

MOUNTAINEERING

MONTE ROSA 3 DAYS: MARGHERITA AND 4000 LYS

High-altitude mountaineering 1:3 with
overnight at Margherita and 4000-meter peaks
of the Lys sector



ITALY



Three days of mountaineering on Monte Rosa to reach Capanna Margherita and move with margin over some of the most accessible 4000-meter peaks of the Lys sector. A serious high-altitude, glacier, and learning journey.

RECOMMENDED MONTHS

JUNE, JULY, AUGUST, SEPTEMBER



PRICES

From 1.350€ /person

Group discounts





Highlights

- OVERNIGHT AT CAPANNA MARGHERITA, HIGHEST REFUGE IN EUROPE
- QUICK ACCESS VIA PUNTA INDREN, ALREADY IN HIGH MOUNTAIN
- PREMIUM 1:3 RATIO TO PROGRESS WITH MORE MARGIN
- VARIANTS ON VINCENT, LUDWIGSHÖHE, PARROT, AND ZUMSTEIN

Private group

100% customizable

From (People)	Category	Availability	Days	Price per pers.
3	Standard	06/01/2026 11:00:00 AM - 09/06/2026 12:00:00 PM	3	1.350€
2	Standard	09/06/2026 11:00:00 AM	3	1.750€

Travel with your family or group of friends.

*Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com

Open group

Share the experience with other travelers

Trip Details	Dates	N° days	Avail. spots	Price per pers.
✘ No open groups available, only private groups				

*Check availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com



Includes

- Guided mountaineering program with a maximum ratio of 1 UIAGM guide per 3 clients, possibility of 1:2 for bigger challenges in the area.
- 1 night at Rifugio Città di Mantova on half board.
- 1 night at Capanna Regina Margherita on half board.
- All guide expenses (food, refuges, and extras).
- Booking management service for refuges.
- Technical and equipment advice.

Not included

- Transport to the starting point
- Personal climbing equipment
- Travel/cancellation insurance: optional, but recommended (we can arrange them)
- Rescue insurance: mandatory (we can arrange it)
- Tips (optional)
- Everything not described in the "INCLUDED" section.



Itinerary

DAY 1: STAFFAL / PUNTA INDREN / RIFUGIO CITTÀ DI MANTOVA

The program begins in Staffal at noon with a meeting with the guide, equipment check, and safety briefing before taking lifts up to Punta Indren, the great gateway to the glacier. From there, the alpine progression towards Rifugio Città di Mantova begins, in a short but very useful approach to adapt to altitude, adjust crampons, check equipment, and review rope dynamics.

Accommodation: Rifugio Città di Mantova

Meals: Dinner

DAY 2: MANTOVA / PUNTA GNIFETTI / CAPANNA MARGHERITA

Early morning departure from Mantova to face the key day of the trip. The itinerary ascends the glacier of the Lys sector and passes several of the most emblematic summits of the massif to reach Punta Gnifetti and Capanna Regina Margherita, at 4,554 m. It is a serious day because of altitude, length, and pace management. If the group is strong, homogeneous, and the conditions are good, the variant to the shoulder of Punta Zumstein can be considered.

Accommodation: Capanna Regina Margherita

Meals: Breakfast + Dinner

DAY 3: MARGHERITA / COMPLEMENTARY SUMMITS / DESCENT TO STAFFAL

The last day is designed with real flexibility to take advantage of the margin that the 1:3 ratio provides. After leaving Margherita, the guide will assess weather, track conditions, fatigue, and group homogeneity to decide the most logical combination: direct descent or linking compatible summits in the sector such as Vincent or Ludwigshöhe, and in very strong groups Parrot or Zumstein's shoulder. Then we return to Punta Indren and descend by lift to Staffal.

Meals: Breakfast

Payment and cancellation policy

Initial Reservation: To secure your place, an initial payment of 30% of the total trip amount is required at the time of booking.

Final Payment: The remaining amount, equivalent to 70% of the total, must be paid no later than 60 days before the departure date.

Extras: Additional trip costs, such as insurance, flights, or other optional services, must be fully paid at the time of booking.

Cancellation insurance: The client may contract cancellation insurance to obtain the refund of the total amount paid (according to its conditions).

The end customer may cancel the contracted trip, having the right to a refund of the amounts paid, except for the penalties indicated, but must also pay the Agency the amounts indicated below once the trip is confirmed. If the trip is not carried out due to not reaching the minimum required places, the client may keep the credit for future trips or request a full refund of the reservation.

Cancellation Policy 3:**FULL REFUND UP TO 24H AFTER PURCHASE**

- Up to 60 days before the trip a 100% refund of the trip amount.
- Up to 45 days before the trip 50% refund of the trip amount.
- For periods shorter than those described in the cancellation policy, the amount already paid will not be refunded.

*Management fees of €250 apply.

*Cancellation fees for already issued reservations will not be refunded. If there are other non-refundable expenses already issued, these will also not be refunded and will be deducted from the amount to be paid.

*The cancellation cost of issued flights is 100% of the amount.

Equipment list

FUNCTIONAL CLOTHING:

- Gore-Tex jacket or waterproof and breathable jacket
- Waterproof pants for rain
- Warm jacket: down jacket or, preferably, primaloft (as they can withstand water)
- Light fleece
- Short-sleeved quick-drying shirts
- Elastic pants, slightly thicker, for colder days or nights
- Trekking-type pants
- Thermal pants and shirt set
- Underwear and spare clothes

CLIMBING GEAR:

- Crampons
- Climbing harness
- 3 safety carabiners
- 1 120 cm sling
- Ice axe between 55 and 66 cm long
- Climbing helmet
- If you do not have personal climbing gear, you can rent it in Chamonix. Check out this rental shop.

HEAD:

- Light running cap
- Wool hat
- Neck gaiter
- Ski mask

HANDS:

- Thin fleece gloves
- Leather gloves
- Thermal gloves or mittens with high resistance

FEET:

- 2 pairs of merino ski socks: 1 thin and 1 thick
- Light trail shoes or hiking boots (what you normally wear in the mountains) Mountaineering boots
- Gaiters (only if your boots do not have integrated ones)

BACKPACKS:

- 30-liter mountain backpack
- Small travel bag (for documents and wallet)

REFUGE MATERIAL:

- Silk sleeping bag (mandatory in all refuges)
- Earplugs

ACCESSORIES:

- Headlamp and spare battery or batteries
- Sunscreen, lip balm, and after sun

FOOD / DRINK:

- Water bottle or thermos, minimum 1 liter. If you choose a Camelbak-type bag, keep in mind that the tube can freeze, so it is advisable to carry an auxiliary bottle
- Snacks, nuts, gels, hydration, and enough energy bars, protein bars, mixed nuts, magnesium tablets, and recovery supplements

TRAVEL GEAR:

- Casual clothes
- ID or passport, visa, cash, insurance documents, vaccination card
- Microfiber towel
- First aid kit and medication
- Thermal blanket
- Mobile phone and watch with route tracking
- Power bank, camera, charging cables, earphones, selfie stick...

FAQs

What technical and physical level is needed?

It is an introductory-progression mountaineering trip at 4,000 m, not an easy activity. You must arrive very well trained, be able to maintain a continuous pace on snow and glacier, and tolerate long days at altitude. The required technique is moderate, but altitude makes the program much tougher.

Is it suitable if you have little previous alpine experience?

Yes, it can fit if you have little specific experience in the Alps, but only if you arrive in very good physical condition and accept a serious high mountain environment. The 3-day format allows adjusting gear, reviewing basic maneuvers, and progressing with better quality, but it is not designed for beginners without a base.

What is the main goal of the program?

The basic and marketable goal of the trip is to sleep in Mantova, ascend to Punta Gnifetti, and spend the night at Capanna Regina Margherita. That is the backbone of the program. The other summits of the sector are proposed as compatible variants, never as a closed promise for all groups.

Which complementary summits can be added to the itinerary?

The cleanest options within the 1:3 format are Pyramide Vincent and Ludwigshöhe. Punta Parrot requires a more homogeneous group due to its more aerial character, and Punta Zumstein is reserved as a high variant for strong groups, well acclimatized and with favorable conditions.

Why is this trip proposed in a 1:3 ratio?

The maximum ratio of 1 UIAGM guide per 3 participants provides more safety margin, better pace management, and a more educational glacier experience. In this sector of Monte Rosa it does not feel forced because it fits well with the reasonable block of objectives and allows better adaptation of the trip to the actual group.

Can the program be done in a 1:2 or 1:1 ratio?

Yes. If you seek a more personalized experience, a still more adapted pace, or want to plan for objectives with greater commitment, the program can also be organized in 1:2 or 1:1 ratios. A supplement on the base price applies for ratios lower than 1:3. For more serious objectives such as Dufourspitze, the format must be planned at 1:1.

Where does the trip start?

The main proposed meeting point is Staffal, in the Gressoney valley, because it allows operating the program in a well-rounded way and ideally closing it in the same place. Alagna can also work as an alternative access if it is more convenient for the group or arrival logistics. Logistically, Staffal is an easy road access and is about 1h 30 min from Turin and around 2 hours from Chamonix, which facilitates arrival quite a bit from both sides of the massif.

What is the first day of the program like?

The first day combines logistics and get-in-shape. You take lifts up to Punta Indren, already at 3,275 m, and from there make the approach to Rifugio Città di Mantova. The day serves to enter the glacier environment, check equipment, adjust crampons, test rhythm, and leave everything prepared for the tough day.

What is the ascent day to Margherita like?

The second day starts early and concentrates the greatest demand of the trip. It is not notable for hard technical difficulty, but for altitude, length, and efficiency on glacier. You must manage pace, hydration, and effort well to arrive with margin at Punta Gnifetti and sleep at Margherita.

What are the accommodations like during the route?

The program relies on two high mountain refuges. The first night is at Rifugio Città di Mantova, at 3,498 m, and the second at Capanna Regina Margherita, at 4,554 m. Sleeping so high is part of the great appeal of the trip, but also of its real demand and toughness.

What meal plan does the program include?

In refuges the correct proposal is half board. That means dinner and breakfast both in Mantova and Margherita, without promising a fixed menu, as it can vary depending on date, supply, and refuge. For activity days it is advisable to have packed meals and personal snacks.

Is altitude really an important factor in this trip?

Yes, altitude is probably the element that most conditions the experience. You may be technically fine and still feel a lot going above 3,500 m, especially sleeping in Margherita at 4,554 m. That is why it is a trip for very fit people with realistic expectations.

What happens if conditions do not allow complementary summits?

Summit variants are not fixed before departure, but decided on site. The guide will assess weather, track condition, fatigue, group homogeneity, and acclimatization to choose the safest and most coherent option. The value of the program lies precisely in that well-managed flexibility.



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