Dear Climber,

Thanks for your interest in climbing in the Alps with IMG. The enclosed packet of information contains all of the information you should need to answer your questions about the upcoming Matterhorn program. This includes general information about climbing in the Alps with International Mountain Guides, an itinerary and equipment list. If you have additional questions, feel free to contact the IMG office office@mountainguides.com. There is limited participation in these trips so I recommend an early application. The order in which your climbing resume is received will determine your participation on the program.

–George Dunn, Program Director

About the program:
We will climb three or four peaks in the vicinity of Zermatt, Switzerland. The climbing is a progression that culminates in an ascent of the Matterhorn. After initial training at a local crag, we will attempt Pollux (13,425’), a 4,000-meter peak involving a glacier approach and exposed mixed snow and rock climbing to the summit. The next objectives may be Castor (13,868’), the Breithorn, or similar 4,000-meter peaks that involve additional glacier travel and training in mixed snow and rock climbing techniques. Our final and most important goal will be, of course, the Matterhorn. For this ascent, we will split the group into two parts to allow the guides to lead one-on-one. Skills required for the Matterhorn include the ability to move steadily in mountain boots over fourth and moderate fifth class rock. Participants must have confidence moving over steep, exposed, and sometimes loose rock. The more difficult sections will be led and belayed by the guides, but the easier sections of third and fourth class climbing will be climbed moving simultaneously. Good balance, coordination and stamina are a necessity. The upper portion of the mountain will likely include snow and ice over rock and climbers will be wearing crampons. There is fixed rope cable on some of the steepest upper pitches and some strenuous hand-over-hand climbing is involved. Summit day from the hut takes up to 6 hours of rapid climbing and an equal amount of time in descent. Prospective team members must have a high enough level of skill and stamina to meet the rigors of this climb. Final determination of each climber’s ability to complete the climb will be the responsibility of the guide leading their rope. Nonetheless, each participant must come fully prepared to meet the demands of this challenging and exciting climb. The Matterhorn is without a doubt the best known and most sought after peak in Europe. The ultimate challenge for any aspiring Alpinist.

Dates and Prices
July 13-20, 2019  Landcost: $3,500 (Guide Ratio 2:1)  Private: $5,500 (Guide Ratio 1:1)

Group maximum size: 6 climbers, 3 guides. Trip starts and finishes in Zermatt. Program fee does not include lodging, hut fees or meals. Participants must provide their own transportation to and from Zermatt.

Matterhorn: Just The Facts

Matterhorn Summit:
14,691’  •  4478m

Set Your GPS:
45° 58’ N  •  7° 39’ E

By Any Other Name:
The Matterhorn is a majestic peak on the Swiss/Italian border consisting of four ridges and faces. Its Italian name is Monte Cervino

Inauspicious First:
Edward Whymper and party’s first ascent of the Matterhorn in 1865 ended in tragedy as Douglas Hadow, Charles Hudson, Lord Francis Douglas, and the guide Michel Croz all fell to their deaths on the descent.

No Longer Just For Loners:
Each year, more than 2,000 people climb to the top of the Matterhorn.

Live Matt-Cam:
See the Matterhorn right now: http://www.zermatt.ch/en/page.cfm/webcam_matterhorn
The Matterhorn – General Information

This prospectus includes an itinerary of the forthcoming trip along with a number of tips and details to help you prepare for it. Should you have any questions after reading over the material, feel free to contact us at IMG.

Conditioning

The best training program for such a climbing trip is one that includes aerobic activities such as running, swimming and bicycling. Get in plenty of time hiking with a pack or running up and down hills. Muscle strengthening exercises for the legs, arms and back are also important. It is critical for the Matterhorn that participants are able to move rapidly up steep, exposed rock scrambling and climbing for up to six continuous hours up and an equal amount of time in descent. Adequate advance preparation is mandatory.

Climbing

Knowledge of basic mountaineering skills, including ice axe arrest, cramponing and roped glacier travel is required. In addition, specific rock climbing skills are necessary. This includes the ability to climb rapidly with hands and feet, in balance over 3rd, 4th, and moderate 5th class rock (up to 5.7). Past participation in a week or longer advanced level rock climbing course, and completion of additional full day multi pitch rock climbs in mountain boots is required. Other necessary skills include knowledge of belaying and rappelling. Submission of a climbing resume and an interview with the program director is necessary for participation in the program.

Accommodations

Accommodations are not included in the landcost fee. We will overnight as a group in climbing huts on each peak. The European huts are quite luxurious compared to those in the States and their convenience has made them popular with climbers throughout the Alps. Sleeping bags and pads are not required on this trip. Bunks with blankets are provided at each hut. The guides will secure reservations for the group for each night at a hut, but it is up to each person to pay this fee at the hut.

Between climbs IMG recommends team members stay at the same hotel in Zermatt, the Alpenblick. This 3 star hotel is very comfortable and picturesque. It is up to each person to make arrangements for their own lodging, but IMG’s travel agent can help with bookings. We encourage sharing rooms, and can help to expedite this for you. The vagaries of the weather and changes in the climbing itinerary require flexible hotel reservations. IMG will do its best to specify which days will be spent in hotels, but some last minute changes may occur. If we require additional nights of lodging at the hotel, the Alpenblick will do its best to accommodate you. However, they cannot cancel a reservation for you at short notice. If they are unable to provide lodging for additional nights at short notice, they will be happy to find the closest comparable lodging at another hotel for you.
REQUIRED Insurance: IMG requires that all* trip participants purchase Travel Insurance that includes coverage for medical evacuation, repatriation and medical expenses for the duration of their IMG program. Trip Cancellation Insurance is strongly recommended. Trekking and mountaineering programs are true "adventure travel." The insurance requirement does not apply to IMG customers on programs within the continental USA, but is strongly encouraged.

Insurance and Travel Arrangements
We invest in insurance coverage for commercial liability and medical and disability insurance for our employees while participating on our programs. We cannot insure you for your personal needs, but we do expect you to be as fiscally responsible as we are. We require that you insure yourself against potentially expensive difficulties that may arise. First, Trip Cancellation Insurance may provide financial relief should you be forced to withdraw from the program before it even happens. Next, make sure you have adequate Travel Insurance for coverage should you have a problem during the trip. Medical care and evacuation in remote locations can be expensive. For more information, please see our page on cancellation, rescue/repatriation insurance or contact the IMG Office.

International Mountain Guides has worked closely with various travel agents throughout the years and are happy to make recommendations to our customers based on their needs once confirmed on a program.

The Matterhorn trip starts and ends in Zermatt. Transportation to Zermatt is not included in the cost of the program. It is generally best to fly directly to Geneva, arriving in the morning, and then catch a train departing hourly for Zermatt. Plan to arrive no later than the evening before the starting date of the trip, but it is best to allow an additional day to recover from jet lag.

When you purchase your train ticket, be sure to ask about the best deal available for your specific travel needs. I normally buy a Swiss Card right at the railway station in Switzerland. It costs about $125 U.S., but is good for a round trip ticket from the airport to a single destination as well as 50% discounts on gondola and lift tickets. You can also buy a Swiss Pass or a Flexipass if you plan to travel more in Switzerland. These passes are often good for a discount on lifts and gondola rides as well. Other options exist if you plan to travel to and from different countries. For more information train travel in Switzerland, check out www.raileurope.com or www.rail.ch.

Participants in all programs should be sure to make allowance for the significant time change when arranging your flight to Europe. You will want to arrive at least a day in advance in order to overcome jet lag. Please notify the IMG office of your arrival time and flight plan prior to the start of the program.

“I found the trip to be varied and challenging — it was a great learning experience. I have no doubt that my success on the Matterhorn was because I was climbing with George, as opposed to hooking up with one of the Swiss guides. George is great at assessing the abilities of his team members and pushing them without putting anyone at risk. I climb with George because he's been at it so long, and he knows what it takes not just to get to the top, but more crucially, to get the whole team down safely. I trust him implicitly...”

—Bob G.

For more comments from IMG climbers, please see our website at: www.mountainguides.com/comments.shtml
Weather
The weather in the West Alps is similar to that of the Cascades in the Pacific Northwest. One can experience several days of beautifully clear skies or be plagued by storms. However, July, August and early September is generally the best time to climb in this area, for reasons of weather and snow conditions. By bringing the proper clothing we will be prepared for all types of weather.

The enclosed itinerary is designed with some allowance for bad weather but may require further alterations. We will attempt to adhere to the schedule as much as possible, but our goal is to have a safe, fun climbing trip. Some flexibility is important for the smooth operation of the program. The guides will be open to suggestions throughout the trip.

Equipment
The enclosed list of gear is required of each individual. I have attempted to give a brief description of each piece of equipment so there should be no difficulties in compiling your gear.

Food
Each person is responsible for providing his or her own meals during the course of the program. In the climbing huts, breakfast and dinner can be purchased for each night. Between climbs we will have the opportunity to sample local specialties in some of the many excellent restaurants and specialty shops found in Zermatt. The team will normally have the option of meeting as a group for dinner in the evenings, and this is an enjoyable and social part of the program. There will be opportunity to purchase lunch food in town prior to each of the climbs. Our hotel provides a very nice continental breakfast with the price of lodging.

Miscellaneous Information
For travel to Europe, it is a good idea to have just two pieces of luggage: your pack with all of your climbing gear inside and a medium duffel bag for extra clothing and items to be strapped onto your pack at a later time, such as crampons and ice axe. The weather in this part of Europe is much like that of the Pacific Northwest, so be sure to bring appropriate summer clothing for travel to the mountains. Keep your street clothes simple and bring a good pair of light comfortable hiking shoes. A sweater should be sufficient for evenings in town. Casual dress will be fine for all of our dining. Hand washable clothing allows you to do laundry in your room and get by with less. There are self-service and full-service laundries in town.

ATM’s are found almost everywhere in Europe and give the best exchange rate but mind the exchange fee! Check with your banker to make sure that your card will work in Europe, and then you can get by with bringing less cash or traveler’s checks. Visa, MasterCard, and American Express are accepted in most shops and restaurants, Visa more often than American Express. Train fares along with related gondola rides and cog rail trains will cost from $300-$400 total and can all be charged on a Visa. I would plan to spend from $1,000 to $1,500 total during the trip for all meals, train fares and personal expenses.

I encourage you to do as much reading on the area as you can. A little research on the history of Alpinism in Europe can add greatly to the experience once you are there. A good basic guide book that describes the climbs we will attempt is The Alpine 4000m Peaks by the Classic Routes, by Richard Goedeke, 1991.

I hope this information will help you in preparing for the trip. If you have any questions at all, please contact us at IMG.

–George Dunn, Program Director
The Matterhorn Course Itinerary

Zermatt, Switzerland: The Matterhorn, Pollux, Castor and the Breithorn
The trip starts and finishes in Zermatt, Switzerland. It is the responsibility of each participant to arrange transportation to Zermatt by the night prior to the starting date. The simplest route is to fly to Geneva or Zurich, arriving in the morning and take a train directly from the airport to Zermatt. There is frequent daily train service to Zermatt. When making arrangements, keep in mind the time change. It would be wise to allow a day of rest in Switzerland prior to the start of the program to help deal with jet lag. If you would like help with your flight arrangements, recommendations for a hotel in Geneva or Zurich, or plan to arrive in Zermatt early, feel free to contact IMG's travel agent, CTT Destinations, IMG@CTTDestinations.com. They are knowledgeable of our programs and will be happy to help you work out your itinerary.

Day 01 Meet for breakfast at 8:00 a.m. at the Hotel Alpenblick, Zermatt. After breakfast we will take light daypacks and ride the Gornergrat cog rail train up to the Riffelhorn for a day of rock practice and training. In the early afternoon we will hike back down to Zermatt, stopping, perhaps at one of the beer gardens along the way for refreshment. Back at the hotel we will retire early. (hotel reservation required)

Day 02 Early morning wake up to catch the first gondola up to the Kleine Matterhorn (3883 m.). A glacier walk brings us down to Pollux (4092 m.). The climb starts with a snow/rock ridge climb to the crux rock pitch that has some fun exposure (and thankfully, a handline). A final snow ridge brings us to the summit. We will descend the peak and hike down to the Refugio Val D’Ayas just across the border in Italy where we will spend the night.

Day 03 From the hut we will ascend our second 4000 meter peak, Castor (4228 m.). A technically easier ascent, it will provide us with additional acclimatization. There will be opportunity to practice some rock pitches on Roccia Nera as the group desires. Second night at Refugio Val D’Ayas.

Day 04 Snow and rock climbing on the Central Briethorn (4164 m.). We will get an early start from the hut for our ascent. The route involves some steeper snow/ice up to 45 degrees. There are several pitches of good rock climbing similar in difficulty to the Matterhorn. This will be our final training climb prior to our attempt of the Matterhorn. We will descend from the Breithorn and ride the tram down to our hotel in Zermatt. (hotel reservation required)

Day 05 Tram ride up then an easy hike to Hornlihutte (3260 m.). The afternoon will be spent previewing and practicing on the first part of the climb of the Matterhorn (4478 m.). We will overnight at the climbing hut.

Day 06 The guides will split the group into two parts so that they can guide the Matterhorn one-on-one. The first team will make the 12-hour round trip climb, then descend to Zermatt. The guides will stay at the hut, and climb again the next day. (optional hotel reservation)

Day 07 Second team ascent of the Matterhorn, and descent to Zermatt. (optional hotel reservation)

Day 08 This final day is reserved for use on the Matterhorn in the case of inclement weather. If our climb goes according to plan, then this day will be available for an additional climb. (hotel reservation required)

Note: This itinerary is merely a guideline for the trip. The lead guide will retain the right to make changes to suit the climbing conditions, the weather and the strength and experience of the group. Our main goal will be the Matterhorn and changes in the schedule may be made to increase our chances of success. This may involve moving the climb up a day or more on the schedule to take advantage of better weather. However, the Matterhorn is a very demanding and exposed climb. It is not uncommon for stormy weather to render the mountain unguideable for days at a time. This could preclude us from even making a summit attempt. In this case, there are countless other possibilities for other ascents in the area. The final decision on climbing the Matterhorn and all peaks rests solely with the head guide. In addition, the leader will have complete authority over determining each member’s continued participation in each of the climbs.
The Matterhorn Required Personal Equipment List

- Boots: Lug-sole leather/synthetic climbing boots. A lined, technical boot is much better than plastic boots for the rock climbing we will do.
- Lightweight trail shoe - we used these for greater comfort approaching some climbing huts
- Socks: 2 changes of heavy wool or synthetic, with liners
- Gaiters, short ankle length are best
- Long underwear: Synthetic or wool tops and bottoms
- Pants: Synthetic stretch climbing pants (Schoeller fabric)
- Rain pants: With ¾ or full length zippers to go on over boots and crampons
- Shirt: Expedition weight synthetic top
- Soft shell jacket
- Rain/wind shell: Waterproof/breathable jacket with hood
- Warm parka: Down or synthetic filled with hood – should NOT be expedition weight. A sewn through down sweater will do nicely.
- Hat: Wool or fleece
- Sun hat
- Gloves: 2 pairs: 1 pair of lightweight, durable, lined, full-leather palm and fingers. 1 pair of insulated, waterproof, with leather palms and fingers.
- Ice axe: 50-55 cm. maximum length. Double check the length of your axe before you arrive. Longer axes are not useful for this itinerary.
- Crampons: 12 point, reasonably sharp
- Climbing harness with gear loops and adjustable leg loops
- Carabiners: three locking
- Belay device such as Black Diamond ATC XP
- Climbing helmet
- Headlamp: Bring an LED headlamp with extra new batteries
- Sunglasses: Very dark, with side shields or wraparound
- Ski goggles: useful on windy summit days
- Water bottles: 2 one-quart, wide mouth, plastic bottles. Option: for the Matterhorn climb, bring a Camelback type hydration bladder that fits in your pack, with a locking bite valve.
- Sun cream: And lip balm, SPF 15 or higher
- Pack: Internal frame pack with capacity of no more than 30 liters (1800 cubic inches). This should be a compact, streamlined pack. No big McKinley packs, please.
- Suggested second pack: 20-25 liter lightweight summit pack for the Matterhorn
- First aid kit: Each individual should carry a small personal first aid kit to meet their personal needs. Consider the following items: aspirin or Tylenol; Ibuprofen; antacid (Pepto Bismol, Rolaids, etc.); Band-Aids; athletic tape; moleskin or Band-Aid Blister Cushions.
- Lightweight toilet kit – toothbrush and toothpaste, earplugs for the hut
- Lightweight silk/cotton/or synthetic sleeping bag liner for the huts

Optional items:
- Rock climbing shoes - nice for bad weather options.
- Hiking shorts
- T-shirts
- Small digital camera
- Neck gaiter or light balaclava

“Every time I go on one of George Dunn's expeditions, I come back saying, 'that was the best adventure I've ever been on'!!... I had the time of my life on each trip...” —Bruce G.

For more comments from IMG climbers, please see our website at: www.mountainguides.com/comments.shtml