

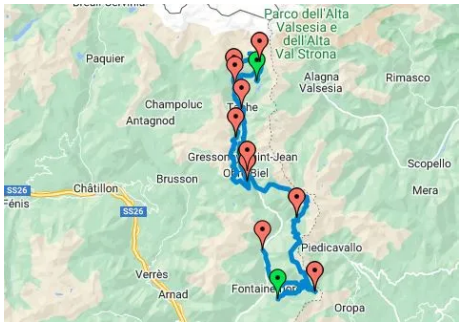
SPRING & AUTUMN MOUNTAIN

type :	Self-Guided Hiking Tours
level :	
duration :	8 days
period:	Jun Jul Aug Sep
code:	ITSW430

The Lys Way, to Monte Rosa - Italy

The Lys Way, to Monte Rosa

8 days, PRICE FROM *€ 1284*



The **Lys Valley walking holiday to Monte Rosa** follows the longest valley in the Aosta Valley, a wild alpine route shaped by mountain villages, Walser heritage, and dramatic views of the Monte Rosa massif.

Exploring the valley to the north means discovering enchanted places and ancient villages, from the terraces of **Fontainemore to the Monte Mars Natural Reserve**. Here, everything speaks of wild nature and the influence of the Walser, a Germanic population that arrived in this area more than eight centuries ago.

This is a beautiful self-guided hiking tour, perfect for discovering **the soul of Monte Rosa** and ideal for travelers with good mountain walking experience.

Route

Day 1 Arrive in Fontainemore

Here in Fontainemore, a short driving distance from Pont Saint Martin, you can park your car in the public car park or, if you came by train, a transfer will pick you up at Pont Saint Martin train station to take you to the **Agriturismo Le Soleil**: here you can start enjoying the Lys valley crispy air and wander around the forest or just relax at the Agriturismo, where the **locally made goat cheese** is ready for you to taste.

Day 2 From Le Soleil to La Barma Hut, 8,5 km

After breakfast, get ready for the 1st mountain walk of this trip, leading to the **Mars mountain** - separating Piedmont (East) from the Aosta Valley (West). Remember to bring a change of “confy” clothes and your belongings, since luggage transport is not possible today and you will find your suitcase tomorrow.

The route starts ascending through the forest and fields, before **immersing in the wilderness** of mountain lakes and peaks; try to spot the mountain hut in the granite valley! If you have some energy left and you want to walk more in the afternoon, your Rifugista will explain the several options available.

Distance: 8,5 km

Elevation gain: +939/-280 m

Day 3 From La Barma Hut to La Gruba, 16,5 km

If sunset is magic, sunrise is even more colorful here…if you are up this early it means you want to walk the long and wild option through the mountains towards Colle della Vecchia: it’s an adventurous and long hike, so be prepared to spend all day **climbing up and down the valleys**; if you want to take it easy but still have a nice walk in the nature you can opt to traverse and descend to Issime, passing by the numerous little hamlets with typical mountain architecture. From Issime a short transfer takes you to the accommodation.

Distance: 16,5 km

Elevation gain: +1138/-1556 m

Day 4 **From La Gruba to Cialvrina, 14 km**

Today the Vallone del Loo is waiting for you: a gradual and long valley walk, scattered with **typical stone house**s used to keep the animals but also to host the walkers that venture into this beautiful place. Peaceful and quiet you will descend for the 1st time into the Gressoney valley and then climb onto the other side (transfer available) to the next accommodation, with **views of the giant Monte Rosa** (rosa=pink, for the colour of its granite stone).

Distance: 14 km

Elevation gain: +1149/-1083 m

Day 5 **From Cialvrina to Alpenzu Hut, 11 km**

This is also called "**the Monte Rosa stage**", since the Rosa mountain will be guiding us, like the polar star. You pass through many “alpeggi”, where cows and sheep spend the summer and meet the shepherd. The **Walser culture** is especially present in this area: a German nomadic population, they have been living here since the Middle Ages thanks to their ability to farm at altitude; here the architecture and even the dialect is a mirror of their culture, and one of the best examples is the Alpenzu Hut. Ask to visit the **restored social wood oven**. Note that today luggage transfer is not available, so pack accordingly.

Distance: 11 km

Elevation gain: +792/-617 m

Day 6 **From Alpenzu Hut to Orestes Hut, 14,5 km**

Today the stage is moderate, and you will reach the Orestes Hut at 2600m. There are 2 options: One is to take the cable car to Gabiet and walk 1.5 hrs to Orestes hut at 2600m, where you will spend the night. The other option is to walk up the hut without taking the cable car, making it a way tougher day. Note that at the hut they only cook tasty vegetarian and vegan food. Luggage transport is also not available, so pack accordingly.

Distance: 14,5 km

Elevation gain: +1400/-600 m

Day 7 **From Orestes Hut to Anderbatt, 12 km**

Today’s loop walk takes you to the foot of the Pink Giant, Monte Rosa. Here the alpinists start their ascent to the famous Capanna Margherita, named after the queen, at 4500m, or the famous Lyskamm traverse. You will walk up to Colle Salza at 2800m then descend to Staffal/Anderbatt in the Lys valley, with **stunning view of the glacier**; experienced and fit walkers have the chance to hike to “**Alta Luce**”, a panoramic point at nearly 3200m.

Distance: 12 km

Elevation gain: +700/-1500 m

Day 8 **Goodbye Anderbatt!**

The trip and our services end after breakfast, unless you have pre-booked extra nights with us or other extra services. You can take the public bus/private transfer to Fontainemore where you parked your car.

Practical info

Thanks to our special APP, you will be able to follow the track of the whole trip on your mobile phone, with no need for internet. GPS tracks are available on request.

Included

What is included

- 7 Nights in double room with shared bathroom in **/*** mountain huts, B&B and agriturismi with breakfast, packed lunch and dinner
- luggage transportation (Fontainemore-Gruba, Gruba-Cialvrina, Cialvrina-Anderbatt)
- transfer Fontainemore-agriturismo Le Soleil
- maps and detailed description of the itinerary in digital form, app
- Medical and luggage travel insurance
- 24h phone assistance

What is not included

- Transfers to the starting location and from the arriving location of the tour
- lunches and dinners, if not otherwise stated
- visits and entrance fees - tips
- personal expense
- possible sojourn taxes
- everything that is not mentioned in the "What is included" section.

Optional Services

These services can be added to the ones included in the base price of the tour:

- Single room supplement
- cancellation insurance
- Transfers to reach the starting location or to leave the arriving location of the tour, which will be quoted on request.
- travel documentation in printed form (maps and detailed description of the itinerary), shipped to the first hotel