



The ascent of the Matterhorn

The Matterhorn is one of the most difficult classic climbs in the Alps. The ascent and descent are on rock and ice only and require excellent physical condition as well as experience in rock climbing with and without crampons.

Since the standard route along the Hörnli Grat ridge is very difficult to find, we strongly recommend that even experienced mountaineers book a qualified mountain guide who knows the mountain very well. For safety reasons the guide only takes one person.

The best time for climbing the Matterhorn is from the beginning of July until mid-September. Whether or not it is possible to go through with the climb depends on the actual weather conditions and the conditions on the mountain on the day scheduled for the climb.

The guide meets his client the evening before the tour after dinner in the Matterhorn hut. After a short night, the climb begins in the dark, early the next morning. The ascent takes approx. 4 hours and the descent requires about the same amount of time.

Requirements :

8 to 9 hours endurance performance

- very good physical fitness and capacity
- proper altitude acclimatisation
- experience in climbing with crampons
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The best way to reach proper altitude acclimatisation and the required level of physical fitness is intensive training in the Zermatt area –1000 to 1500 metres in altitude a day (ascent), covering 650 vertical metres an hour. Please note: You must already be in very good physical condition before you arrive in Zermatt. Required alpine mountaineering skills: You must be very experienced in rock climbing (grade IV) as well as in hiking and climbing with and without crampons, on both the ascent and descent.

Recommended training climbs in a group:

Half-traverse of the Breithorn 4164m, or Pollux 4091m

Training climbs for hiking and climbing with crampons.

Ideal for proper altitude acclimatisation. starting from 320.00CHF per Person

Riffelhorn 2928m: Various rock climbing routes of different levels of difficulty.

Ideal climbing preparation for the Matterhorn ascent. 280.00 CHF per Person

Costs:

Guides fee: CHF 1,150.--

Not included: overnight stay in alpine hut for the participant and the guide (approx. CHF 300.00), and the cable car ticket Zermatt–Schwarzsee (approx. CHF 48.00)

Total costs for the Matterhorn ascent: CHF 1,450.00

Equipment

- climbing boots with a profiled rubber sole suitable for use with crampons
- climbing harness
- crampons
- helmet
- backpack (approx. 30 litre capacity)
- warm weatherproof clothing
- full-fingered gloves (poss. spare pair of gloves)
- warm hat
- headtorch
- sunglasses and sunscreen
- snacks (high energy foods)
- thermos flask (warm tea is available at the hut) or drinking bottle
- extra layers of clothes

Crampons, climbing harnesses and helmets can be rented at a sports specialist shop

Insurance

All participants are responsible for their own insurance. (Accident insurance, evacuation insurance in the event of accidents)



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