

Pablo Criado Toca has achieved his dream

He left Courmayeur on the 9th of August to return on the 18th after climbing in alpine style four 4000 meters, the giants of Aosta Valley! For a total of 440 kilometres of climbing and running! This is the challenge that the Spanish runner Pablo Criado has achieved, a challenge that many have dreamt of and that he has done!

Here his schedule

Sunday August 9 departure at 6 am for the first leg Courmayeur - Oyace where he was received and hosted by the mayor of Valpelline

Monday August 10 from Oyace, passing through Cervinia he reached Rifugio Teodulo where he met Lucio Trucco, a mountain guide from the Società Guide Alpine di Cervinia.

Tuesday 11th of August with Lucio he reached the top of Cervino and descended back to Rifugio Todulo

Wednesday 12th, always with Lucio, they walked the very long traverse Castore – Lyskamm – Capanna Margherita till the top of Monte Rosa, then descended in Staffal where Pablo was hosted by the Hotel De Gletscher

Thursday 13th: from Staffal to Donnas, where he was able to sleep in the historical Forte di Bard

Friday 14th: from Donnas to Cogne, where he spent the night in the brand new hostel in the miner's village of the Foundation Grand Paradis

Saturday 15th of August due to adverse weather conditions he is forced to reschedule his itinerary heading towards Rifugio Chabod in Valsavarenza to meet Anna Torretta from Società delle Guide di Courmayeur

Sunday 16th ignoring the bad weather he manages to reach the top of Grand Paradiso taking the Schiena dell'Asino route having to open the trace in 60cm of fresh snow, then taking the very long descent to reach Val Grisenche around midnight where he was hosted by the local council

Monday 17th with an early start at 5am he arrives in Courmayeur at 4.30 pm, after a small rest he leaves for Mont Blanc with Andrea Plat from Società delle Guide di Courmayeur.

Tuesday 18th the two alpinists reach the top of Mont Blanc du Tacul, where they find themselves alone due to the bad weather. Once on top they begin their descent to Courmayeur where fans, and friends are there ready to celebrate.

The project

Pablo says: " This project has been my dream for a long time, I had already fallen in love with Valle d'Aosta the numerous times I ran the Tor des Geants. But those giants that guard the Tor were calling me back and I wanted to try the experience of climbing even higher and look at the world and at Aosta Valley from the highest perspective!

To make this dream come true I had to give a clear message of security on the mountains. Mountain running and trail running are in fashion, running is very fun and amusing but when you reach certain heights it becomes important to entrust the ones who made the mountains their profession. From a certain height you need to ascend with a slow pace, well equipped, and with a mountain professional: mountain guides that have the knowledge on weather conditions, height, difficulties. This message of safety is what I want to give so that no illusions are created, illusions that can put people's life in danger, especially if blinded by enthusiasm they take the mountains with no seriousness.

Now that this dream has come true I will start to imagine a new one but always putting safety first.

This project would've not been possible without the help of all the people that believed in it

Thanks to

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and the guides:  
Lucio Trucco from società delle guide del Cervino  
Anna Torretta and Andrea Plat from società delle Guide di Courmayeur

And a special thanks to everyone that have helped and assisted making this first dream come true!