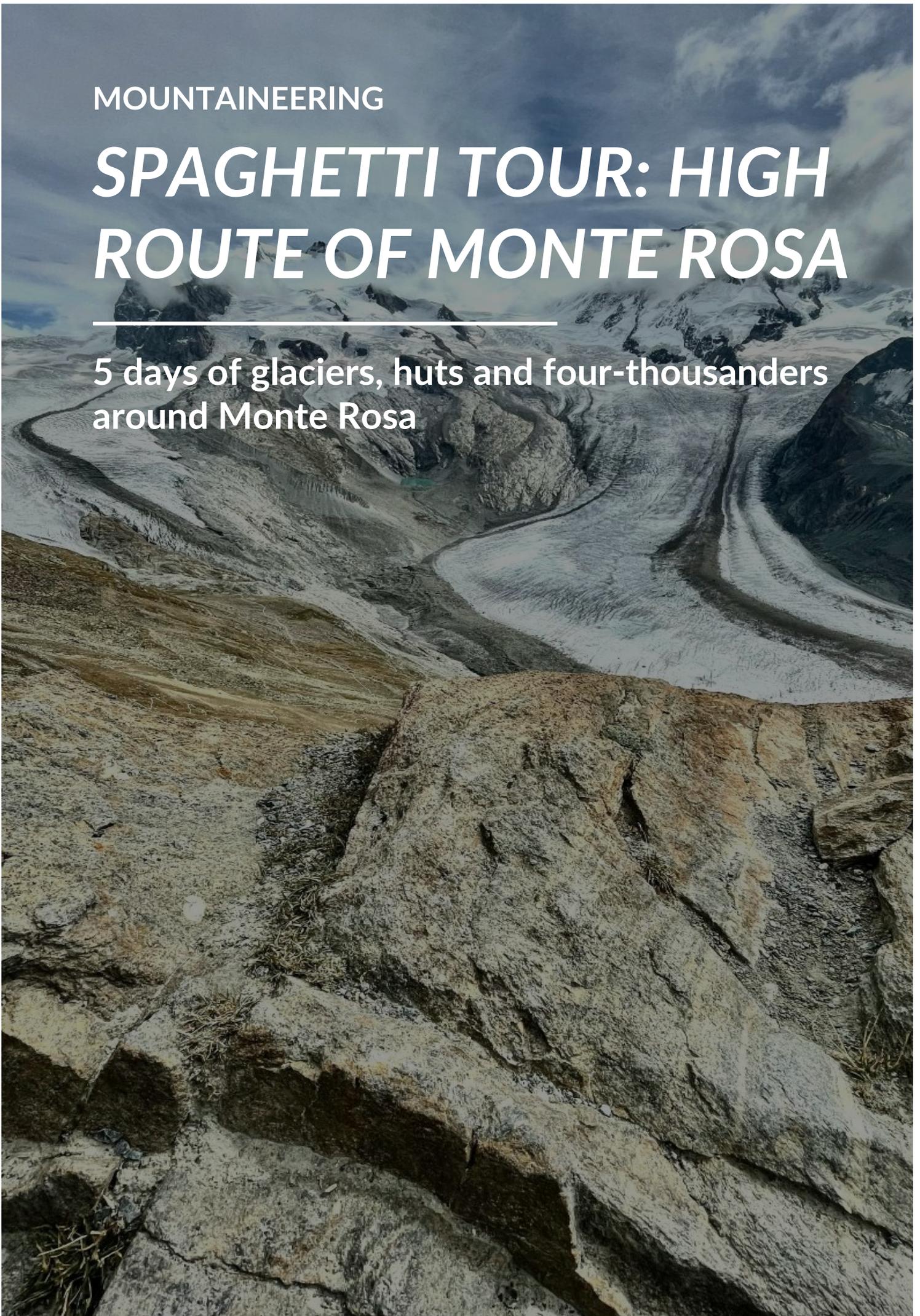


MOUNTAINEERING

# *SPAGHETTI TOUR: HIGH ROUTE OF MONTE ROSA*

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5 days of glaciers, huts and four-thousanders  
around Monte Rosa



# ITALY



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5-day, 4-night alpine traverse around Monte Rosa from Zermatt, linking glaciers, Italian huts, and up to 11 four-thousanders. A serious, elegant, and very complete route for mountaineers experienced in glacier terrain.

## RECOMMENDED MONTHS

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JUNE, JULY, AUGUST, SEPTEMBER



## PRICES

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**From 2.350€ /person**

Group discounts





# *Highlights*

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- UP TO 11 SUMMITS OVER 4,000 M
- NIGHT AT CAPANNA REGINA MARGHERITA
- CLASSIC TRAVERSE STARTING AND ENDING IN ZERMATT
- GLACIERS, RIDGES AND HISTORIC ITALIAN HUTS.

# Private group

100% customizable

From (People)	Category	Availability	Days	Price per pers.
3	Standard	06/01/2026 03:00:00 PM - 09/06/2026 04:00:00 PM	5	2.350€
2	Standard	06/01/2026 03:00:00 PM - 09/06/2026 04:00:00 PM	5	2.995€

Travel with your family or group of friends.

\*Confirm availability at [info@b4experience.com](mailto:info@b4experience.com) / +34 613 03 77 00 / [www.b4experience.com](http://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](mailto:info@b4experience.com) / +34 613 03 77 00 / [www.b4experience.com](http://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.
- 4 nights in huts on half board.
- All guide expenses (food, huts and extras).
- Booking management service for huts.
- Technical advice and equipment.

## ***Not included***

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





# Itinerary

## DAY 1: ZERMATT, KLEIN MATTERHORN AND BREITHORN

Meeting in Zermatt and ascent by cable car to Klein Matterhorn / Matterhorn Glacier Paradise. From here the traverse begins with the ascent to the western Breithorn, an ideal summit to enter rhythm and check sensations at altitude. Then the route descends towards the Guide Val d'Ayas Refuge, first night in refuge and strategic base for the Pollux and Castor block.

**Accommodation: Guide Val d'Ayas Refuge**

**Meals: Breakfast + Dinner**

## DAY 2: POLLUX AND CASTOR, FIRST BIG RIDGE DAY

From Guide Val d'Ayas, the traverse enters more alpine terrain aiming to link Pollux and Castor, always depending on conditions and group pace. Pollux requires confident glacier travel and passing an equipped rocky section. Castor adds a very aesthetic snow ridge before completing the day at the Quintino Sella Refuge.

**Accommodation: Quintino Sella Refuge**

**Meals: Breakfast + Dinner**

## DAY 3: NOSE OF LYSKAMM, BALMENHORN AND VINCENT PYRAMID

The third day usually marks the key point of the route. The Nose of Lyskamm features glacier, mixed slope and difficulty very dependent on ice and snow conditions. After this section, the itinerary can continue via Balmenhorn and the Vincent Pyramid before losing altitude and resting at the Gnifetti Refuge, well located for the next summit block.

**Accommodation: Gnifetti Refuge**

**Meals: Breakfast + Dinner**

## DAY 4: CORNO NERO, LUDWIGSHÖHE, PARROTSPITZE AND MARGHERITA

Day of high volume and continuous altitude progression. From Gnifetti, the classic route links Corno Nero, Ludwigshöhe, Parrotspitze and finally Signalkuppe / Punta Gnifetti, where the Capanna Regina Margherita is located. More than the isolated difficulty of each step, the management of fatigue, altitude and continuity of a very complete day prevails here.

**Accommodation: Capanna Regina Margherita**

**Meals: Breakfast + Dinner**

## **DAY 5: ZUMSTEINSPITZE AND FINAL DESCENT TO ZERMATT**

The last day starts very high, with the logical ascent to the Zumsteinspitze antepiece to close the traverse still at altitude. Then the great descent over glaciers begins towards the Monte Rosa Hut area and Rotenboden, where the Gornergrat train is taken back to Zermatt. It is a long, glacial and physically demanding finish until the last section.

**Meals: Breakfast.**

***Payment and cancellation policy***

**Initial Deposit:** To secure your place, an initial payment of 30% of the total trip price 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.

**Add-ons:** 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 take out a trip cancellation insurance policy to obtain reimbursement of the full amount paid (according to its conditions).

The end user may cancel the booked trip, having the right to a refund of the amounts paid, except the penalties indicated, but must also pay the Agency the amounts specified below once the trip is confirmed. If the trip does not take place due to not reaching the minimum necessary places, the client can keep the credit for future trips or request a full refund of the booking.

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

- Up to 60 days before the trip, 100% refund of the trip price.
- Up to 45 days before the trip, 50% refund of the trip price.
- For deadlines shorter than those described in the cancellation policy, no refund of the amount already paid will be made.

\*A handling fee of €250 applies.

\*No cancellation fees will be refunded for already issued reservations. 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
- Waterproof rain pants
- Warm jacket: down jacket or preferably primaloft (as they can withstand water)
- Light fleece
- Quick-drying short-sleeve shirts
- Slightly thicker elastic pants for colder days or nights
- Trekking-style pants
- Thermal pants and shirt set
- Underwear and change of clothes

### CLIMBING GEAR:

- Crampons
- Climbing harness
- 3 safety carabiners
- 1 120 cm sling
- Ice axe between 55 and 66 cm in length
- Climbing helmet
- If you don't 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 highly resistant mittens

### FEET:

- 2 pairs of merino ski socks: 1 thin and 1 thick
- Light trail runners or hiking boots (what you normally use in the mountains) Mountaineering boots
- Gaiters (only if your boots don't have integrated gaiters)

### BACKPACKS:

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

### HUT EQUIPMENT:

- Silk sleeping bag (required in all huts)
- Earplugs

### ACCESSORIES:

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

### FOOD / DRINK:

- Water bottle or thermos, minimum 1 liter. If choosing a Camelbak-style bag, note the tube can freeze, so an auxiliary bottle is recommended
- Snacks, nuts, gels, hydration and enough energy bars, protein bars, mixed nuts, magnesium tablets and recovery supplements

### TRAVEL GEAR:

- Casual clothing
- 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
- Powerbank, camera, charging cables, headphones, selfie stick...

# FAQs

## **What technical and physical level is needed?**

You should arrive with a very good aerobic base, tolerance to altitude and real skill with crampons, ice axe, and roped progression. Being generally fit is not enough: this is a trip for advanced mountaineers or, at least, for people already comfortable on glacier and exposed alpine terrain.

## **What exactly is the Spaghetti Tour and how long does it last?**

It is a 5-day, 4-night alpine traverse around the Monte Rosa massif, starting and ending in Zermatt. In its classic version it links glaciers, cols, Italian huts and a long collection of summits over 4,000 meters within one guided project.

## **Is it an introductory alpine activity?**

No. Although it is not an extreme climb, it is not a simple glacier hike either. The route includes roped travel, crevasse management, snow ridges, mixed terrain and long days at altitude. If you are looking for a first alpine experience, this is not the most suitable format to start.

## **How many summits over 4,000 m can you do?**

If conditions are favorable, acclimatization is good and the group pace is maintained, the route can reach up to 11 summits over 4,000 meters. Even so, you must understand it as a possible maximum and not a fixed promise, because the mountain dictates each day's conditions.

## **Are all the planned summits guaranteed?**

No. On this trip, you don't buy a fixed list of peaks, but a guided traverse subject to weather, ice and snow condition, acclimatization and real group level. If the guide considers conditions inappropriate, the itinerary must be adapted to prioritize safety and continuity.

## **Do you need prior acclimatization to truly enjoy it?**

Yes, it is highly recommended. During the traverse, you sleep high from the first day and spend a night at 4,554 m at the Capanna Regina Margherita. The better acclimatized or the more prior experience you have at altitude, the more options you have to enjoy the route with good sensations and regularity.

## **Is it mandatory to carry rescue or evacuation insurance?**

You must come with specific accident and evacuation insurance for high mountains. On a route of this type, with glaciers, crevasses and complex alpine logistics, we do not treat this coverage as optional. It is an essential part of the trip and should be reviewed in detail before booking.

## **What type of accommodation will you have during the traverse?**

The planned sequence relies on high mountain huts: Guide Val d'Ayas, Quintino Sella, Gnifetti, and Capanna Regina Margherita. It is a fully alpine format, designed to give route continuity and sleep at great altitude, not a classic comfort valley trip.

**What meal plan does the trip have?**

The planned hut sequence works on a half-board basis, meaning breakfast and dinner are included in the huts. This is the usual format within the planned traverse.

**How do you get to the starting point and what is the nearest airport?**

The most coherent meeting point is Zermatt, at the Matterhorn Express base station. If you arrive by car, you can only go as far as Täsch and from there continue by shuttle train or taxi.

**What guide-to-client ratio does this proposal have?**

The proposal is planned with a maximum of 1 UIAGM guide for every 3 clients. It is a very balanced format to maintain good group management, better control pace on glacier, and manage safety with higher quality on a traverse combining altitude, continuity and variable technical steps.

**Can the traverse be done in ratio 1:2 or 1:1?**

Yes. The base proposal works with a maximum of 1 guide per 3 clients, but can also be planned in ratio 1:2 or 1:1 if you seek a more personalized experience or want to aim for more technical optional summits requiring more individual management. A supplement applies for ratios below 1:3.

**What are the most technical steps of the route?**

Although the entire trip requires experience, Pollux and the Nose of Lyskamm usually concentrate the most technical attention. Pollux combines glacier, crevasse management and an equipped rocky section. The Nose of Lyskamm adds mixed slope and difficulty very conditioned by ice and snow state.

**What if the Nose of Lyskamm or the weather doesn't allow following the ideal plan?**

The itinerary must be adaptable. Several comparable Spaghetti Tour proposals already consider lighter alternatives when conditions do not allow maintaining the full line. Here the guide's judgment is decisive and priority is given to preserving the logic of the traverse without forcing a compromised step.

**Do you sleep very high during the trip?**

Yes. That is one of the factors that most conditions the total effort. You spend several nights between approximately 3,400 m and 4,554 m, with early starts, roped stages and limited recovery. Therefore, the physical key is not a single hard day, but sustained accumulation over five consecutive days.

**What is the last day of the traverse like?**

The final stage is not a simple comfortable return to the valley. It still starts high with the Zumsteinspitze and continues with a long glacier descent toward Monte Rosa Hut area and Rotenboden. It is a serious, physically demanding day requiring technical attention almost until the end.

**Which lifts are involved in the route logistics?**

The traverse logically starts from the Matterhorn Express to Klein Matterhorn / Matterhorn Glacier Paradise. The natural end of the program is planned returning via Rotenboden and taking the Gornergrat Bahn to Zermatt. Both are included in the trip price.

**What makes this route special compared to other isolated four-thousanders?**

Here you don't just come to climb a single mountain, but to complete a full alpine narrative. You link summits, glaciers, historic huts and a night in Margherita within one continuous thread. That continuity, together with the Monte Rosa atmosphere, is what makes the Spaghetti Tour such an iconic traverse.



## **Contact**

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