports.com/

Land Only Information

We sell this holiday on a Land Only basis and recommend that you book your flights to Geneva Airport which is approximately an hour's drive from Chamonix and three hours by train from Zermatt. Please refer to the 'Joining arrangements and transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

If flying from the UK there are a number of low cost airlines offering flights to Geneva. These include Easyjet who have flights from London, Manchester, Liverpool, Bristol, Edinburgh & Glasgow. Other airports may be available.

If you would prefer to book a 'flight inclusive package' using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

Why Choose KE

Why KE

Climb to the true summit of Monte Rosa - the Dufourspitze, at 4634m - with our excellent itinerary, carefully crafted to allow for the best acclimatisation and hone your mountaineering skills. This trip is also perfect for Private Groups - if your preferred departure date is sold out do just let us know, as we might be able to add another one on for you.FREE equipment hire worth £100 is available for this holiday

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change