

OLD TREKKERS' TREKS 3000 m POINTS

All are summits except where marked • for cols and § for high points on a ridge.

Feet	Metres	Height	Year	High Point	Ascentionists	Whole party ascent
11,300	3450	3457	2013	Kreuzspitz (11,342 ft)	Allan, Tim, Lesley	(John, Judith, Ian: E ridge 3320 m ♦ Paul ~ 3200 m #)
	3440					
	3430					
	3420					
11,200	3410					
	3400					
	3390					
11,100	3380					
	3370					
11,000	3360	3360	2013	Saykogel	Allan, John, Tim, Lesley, Judith	11,000 ft
	3350					
10,900	3340	3347	2015	Mont Avril	Allan, John, Tim, Roger, Don, Leslev, Judith	♦
		3337	2012	Becca della Traversière	Allan, John, Tim, Roger, Lesley, Judith	
	3330	3333	2006	Schaufel Spitz	Allan, John	
	3320	3320	2015	Pointe d'Orny II	Allan, John, Don	
10,800	3310	3300	2012	Col Lauson	Allan, John, Tim, Roger, Lesley, Judith	
	3300					
	3290					
10,700	3280	3283	2011	Petzeck	Allan, John, Tim, Roger, Lesley	
	3270	3270	2013	Im Hintern Eis	Allan, John, Tim, Lesley, Judith	
	3260					
10,600	3250	3231	2007	Hohe Riffler	Allan, John, Tim	
	3240					
	3230					
	3220					
10,500	3210					#
	3200					
	3190					
	3180					
10,400	3170					
	3160					
	3150					
10,300	3152	3152	2008	Piz Boè	Allan, John, Roger, Lesley, Judith	
		3144	2009	Le Taillon	Allan, John, Tim, Roger, Lesley, Judith	
	3140	3140	2013	Urkundkolm	Allan, John, Tim, Leslev	
	3130	3134	2007	Schönbichlerhorn	Allan, John, Tim, Nigel, Lesley, Judith	
10,200		3128	2017	Rateau d'Aussois	Allan, John, Tim, Roger, Lesley, Judith, Ian, Don	
	3120	3121	2011	Böses Weibl	Allan, John, Tim, Roger, Lesley, Judith	
	3110	3110	2013	Hohe Geige (W)	Allan, John, Tim, Ian, Lesley, Judith (Paul ~ 3000 m)	
		3101	2012	Torre Ponton	Allan, John, Tim, Roger, Leslev	
	3100	3100	2012	Punta Leynir (W)	Allan, John, Tim, Roger, Lesley, Judith	
	3090					
10,100	3080					
	3070					
	3060					
	3050					
10,000	3050	3050	2006	Gamsspitzi (S)	Allan, John, Paul, Leslev, Judith	10,000 ft
	3040	3040	2019	Pointe des Fours (N) (9974 ft)	Allan, John, Tim, Leslev, Judith	
9,900		3033	2019	Pointe du Pisset (9951 ft)	Allan, John, Tim, Lesley, Judith	
	3030	3032	2009	Petit Vignemale	Allan, John, Tim, Roger, Paul, Nigel, Lesley, Judith	
	3020	3023	2013	Wildes Mannle	Allan, John, Tim, Lesley, Judith	
		3019	2013	Similaun Hütte	Allan, John, Tim, Ian, Judith	
	3010	3016	2017	Pointe de l'Observatoire	Allan, John, Tim, Roger, Lesley, Judith, Ian, Don, Dot	
		3006	2006	Rinnen Spitz	Allan, John, Mark, Judith, Julie	
	3000	3005	2009	Grand Fache	Allan, John, Tim, Roger, Lesley, Judith	
				3000 m points	Party members	Total party
2006	Tirol – Stubai Alps			(3)	Allan & Lesley, John & Judith, Mark & Julie, Paul	7
2007	Tirol – Zillertal Alps			(2)	Allan & Lesley, John & Judith, Tim, Nigel	6
2008	Dolomites – Alta Via 2			(1)	Allan & Lesley, John & Judith, Roger	5
2009	Pyrenees			(3)	Allan & Lesley, John & Judith, Paul, Tim, Roger, Nigel & Jane	9
2010	Vorarlberg – Rätikon/Silvretta Alps				Allan & Lesley, John & Judith, Paul, Tim, Roger, Ian & Elizabeth	9
2011	Hohe Tauern – Glockner/Schober Alps			(2)	Allan & Lesley, John & Judith, Paul, Tim, Roger	7
2012	Gran Paradiso			(4)	Allan & Lesley, John & Judith, Tim, Roger	6
2013	Tirol – Ötztal Alps			(7)	Allan & Lesley, John & Judith, Tim, Paul, Ian	7
2014	Dolomites – Val di Fassa and Brenta				Allan & Lesley, John & Judith, Tim, Roger	6
2015	Mont Blanc – Grand Combin			(2)	Allan & Lesley, John & Judith, Tim, Roger, Don & Dot	8
2016	Jotunheimen				Allan & Lesley, John & Judith, Tim, Roger, Ian, Nigel, Don & Dot	10
2017	Vanoise - Pralognan			(2)	Allan & Lesley, John & Judith, Tim, Roger, Ian, Don & Dot, (Elizabeth)	10
2018	Dolomites – Alta Via 4				Allan & Lesley, John & Judith, Tim, Don & Dot	7
2019	Vanoise - Val d'Isère			(2)	Allan & Lesley, John & Judith, Tim, (Jo)	6
No 3000 m point reached that year.				Total Treks	A&L: 14 J&J: 14 Tim: 12 Roger: 9 Paul: 5 Ian: 4 D&D: 4 Nigel: 3 Elizabeth: 1 (+1) Mark & Julie: 1 Jane: 1 Jo (1)	

OLD TREKKERS' TREKS SUMMARY TABLE

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Country	Austria	Austria	Italy	France Spain	Austria	Austria	Italy	Austria	Italy	France Switzerland	Norway	France	Italy	France
Area	Tirol Stubaital	Tirol Zillertal	Dolomites Alta Via 2	Pyrenees Marcadau >Ordesa	Vorarlberg Ratikon/ Silvretta	Hohe Tauern Glockner/ Schober	Gran Paradiso	Tirol Ötztal	Dolomites Fassa/ Brenta	Mont Blanc/ Grand Combin	Jotunheim	Vanoise Pralognan	Dolomites Alta Via 4	Vanoise Val d'Isère
Trekkers	7	6	5	9	9	7	6	7	6	8	10	9	8	5
	Walking times Times shown in brackets are for part days (some spent part travelling and part walking), which are excluded from the full day averages.													
Day 1	(1-30)	(1-10)	(1-00)	(2-10)	3-20	4-20	(2-15)	(2-45)	3-30	(1-50)	(1-40)	(2-20)	(1-40)	5-20
Day 2	6-00	(0-45)	4-40	4-40	5-30	4-40	5-10	4-00	5-00	4-50	6-10	4-30	3-30	4-40
Day 3	4-00	5-15	4-40	6-00	3-30	4-00	4-20	3-30	4-40	5-30	7-30	6-20	4-00	4-45
Day 4	5-00	6-00	3-30	5-00	3-20	5-40	3-30	2-50	3-50	6-30	6-30	5-00	3-20	3-45
Day 5	6-30	2-30	(2-15)	3-30	3-30	3-30	5-15	5-15	4-00	4-50	Free	6-20	(1-30)	4-15
Day 6	(2-00)	6-30	(2-10)	5-30	3-30	Free	Free	6-45	3-15	3-40	5-10	(2-00)	2-45	Free
Day 7	4-00	4-30	3-20	Free	Free	5-40	5-00	Free	Free	Free	6-20	Free	3-45	3-10
Day 8	4-00	6-00	5-00	4-40	4-30	3-15	4-15	4-40	4-10	3-20	6-40	3-10	3-45	3-50
Day 9	4-00		3-30	5-10	5-10	4-00	5-15	4-10	5-15	6-30	(1-10)	5-15	Free	3-30
Day 10	4-00		3-00	6-00	3-20	4-40	5-40	7-00	4-45	6-10		(3-00)	2-00	4-15
Day 11	2-30		4-20	Free	5-15	3-20	(2-15)	4-15		3-10		4-45	2-50	(1-40)
Day 12			(2-40)	5-10				4-45						(1-50)
Day 13								(2-30)						
Distances and ascents in black are in miles and feet, those in blue are in km and metres.														
Total Distance	57 91	49 78	68 108	72 115	64 102	64 103	73 117	69 111	63 101	67 107	71 114	73 116	56 90	78 126
Total ascent	21,000 6390	17,500 5330	23,900 7270	25,400 7730	22,800 6960	22,000 6690	24,400 7450	29,900 9100	18,500 5640	25,400 7740	12,100 3690	21,700 6620	16,400 5000	18,300 5570
Total days walking	11	8	12	10	10	10	10	12	9	10	8	10	10	11
Full days walking	9	6	8	9	10	10	8	10	9	9	6	7	8	9
Average time for full days	4h-00	5h-10	4h-00	5h-00	4h-05	4h-20	4h-50	4h-45	4h-15	5h-00	6h-20	5h-00	3h-15	4h-10
Average distance for full days	5.7 9.1	7.5 12.0	6.9 11.0	7.5 11.9	6.4 10.2	6.4 10.3	7.9 12.7	6.2 9.9	7.0 11.2	7.1 11.3	10.6 17.0	8.3 13.3	6.2 9.9	7.9 12.6
Average climb for full days	2250 690	2760 840	2380 720	2650 810	2280 700	2200 670	2730 830	2640 810	2060 630	2770 840	2000 610	2670 810	1830 560	1960 600
	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Country	Austria	Austria	Italy	France Spain	Austria	Austria	Italy	Austria	Italy	France Switzerland	Norway	France	Italy	France
Area	Tirol Stubaital	Tirol Zillertal	Dolomites Alta Via 2	Pyrenees Marcadau >Ordesa	Vorarlberg Ratikon/ Silvretta	Hohe Tauern Glockner/ Schober	Gran Paradiso	Tirol Ötztal	Dolomites Fassa/ Brenta	Mont Blanc/ Grand Combin	Jotunheim	Vanoise Pralognan	Dolomites Alta Via 4	Vanoise Val d'Isère

OLD TREKKERS' TREKS ALPINE LOCATIONS

With destination airports.

