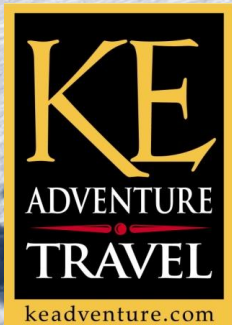


# Italian Summit Climber

Andy French  
15<sup>th</sup> July to 22<sup>nd</sup> July  
2022



Trip code ISC

**Fri 15<sup>th</sup> July 2022.** Overnight National Express bus to Gatwick airport. Easyjet flight to Milan Malpensa. Taxi transfer to [Hotel Nordend](#) in Stafal\*



**Sat 16<sup>th</sup>.** Cable car to Sant' Anna, then to Colle Bettaforca. Hike/scramble to Rifugio Sella (3,585m). Return to Staffal PM and meet team in Hotel Nordend.

**Sun 17<sup>th</sup>.** Cable car to Gabiet. Walk to Lago Gabiet. Walk to [Orestes Hut](#) (2,600m). Ascent of Alta Luce (3,185m).

**Mon 18<sup>th</sup>.** Orestes Hut (2,600m) to [Mantova Hut](#) (3,498m). Glacier skills and afternoon walk past [Rifugio Gnifetti](#) (3,647m).

**Tues 19<sup>th</sup>.** 0430 departure from Mantova Hut. Ascent of Lys glacier to Pyramid Vincent (4,215m), Balmenhorn (4,167m), Ludwigshöhe (4,342m). Descent to Rifugio Gnifetti.

**Weds 20<sup>th</sup>.** *Original plan to ascend Lys glacier to Parrotspitze (4,436m), Corno Nero (4,322m) and [Margarita Hut](#) (4,554m).* However, very hot weather and resulting instability of snow bridges, plus leg injury to AF, resulted in an early descent to Gabiet via Indren cable car station. Optional climb of Telcio (2,833m).

**Thurs 21<sup>st</sup>.** Return to Colle Bettaforca. Rest of team hiked to Rifugio Stella.

**Fri 22<sup>nd</sup>.** Morning walk north along Lys river. Transfer to Malpensa. Fly via Easyjet to Gatwick.



\* This is quite expensive, and ideally should be shared with the whole group. You can do it *much* cheaper via public transport, but will require several trains and buses. (Malpensa, Novara, Pont Saint Martin, Staffal. If your flight is delayed, this might not be a good option as you will arrive in Staffal very tired!)



# The Team

Pavlos  
(Guide)

Luca

Caz

Suzi

Andy





# Sella Hut



# ▶ Videos

# Pyramid Vincent



# Balmenhorn



# Ludwigshöhe



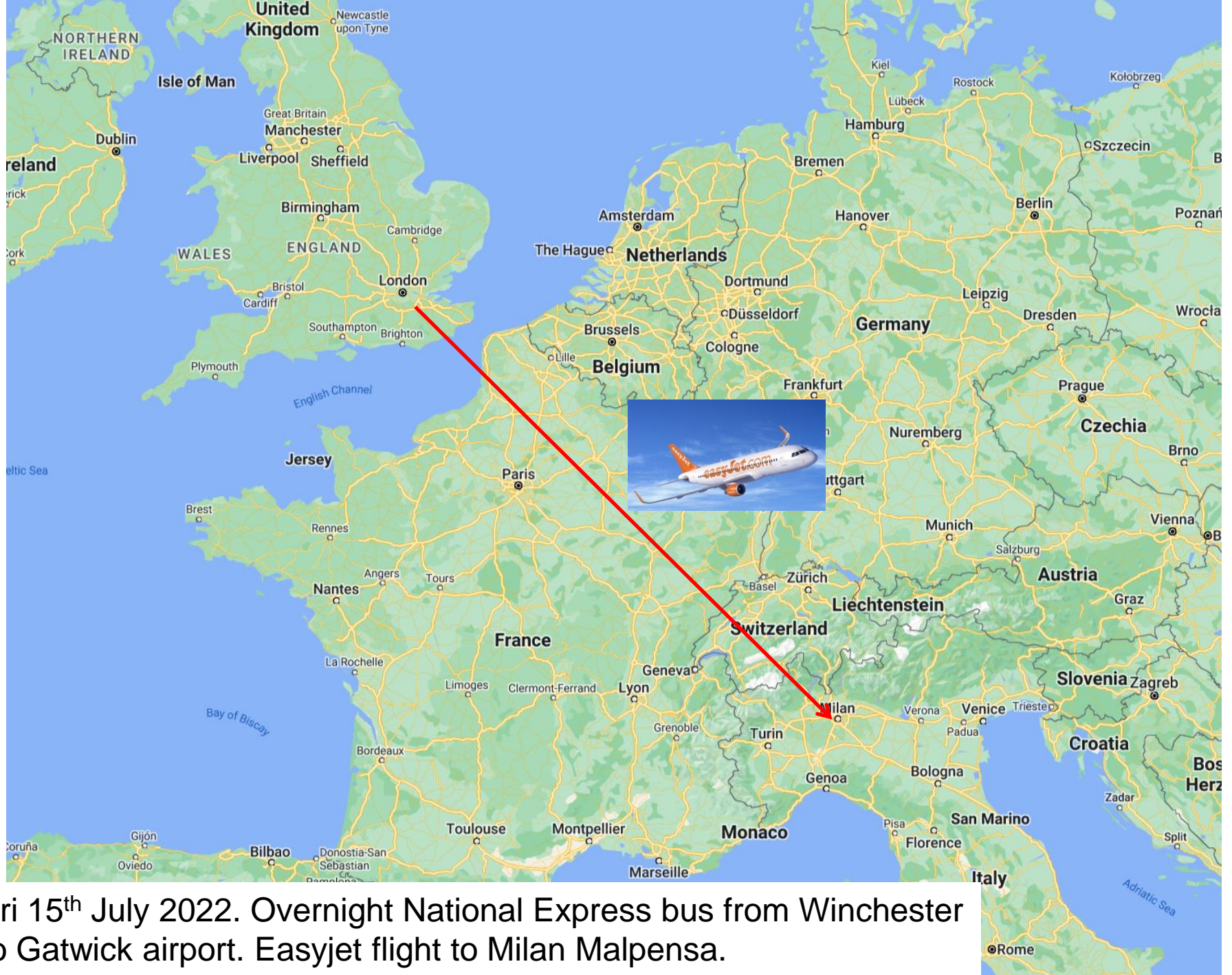
# Colle Bettaforca cable car



# Bettolina Ibex

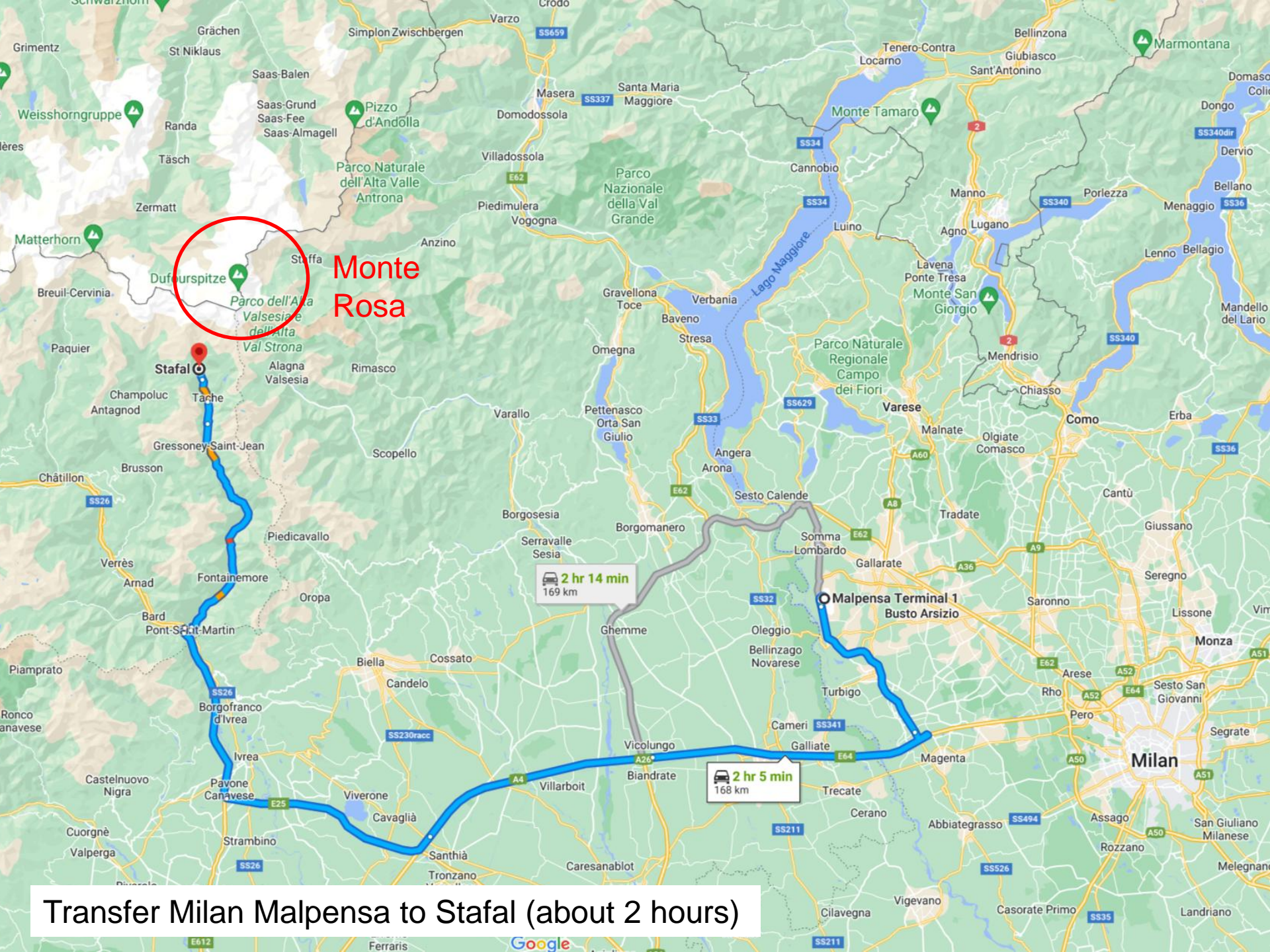






Fri 15<sup>th</sup> July 2022. Overnight National Express bus from Winchester to Gatwick airport. Easyjet flight to Milan Malpensa.





Monte Rosa

2 hr 14 min  
169 km

2 hr 5 min  
168 km

Transfer Milan Malpensa to Stafal (about 2 hours)





POLLUCE  
4094

CASTORE  
4226

LYSKAMM  
OCCIDENTALE  
4477

LYSKAMM  
ORIENTALE  
4532

PUNTA  
DUFOUR  
4633

Balmenhorn, Corno  
Nero, Ludwigshöhe

PUNTA GNIFETTI  
(SIGNALKUPPE)  
Capanna Margherita  
4559

Lys glacier

Rifugio  
Quintino Sella  
3585

PIRAMIDE VINCENT  
4215

K

PUNTA GIORDANI  
4046

J

Capanna Gnifetti  
3611

I

Rifugio Mantova  
3498

H

PUNTA VITTORINA  
3439

Capanna Valsesia  
3212

BETTOLINA  
2904

C

Alta Luce

G

TELICIO  
2833

PUNTA INDREN  
3260

L

Rifugio Calderini  
1836

Orestes Hut

F

M

PASSO DEI SALATI  
2971

CIMALEGNA

BOCCHETTA  
DELLE PISSE

N

COLLE BETTAF  
2727

B

STAF  
TSCHA  
181

A

E

GABIET  
2318

LAGO GABIET

PASSO ZUBE  
2874

PASSO FORIC  
2432

COLLE ROTHORN  
2689

SANT'ANNA  
2180

PIUNTA





BREITHORN  
4165

ROCCIA NERA  
4062

POLLUCE  
4094

CASTORE  
4226

LISKAMM  
4532

DUFOUR  
4633

PUNTA GNIFETTI  
(SIGNALKUPPE)  
Rifugio Regina Margherita  
4559

Rifugio  
Guide d'Ayas  
3425

Rifugio  
Mezzalama  
3036

Rifugio  
Quintino Sella  
3585

Capanna  
Gnifetti  
3647

Rifugio  
Mantova  
3498

PUNTA  
GIORDANI  
4046

Capanna  
Valsesia  
3212

PUNTA  
VITTORIA  
3439



INDREN  
3275

Punta  
Indren  
3260

Passo  
Salati  
2971

BETTOUNA  
2904

TELCIO  
2833

PALON DI  
RESY  
2676

COLLE  
BITTAFORCA  
2727

CIMALEGNA

BOCCHETTA  
DELLE PISSE

ATTENZIONE  
PRECIPIZIO!

Col d'Olen  
2881

PASSO  
ZUBE  
2874

Alpe  
Forca

SAINT-JACQUES  
1669

Resy  
2072

Ciarcerio  
1992

Mont  
Ros  
2457

STAFAL  
TSCHAVAL  
1830

Sant'Anna  
2180

Seehorn  
2390

Lago  
Gabiet

FRACHEY  
1623

Sarezza  
2702

TESTA  
GRIGIA  
3314

Punta  
Jolanda  
2278

CORNO  
BIANCO  
3320

Belvedere  
2303

Ostafaj  
2420

COLLE  
PINTER  
2777

GRESSONEY  
LA-TRINITE'  
1637

WC

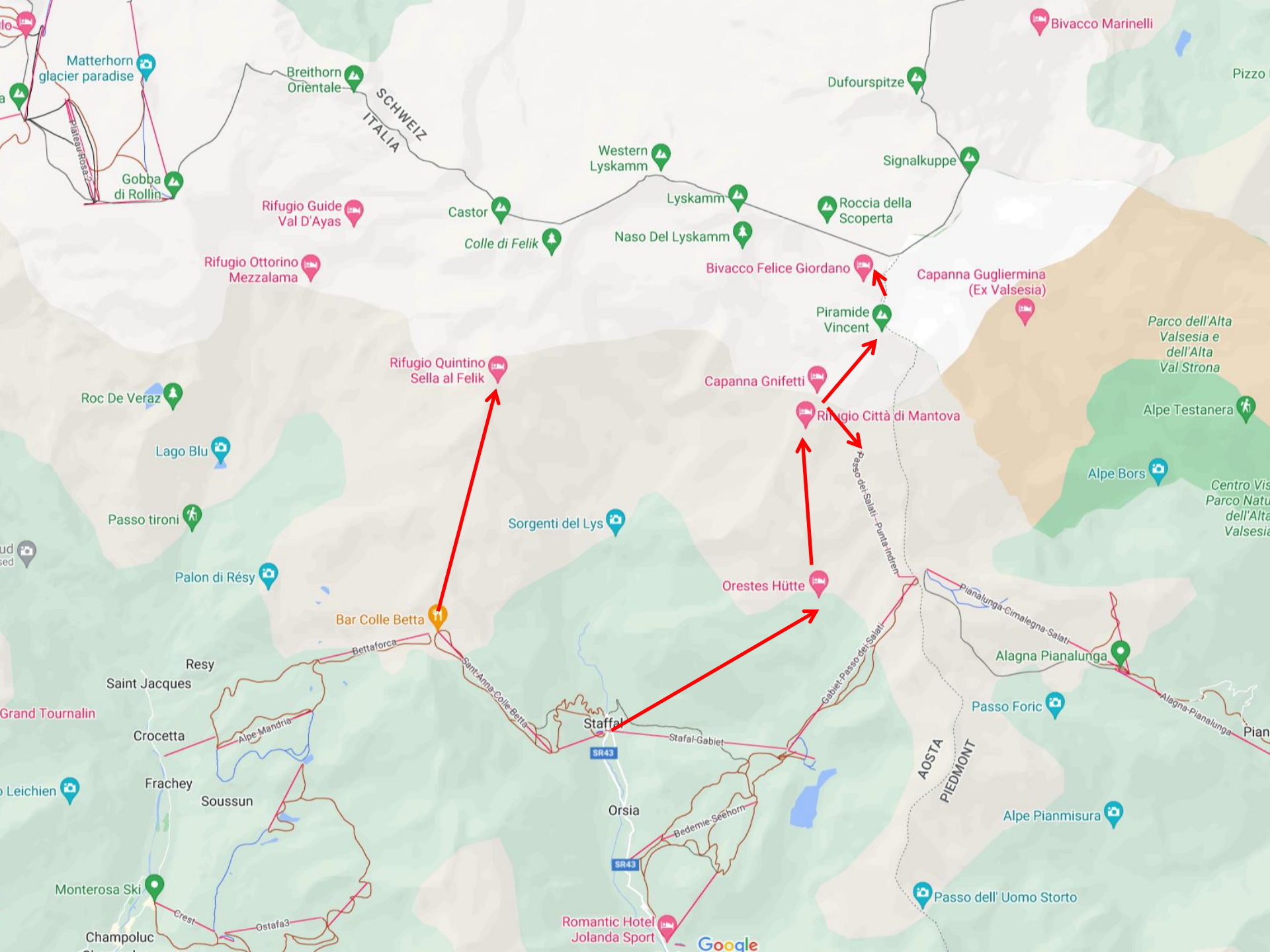
CHAMPOLUC  
1572

COLLE  
PERRIN  
2655

NEW!

NEW!





Matterhorn glacier paradise

Breithorn Orientale  
SCHWEIZ  
ITALIA

Rifugio Guide Val D'Ayas

Rifugio Ottorino Mezzalama

Rifugio Quintino Sella al Felik

Bivacco Felice Giordano

Capanna Gugliermine (Ex Valsesia)

Piramide Vincent

Capanna Gnifetti

Rifugio Città di Mantova

Orestes Hütte

Bar Colle Betta

Staffal

Orsia

Romantic Hotel Jolanda Sport

AOSTA  
PIEDMONT

Google





Monte Rosa Hütte

Jägerhorn

Rifugio Zamboni Zappa

Bivacco Marinelli

Matterhorn glacier paradise

Breithorn Orientale

Dufourspitze

Signaluppe

Gobba di Rollin

Rifugio Guide Val D'Ayas

Castor

Western Lyskamm

Lyskamm

Roccia della Scoperta

Rifugio Ottorino Mezzalama

Colle di Felik

Naso Del Lyskamm

Bivacco Felice Giordano

Capanna Gugliemina (Ex Valsesia)

Roc De Veraz

Rifugio Quintino Sella al Felik

Piramide Vincent

Parco dell'Alta Valsesia e dell'Alta Val Strona

Lago Blu

Capanna Gnifetti

Rifugio Città di Mantova

Passo tironi

Sorgenti del Lys

Alpe Bors

taud closed

Palon di Résy

Orestes Hütte

Bar Colle Beta

Pianlunga-Cimalegna-Salat

Alagna Pianlunga

to Grand Tournalin

Resy

Monterosa Ski - Staffal

Passo Foric

Saint Jacques

Stafal-Gabiet

AOSTA

PIEDMONT

Crocetta

Alpe Mandna

SR43

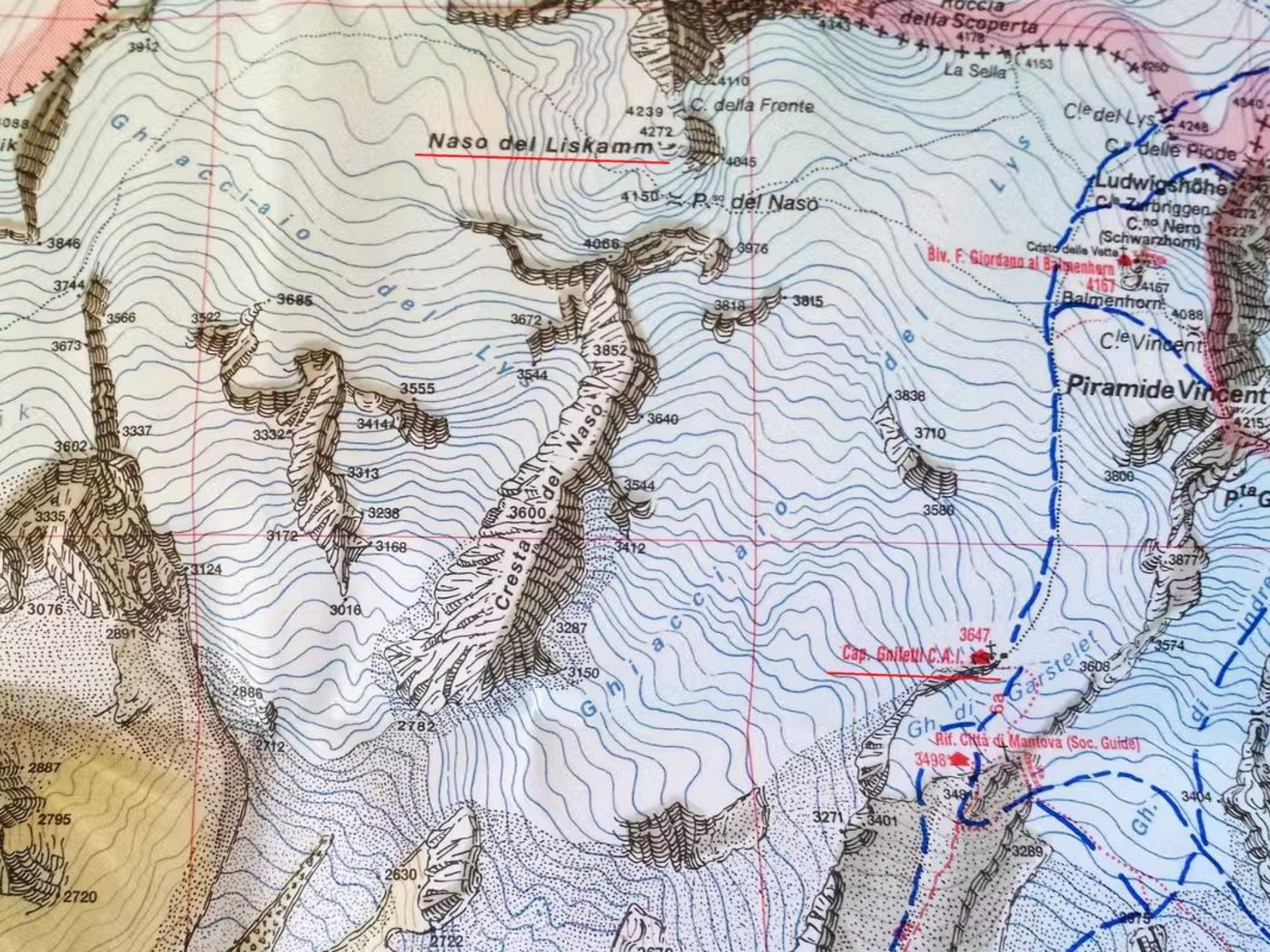
Orsia

Alpe Pianmisura

Lago Leichen

Redemie Seehorn





**Nasos del Liskamm**

**roccia della Scoperta**  
4178  
**La Sella**  
4153

**C.le del Lys**  
4248  
**C. delle Piode**

**Ludwigshöhe**

**C.le Zirbruggen**  
4272  
**C. no Nero (Schwarzhorn)**  
4322

**Biv. F. Giordano al Balmenhorn**  
4167  
**Balmenhorn**  
4088

**C.le Vincent**

**Piramide Vincent**  
4215

**Cap. Gniflet C.A.I.**  
3647

**Rif. Città di Mantova (Soc. Guide)**  
3498

**Cresta del Naso**

**Gh. di Garstelet**

**Gh. di Indre**

**Ghiacciaio del Lys**

**Ghiacciaio del Lys**

**Ghiacciaio del Lys**

**Gh. di Indre**

**088**

**k**

**a**

**076**

**2887**

**2795**

**2720**





Hotel Nordend, Stafal (1,823m)





# Stafal to Colle Betta via cable car





Cable car from Stafal to Gabiet – tomorrow's journey!







Sant' Anna first cable car station from Stafal









Monte Rosa



Colle Bettolina (2,904m)







Colle Bettolina (2,904m)





Colle Bettolina (2,904m)







Exposed ridge to Rifugio Sella











Rifugio Sella (3,585m)









Lyskamm (4,533m)









Monte Bianco (4,809m)

Matterhorn (4,478m)









Airy return to Colle Bettaforca









# Sant' Anna









Lago Gabiet





Alta Luce (3,185m)





Alta Luce (3,185m)









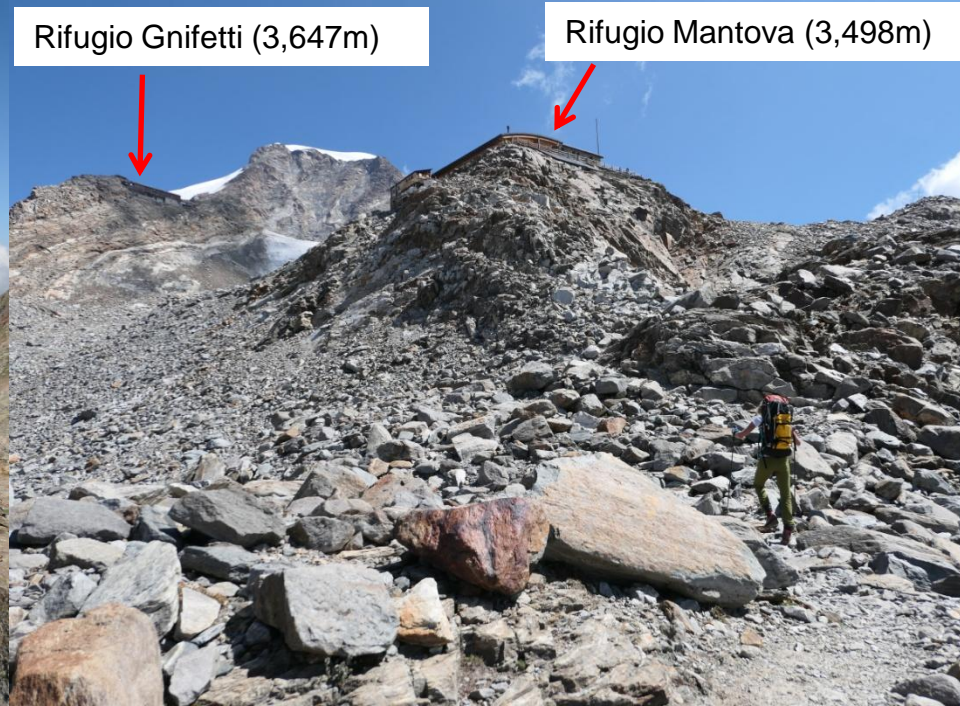


Comfy and airy rooms in the Orestes Hut





# Orestes to Mantova



Rifugio Gnifetti (3,647m)

Rifugio Mantova (3,498m)





Rifugio Mantova (3,498m)











Glacier skills session above Rifugio Mantova





Rifugio Mantova  
(3,498m)



Rifugio Gnifetti  
(3,647m)





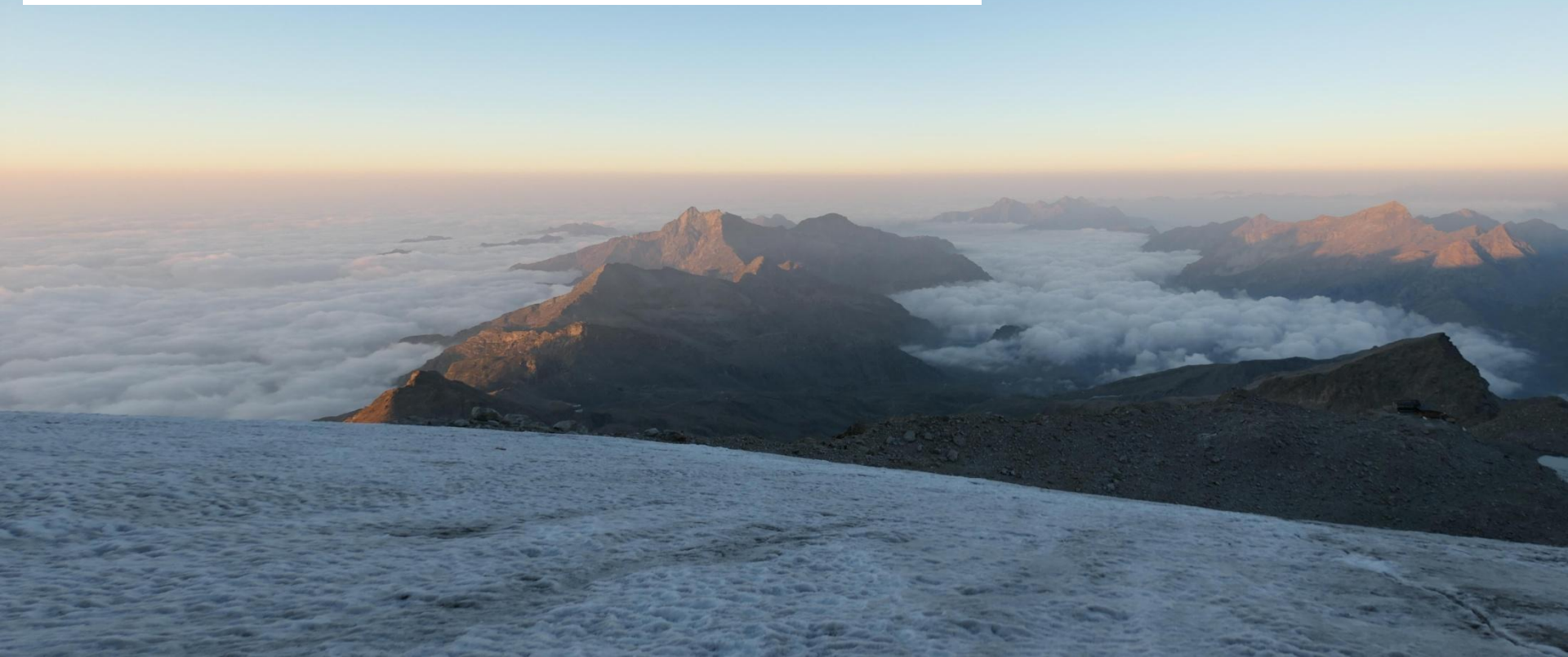
Rifugio Gnifetti  
(3,647m)





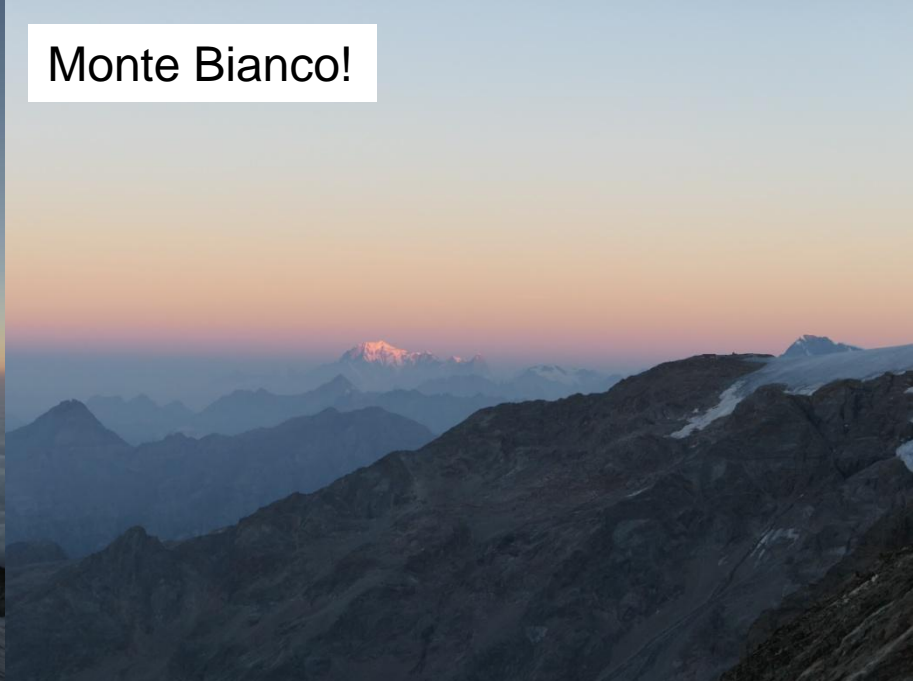


Pre-dawn ascent of Lys glacier from Rifugio Mantova





Monte Bianco!



Rifugio Gnifetti  
(3,647m)





Rifugio Gnifetti  
(3,647m)















Pyramid Vincent (4,215m)

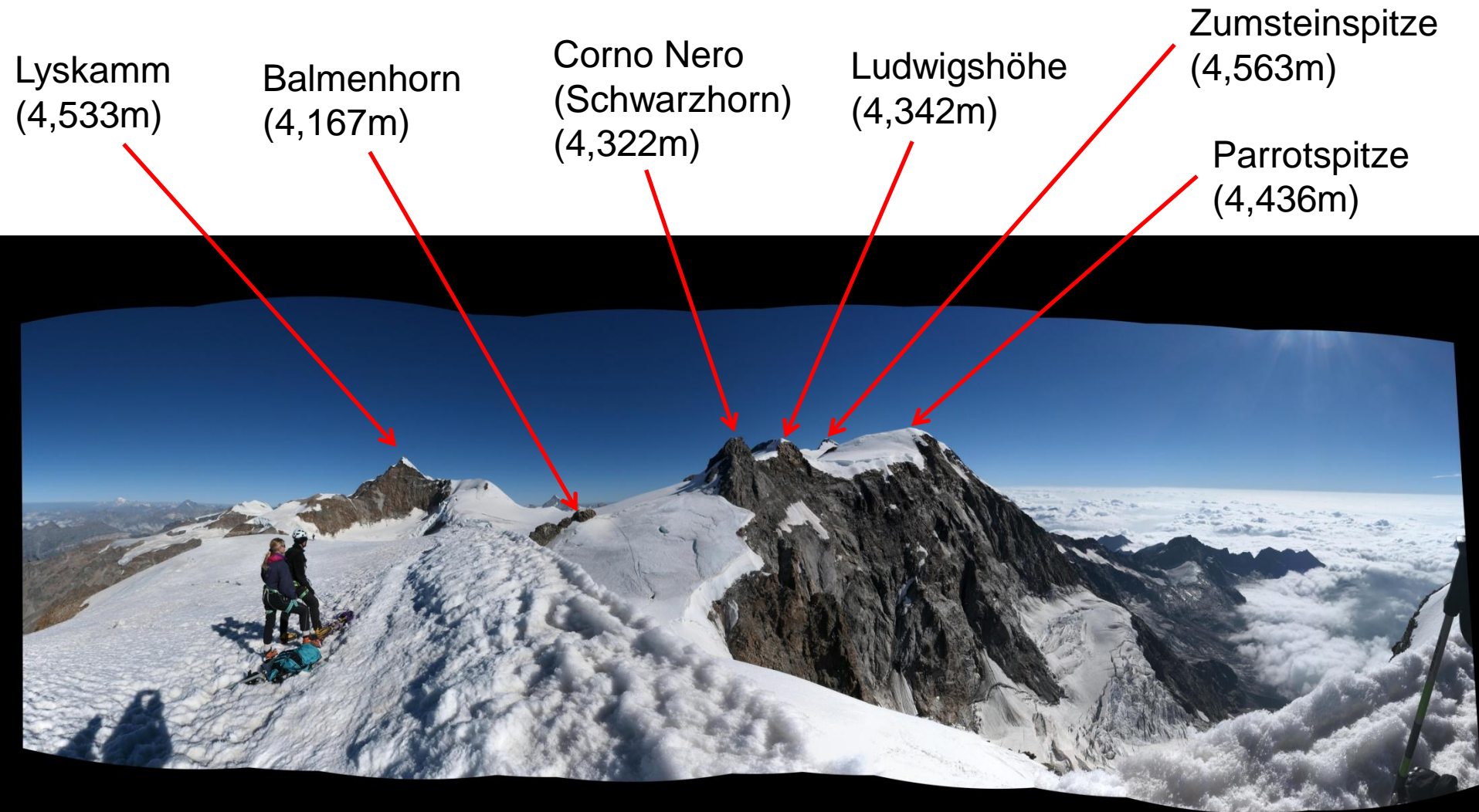




# Pyramid Vincent (4,215m)







Peaks of Monte Rosa, from summit of Pyramid Vincent (4,215m)





Peaks of Monte Rosa, from summit of Pyramid Vincent (4,215m)











Pyramid Vincent (4,215m)





Balmenhorn (4,167m)









# Path to Ludwigshöhe from Balmenhorn





Balmenhorn (4,167m)





Ludwigshöhe  
(4,342m)

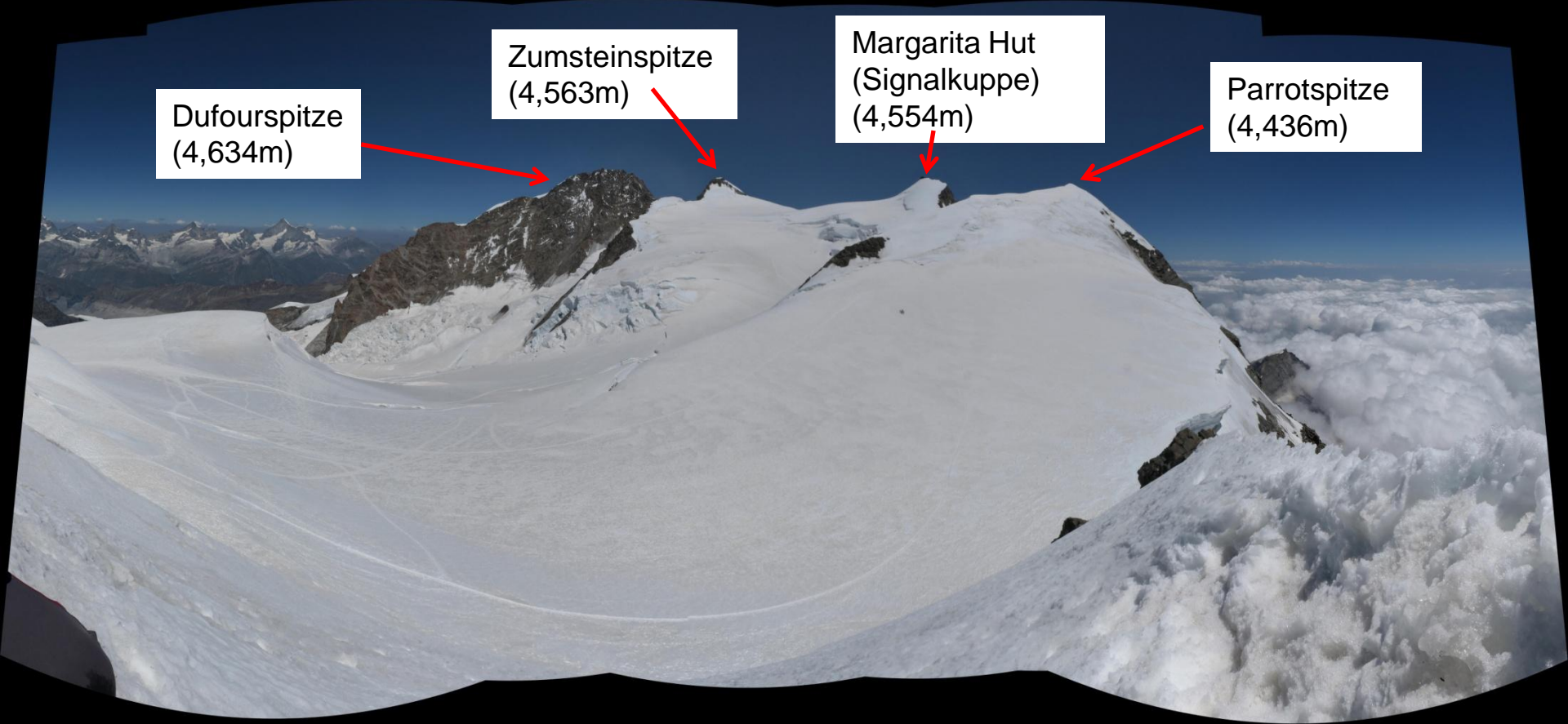






Corno Nero  
(Schwarzhorn)  
(4,322m)

Balmenhorn  
(4,167m)



Dufourspitze  
(4,634m)

Zumsteinspitze  
(4,563m)

Margarita Hut  
(Signalkuppe)  
(4,554m)

Parrotspitze  
(4,436m)



Corno Nero  
(Schwarzhorn)  
(4,322m)

Balmenhorn  
(4,167m)





Corno Nero  
(Schwarzhorn)  
(4,322m)







Ascent to Rifugio Gnifetti





Lys glacier crevasses from Rifugio Gnifetti (3,647m)









Brave (or foolish) mountaineers ascending the Lys glacier







Rifugio Gnifetti (3,647m)







From Rifugio Mantova towards  
the high cable car station at Indren













# Orestes Hut from Indren cable car to Gabiet











*Menù*

PEPERONI IN BAGNACAPODA € 7,00  
 LINGUA AL VERDE € 7,00  
 AFFETTATI MISTI € 9,00  
 AFFETTATI CON FORMAGGIO € 10,00  
 TOMINI ELETTRICI € 6,00  
 PROSCINTO GRANDO AL CENERE € 9,00  
 LARDO E CASTAGNE € 8,00  
 TRIS DI TOMINI € 7,00  
 TAGLIATELLE AL RAGÙ DI CERVO € 9,00  
 PASTA AL POMODORO € 7,50  
 \*MINISTRONE DI VERDURA € 7,50  
 CRESPELLE ALLA VALDOSTANA € 10,00  
 POLENTA CONCIA € 10,00  
 ZUPPA ALLA VALDOSTANA € 10,00

SPEZZATINO CON POLENTA 11,50  
 CARBONADA DI VITELLO CON POLENTA 12,50  
 SALSICCIA IN UMIDO CON POL. 11,50  
 SALSICCIA ALLA GRIGLIA CON POL. 11,50  
 RATA TOUILLE DI VERDURA CON POL. 11,50  
 TOMA CON POL. FONTINON 11,50  
 GORGONZOLA CON POL. 9,00  
 FORMAGGIO MISTO € 7

CROSTATA AI MIRTILLI  
 PANNA COTTA AI MIRTILLI  
 TORTA AL CIOCCOLATO  
 TORTA DI MELE } € 4,00

*Buon Appetito*

COBERTO : compreso nel prezzo





Ibex!



Team (sans injured Andy) visit Rifugio Sella





Lake above Colle Bettaforca








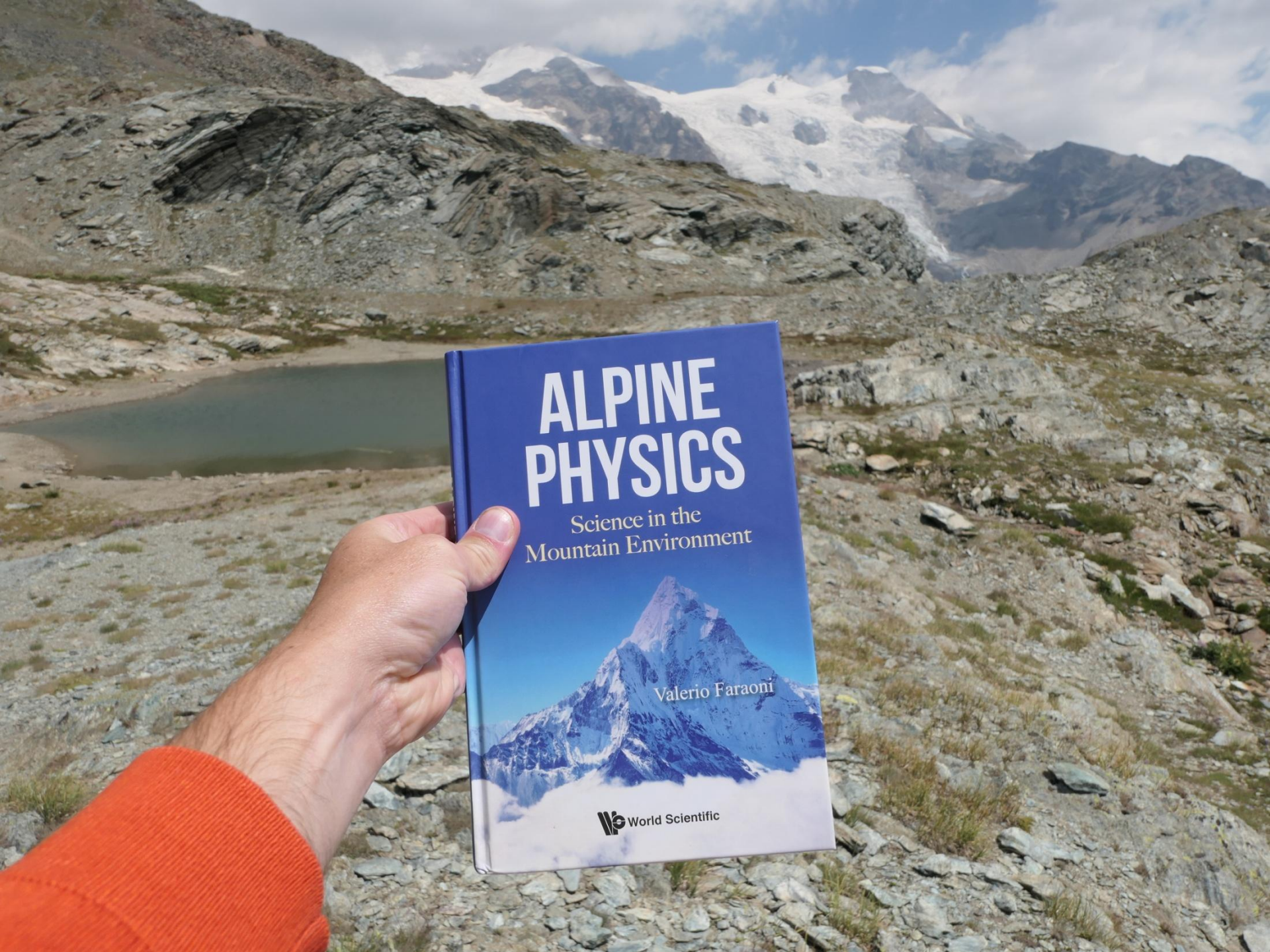


# ALPINE PHYSICS

Science in the  
Mountain Environment

Valerio Faraoni

 World Scientific







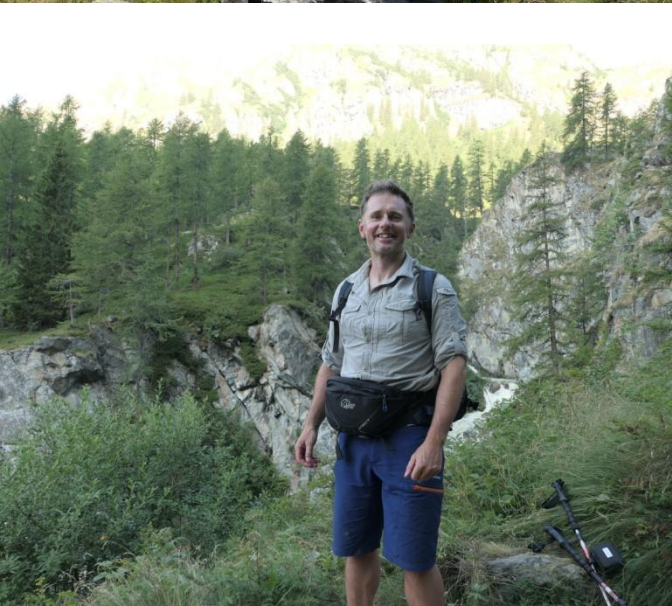
Return to Stafal







Final walk along the Lys



Pont Sant Martin





List of  
4000m  
peaks in the  
Alps