



# Running the Alps to help Zanskar



## The project

My name is Paolo Monticolo. I am an experienced Ultratrailer and challenge seeker, and since a while, I plan to cross the entire alpine chain running.

The trail represents more than **2'200km** crossing passes and valleys with more than **115'000m** of ascent overall. My route will start in Nice on **June 24th 2018** with the GR5, and then follows the Via Alpina, crossing all alpine nations to end in Trieste, my hometown. The expected duration is between **49 and 63 days**, depending on weather, physical conditions and any other unexpected difficulties.

## Motivation

I wish to dedicate my 50th year to my passions: family and friends, running and adventure.

In addition to the pure performance, I wish to realize this project while discovering, meeting and sharing.

For those reasons, I have added a social dimension by running for the Rigzen-Zanskar association, for which I have been member since several years.

## Financing

I am financing the costs for the Alpine crossing myself and I want to raise funds that will be entirely given to the association Rigzen-Zanskar, presented hereafter.

## Support and encouragement

During all the alpine crossing, everyone can join me for some days or hours.

It's with great pleasure that I will share efforts and stories with all brave runners who wish to be part of that experience.

## My link with the association

I am a proud godfather of a little Zanskarpa girl visiting the school created by Ringzen-Zanskar. I met her in Ladakh-India and her warm welcome has touched me deeply. I decided, after crossing the Alps, to go back there for 4 months in Autumn 2018, to help a bit by teaching English.



Pour partager mon aventure, suivez ce lien et découvrez jour après jour les kms parcourus.

# The route



## 432 km Nice to Bourg St Pierre

D+ 25'532 m  
Nice (F) – Levens (F) – Utelle (F) - Plan d'Utelle (F) - St Dalmas Valdeblore (F)– Rimplas (F) – Roure (F) – Refuge Longon (F) – Roya (F) - Saint Etienne de Tinée (F) – St Dalmas le Selvage (F) – Bousieyas (F) – Larche (F) – Fouillouse (F) – Maljasset (F) – Ceillac (F) – Château Queyras (F) – Brunissard (F) – Briançon (F) – Montgenevre (F) – Plampinet (F) – Refuge de la Vallée Etroite (F) – Modane (F) – Tignes (F) – Le Monal (F) – Valgrisenche (I) – Col du Grand St Bernard (CH) – Bourg St Pierre (CH)

## 797 km Bourg St Pierre to Vaduz

D+ 48'846 m  
Bourg St Pierre – Martigny (CH) – Derborence (CH) -- Anzeindaz (CH) -- Gsteig (CH) – Lenk (CH) – Adelboden (CH) – Leukerbad (CH) – Riederalp (CH) – Gluringen (CH) – Nufenenpass (CH) – Riale (I) – Robiei (CH) – Sonogno (CH) – Biasca (CH) – Mesocco (CH) – Lago di Lei (CH) – Maloja (CH) – Campo Moro (I) – Poschiavo (CH) Passo dello Stelvio (I) – Scuol (CH) – Gargellen (A) – St Antonien in Prättigau (CH) – Vaduz (L)

## Vaduz to Sexten

575 km  
D+ 26'371 m  
Vaduz (L) – Feldkirch (A) – Schröcken (A) – Obersdorf (D) – Weissenbach am Lech (A) – Bibervier (A) – Scharnitz (A) – Schwaz (A) – Finkenberg (A) – Passo Vizze (I) – Rifugio Porro (I) – Campo Tures (I) – Anterselva di Mezzo (I) – S. Martino in Casies (I) – Rifugio Biella (I) – Rifugio Locatelli (I) – Sexten (I)

## Sexten to Trieste

410 km  
D+ 16'226 m  
Sexten (I)– Sillianer Hutte (A) - Volayersee Hutte (A) - Zollnersee Hutte (A)- Nassfeld (A) – Egger Alm (A)– Coccau (I) – Fusine (I) – Trenta (S)- Koca pri Triglavskih jezerih (S) - Dom na Komni (SL) - Pozeren (S) - Idrjia (S) – Predjama (S) – Crni Vrh (S) - Razdrto (S) - Divaca (S) - Trieste (Rifugio Premuda) (I)

# The Association Rigzen Zanskar



## The association in a few words

The association I run for was founded through the friendship between Rigzen Samphel, a villager of Zanskar valley, and Pascal Beuret, Swiss citizen from the Jura, during a trek in the 90ties.

Today, 20 years after, the association continues to work on several development projects in the Zanskar Valley (Indian part of the Himalayas). Its main project, the Marpaling School, enables every year 250 children, aged between 6 and 14, to receive education following the tradition of this remote and isolated region.

Throughout the years, the association could contribute to several solutions to the numerous challenges that local populations are facing. This concerns projects on agriculture, health, education, as well as preserving the local culture. All those initiatives could be realized thanks to the cooperation and knowledge sharing between the local Zanskarpa committee and the Swiss committee. The guiding principle of the activities is sustainability, with the goal to bring a certain stability to the villagers and a durability of projects conducted.

## Quelques réalisations

- [The Marpaling School](#)
- [Teachers' training](#)
- [Irrigation](#)
- [Agronomy](#)
- [Patrimony](#)
- [Health and prevention](#)
- [Medical plants](#)
- [Apprentices](#)

# Zanskar

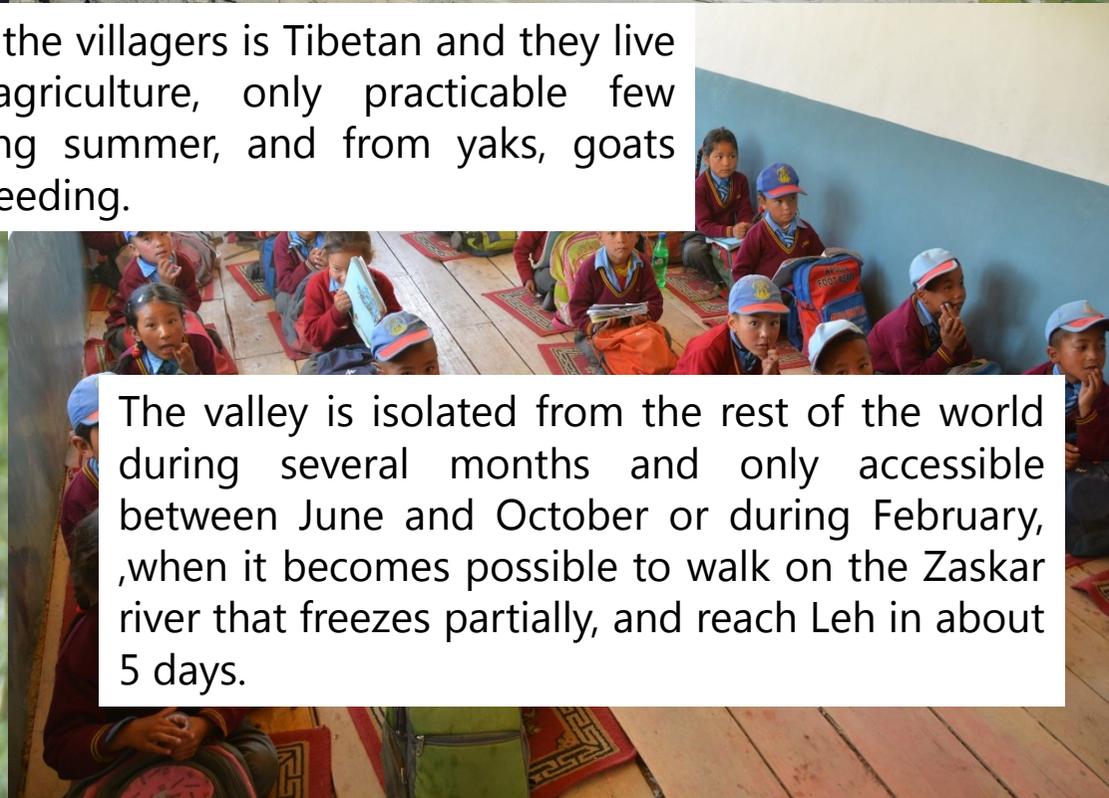
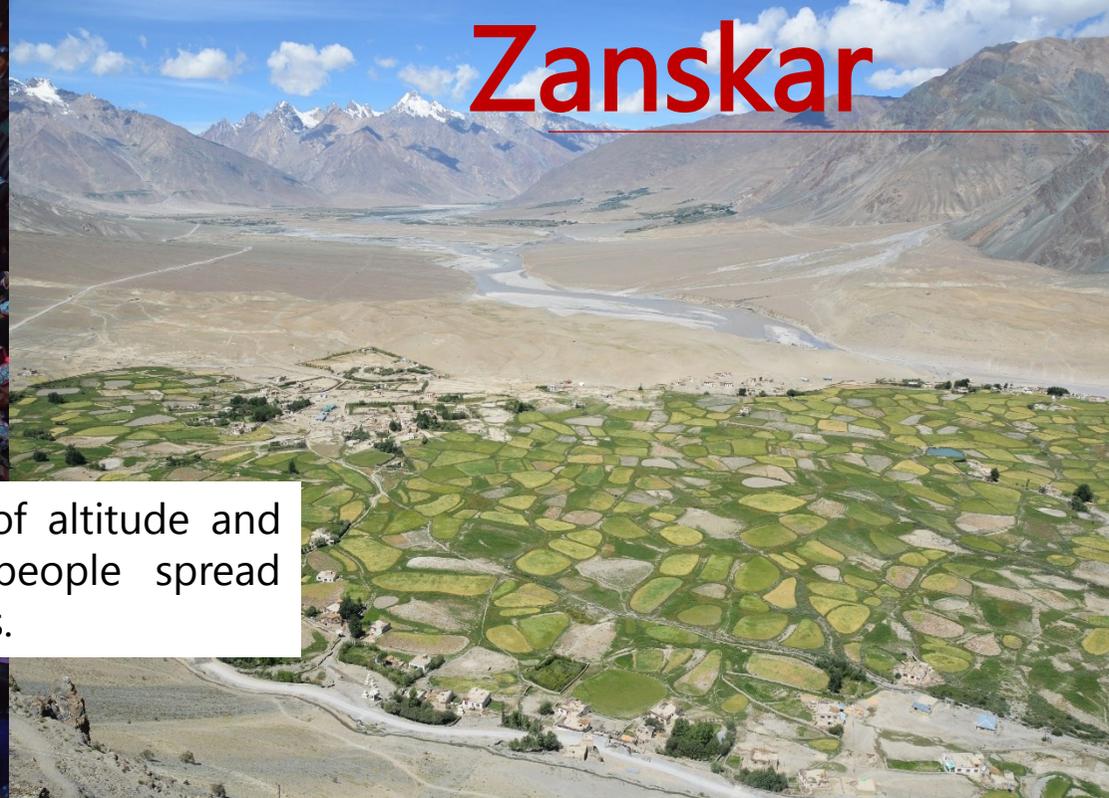
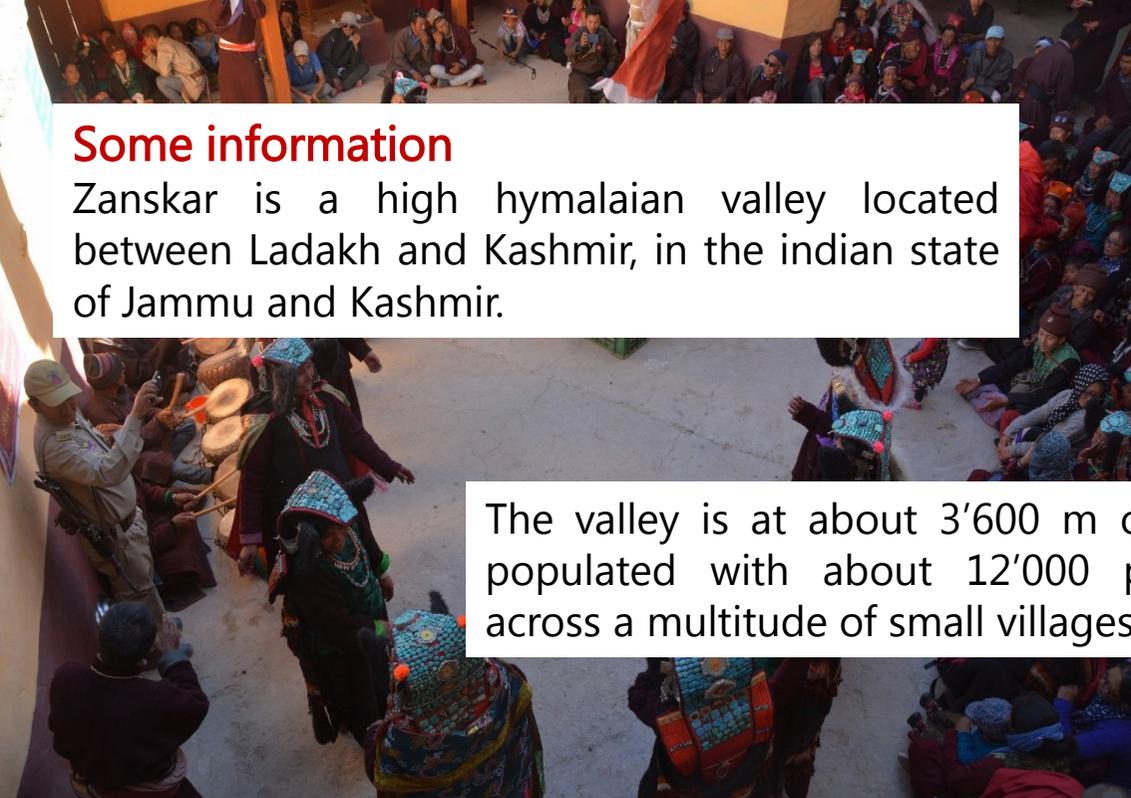
## Some information

Zanskar is a high Himalayan valley located between Ladakh and Kashmir, in the Indian state of Jammu and Kashmir.

The valley is at about 3'600 m of altitude and populated with about 12'000 people spread across a multitude of small villages.

The origin of the villagers is Tibetan and they live mainly of agriculture, only practicable few months during summer, and from yaks, goats and sheep breeding.

The valley is isolated from the rest of the world during several months and only accessible between June and October or during February, when it becomes possible to walk on the Zaskar river that freezes partially, and reach Leh in about 5 days.



# Our project

## Solidary kitchen

The Marpaling School does not yet have any facility to receive students during lunch. Children have to bring their own «lunchbox» prepared by their parents and cannot heat their food at the school. This is not ideal in particular during the cold season, when temperature at 4000m drastically drops.

In addition, the students are dependent on the stock of food of their families, often very poor, which depletes rapidly and dangerously during winter. This implies often a lack of food for certain students and brings inequalities in the everyday food intake.

For this reason, the association wishes to build and run a kitchen to be able to provide a hot meal per day to every student and bring some conviviality during the cold months.

The organization and the preparation of the meals is still to be organized, but normally it will be assured by parents of the students of the Marpaling school.

## Financing

In order to run this project successfully, we need an external funding of CHF 20'000. The costs are dedicated to the construction and to the development of a new building and the necessary material.

In addition, we would like to finance the purchase of sufficient food for 2 ½ months per year corresponding to CHF 5'000 (CHF 8 per student per month).

Investment	CHF
Foundation (stones, cement, reinforcing steel, work etc.)	5'000
Construction of the building (walls in dried bricks and adobe, cement, wood, windows, doors etc.)	15'000
<b>Total</b>	<b>20'000</b>
Annual cost	CHF
Food (rice, flour, oil etc.)	5'000

# Links

## Donations

Preferably, transfer on the following account:

Association Rigzen-Zanskar

UBS Porrentruy

CCP: UBS 80-2-2 (clearing 226)

IBAN: CH92 0022 6226 6068 14 M2 U

BIC: UBSWCHZH80A

As an alternative you can use this crowdfunding site:

<https://www.heroslocaux.ch/des-alpes-au-zanskar>

(from end June – connection required)

## The video of the project (french only)

<https://www.youtube.com/watch?v=WPbKG-eOdCI&feature=youtu.be>

## Blog

You can follow my progression here:

<https://www.facebook.com/transalpe/>

## The trail

The entire trail is visible here:

<https://www.wikiloc.com/running-trails/via-alpina-22131254>



Partner



# TAMERA

VOYAGES D'AVENTURE

[www.tamera.fr](http://www.tamera.fr)

Join me on the trail!