

ZERMATTERS

ALPINE SCHOOL

Over the Great Aletsch Glacier

FROM JUNGFRAUJOCH THROUGH THE UNESCO WORLD HERITAGE SITE (CH) | 3 DAYS

Trek over the longest glacial stream in the Alps, the Great Aletsch Glacier. Measuring 23 kilometers in length from its catchment area in the Jungfrau region to the Massa Gorge, the glacier has a 900 m ice cover as it reaches the Konkordiaplatz.

Technique	beginner A continuous route, sure-footedness and advanced experience of mountain hikes required; Terrain: mostly moderately steep (T1-T2); Alpine technique: experience is not necessary
Condition	beginner Duration from 2 to 4 hours, up to approx. 700 vertical meters, approx. 250 vertical meters per hour.
Meeting place	8.00 a.m. Intelaken Ost train station (train arrival 7.58 a.m. Intelaken Ost). Continuation of the journey to Jungfrauoch 8.35 a.m.
Departure	approx. 3 p.m. Bettmeralp
Accommodation	Konkordia Hut SAC 2,850 mGletscherstube mountain hut inn 2,363 m

Services

Included	<ul style="list-style-type: none">• Guiding and supervision by a mountain guide• Accommodation with half board: 1 x hut, 1 x mountain inn (base camp)• 15% discount on mammut.com
Not included	<ul style="list-style-type: none">• Travel to the course• Transport (train from Interlaken Ost to Jungfrauoch approx.CHF 60 per person)• Glacier equipment (climbing harness CHF 20, cramponsb CHF 20, ice axe CHF 30)• Snacks and drinks• A CHF 12.- per night (approx.) hut tax for non-SAC members• Contribution to the Travel Guarantee Fund (0.25% on total amount)

ZERMATTERS

ALPINE SCHOOL

Program

- Day 1** Arrival and welcome at Jungfrauoch. A few steps along the mountain tunnel will take you into the fascinating alpine glacier landscape. After an introductory session on how to use crampons and ice picks, attached to your mountain guide's rope, you will trek towards the first target destination, the Konkordiaplatz. The multitude of steps up the airy stairway to the Konkordia Hut provide the last challenge on this impressive first day. (Distance: 8,0 km. Duration: 3-4 hours. Ascent/Descent: 120/745 vertical meters)
- Day 2** After a hearty breakfast, you will return to the Konkordiaplatz and follow the flow of the glacial ice at a steady pace as far as Platta. A short ascent will lead you to the picturesque Märjelensee lake and the cozy Gletscherstube mountain inn at 2,357 m. (Distance: 8.5 km. Duration: 4-5 hours. Ascent/Descent: 120/570 vertical meters)
- Day 3** Each step will take you closer to the glacial tongue, until you leave the eternal ice and hike to Bettmeralp via Moosfluh. The view looking back towards the Great Aletsch Glacier couldn't be more impressive. You will then return to the valley by train and continue your journey home. (Distance: 11.3 km. Duration: 4-5 hours. Ascent/Descent: 385/835 vertical meters)

ZERMATTERS

ALPINE SCHOOL

Rental equipment

Our mountain guide will bring the ordered rental equipment to the meeting place. The following equipment can be rented: **Please note that the backpack with the equipment does not weigh more than 8 to 10 kg (crampons, ice axe, harness weigh about 1.5 kg).**

- ☐ Climbing harness with 1x safelock carabiner
- ☐ Ice axe
- ☐ Crampons with ABS

Technical equipment

- ☐ Climbing harness with 1x safelock carabiner (or 2x screw carabiners)
- ☐ Ice axe
- ☐ Crampons with ABS
- ☐ Backpack approx. 30l with rain cover
- ☐ Gaiter (optional)
- ☐ Telescopic trekking poles with snow baskets (optional)

Clothing

- ☐ 1x Hardshell-Jacke und 1x Hose (wind- und wasserdicht)
- ☐ 1x Hochtouren- oder Trekkinghose
- ☐ 1x Soft Shell und/oder Fleecejacke
- ☐ 1x Daunenjacke
- ☐ 1x Funktionelle Unterwäsche kurz/lang
- ☐ 1x Mütze/Stirnband und 1x Cap/Hut
- ☐ 2x Handschuhe (1x dünn; 1x warm, wind- und wasserdicht)
- ☐ 1x Funktionssocken und 1x Ersatzsocken
- ☐ Wander-/Bergschuhe (mind. knöchelhoch, stabile Sohle)

Overnight cottage

- ☐ Own toiletries, ear plugs if required
- ☐ clothes to wear in the hut (Minimum)
- ☐ slipper socks are at the hut
- ☐ Sleeping bag liner made of silk or cotton (for hygienic reasons)
- ☐ Pillow (60x60)
- ☐ Towel
- ☐ SAC/Alpine Club member card (if available)

Food

- ☐ Breakfast and dinner at the hut
- ☐ Tea and lunch must be brought or can be bought at the hut
- ☐ Snacks (e.g. energy bars, dried fruit, dried meat)

Various

- ☐ Sunglasses
- ☐ Sun cream and lip cream (SPF 30 or higher)

ZERMATTERS

ALPINE SCHOOL

- ☐ Camera and binoculars (optional)
- ☐ half fare travelcard (if existing)
- ☐ Thermos flask made from break-proof material
- ☐ headlamp or flashlight with new batteries
- ☐ Small medicinal supplies for personal requirements