

WINTER ACTIVITIES



WHERE ADVENTURE BEGINS

Aethos Monteorsa is for adrenaline junkies and mindful explorers alike. Winter or summer, campZero is the perfect starting point to explore the great outdoors. But you don't have to go far for a one-of-a-kind experience: you'll find everything you'll need for an unforgettable stay on property.

Heliski

There is no better way to reach distant, pristine slopes than by helicopter. Land in the heart of Monte Rosa, on Colle del Lys at 4.250m, descend over immense glaciers and imposing landscapes towards Zermatt, or stay on the Italian side and plunge through untouched powder... the possibilities are endless.

Outdoor Ice Climbing

We are the first and only resort in the world to have an ice wall of 12 meters. Here at Aethos Monterosa it is possible to challenge yourself with an exciting top-rope ice climb, but in total safety and comfort. The best technical equipment and expert advice from an International Mountain Guide will help you in your ice challenge!

Freeride | Freetouring

Monte Rosa is known worldwide for its incredible ski mountaineering. Discover breathtaking itineraries around Aethos Monterosa. Monte Rosa is considered Europe's Freetouring and Freeride paradise, leaving your traces on unspoiled nature.

Snowshoeing with Alpine Guide

Explore the beautiful landscapes surrounding Aethos Monterosa accompanied by expert advice from our local Mountain Guides.

Indoor Climbing

With over 30 routes, we offer an experience suitable for all levels and abilities. Climbing is not only a physical sport, but also about concentration and balance, the participants are put in a position to achieve their goals thanks to the support of our instructors.

Gym

Our gym is outfitted with state of the art TECHNOGYM equipment. Get your heart rate up with a personalized workout, or sign up for one of our signature BoxeCore classes.

Wellbeing and SPA

After a long day filled with sports and activities in the Italian Alps, there is nothing better than rejuvenating mind and body at our spa. Disconnect with a yoga and pilates class. Or treat yourself to a facial or massage.