

ZERMATTERS

ALPINE SCHOOL

For English Speakers: Ski touring technique basic course - Furkapass

SKI TOURING ESSENTIALS FOR SKIERS AND SNOWBOARDERS (CH) | 3 DAYS

You know how to get the skins onto your skis? You've already gathered first experiences in touring or even visited a beginner's course and are now looking into improving your technique?

Then the Ski Touring Technique Basic Course offers the perfect mix of theory and practice for a sound foundation to this amazing discipline. You will take part in training tours, which you will plan together with your group the evening before and then analyze on the go. Individual training and application of your learning are guaranteed!

This course is held in English and is suitable mainly for ski tourers. On request we also take snowboarders with us.

Content	<ul style="list-style-type: none">• Track setting/safe behavior during ascent/descent• Ski techniques for ascent and descent• Introduction to tour planning• Interpreting dangers using avalanche forecasts and applying this information on a planned tour• Use of emergency equipment (avalanche transceiver, avalanche shovel, avalanche probe and avalanche airbag backpack)
Destination	You will be able to plan simple ski tours independently and carry these out in favorable conditions. Depending on your personal fitness level, you will be able to take part in simple to moderate ski tours, e.g. an advanced ski touring course or an alpine ski tour for beginners etc.
Technique	easy-moderate Piste: confident on skis; Powder snow: beginner experience necessary; Terrain: moderately steep, some steeper sections; Alpine technique (for ski touring): initial touring experience necessary For snowboarders: confident traversing (frontside/backside), ability to ride flat areas using a sliding technique (ski poles)
Condition	easy-moderate Duration from 4 to 6 hours, up to approx. 1,000 vertical meters, approx. 250 vertical meters per hour.
Meeting place	9.30 a.m. Mammut Store Andermatt / Imholz Sport, Furkastrasse 2, 6490 Andermatt (train arrival at 9.22 a.m.).
End of course	Approx. 4 p.m. from point of departure
Accommodation	Hotel Tiefenbach, Furkapass

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Services

Included

- Guiding and supervision by a mountain guide
- Accommodation with half board: 2 x hotel (standard double room)
- Mammut Safety Equipement to test (Avalanche Safety Equipment and Avalanche Airbag worth CHF 89.-)
- "Caution Avalanches" course materials
- Swiss topographic map of Urseren 1231 (worth CHF 14.-)
- 15% discount on mammut.com

Not included

- Travel to the course
- Snacks and drinks
- Ski touring equipment CHF 114.- (skis, binding, skins, ski crampons, poles incl. insurance)
- Ski touring boots CHF 60.-
- Optional for Snowboarder: Snowshoes incl. poles CHF 55.-
- Optional: Avalanche Certificate Swiss Mountain Training CHF 30 (level 1)
- Contribution to the Travel Guarantee Fund (0.25% on total amount)

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Program

- Day 1**
- After being welcomed at the meeting point, you will receive your rental equipment. The mountain guide will, of course, be on hand to provide tips and advice for packing your backpack. Once everything is packed, after a short introduction to specific touring equipment, you'll be ready to go. A pleasant climb to the Hotel Tiefenbach will provide an opportunity to learn how to glide uphill on your skis. (Distance: 4.5 km; Duration: 2 hours; Ascent: 600 vertical meters).
- Day 2**
- You will take part in training tours within the area, which you will have planned the evening before in your group and will continue to discuss out on the terrain. The tour destinations will be selected depending on the weather and conditions. Possible summits are: Chli Bielenhorn 2,904 m, Klein Furkahorn 3,026 m, Stotziger Firsten 2,725 m round tour, Schafberg 2,591 m and further options. (Distance: 5-7 km; Duration: 4-6 hours; Ascent: 1,000 vertical meters).

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Rental equipment

Our mountain guide will bring the ordered rental equipment to the meeting place. The following equipment can be rented:

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ Avalanche-Airbag-Backpack
- ☐ Ski touring equipment (skis, binding, skins, ski crampons, poles)
- ☐ Ski touring boots
- ☐ MSR Snowshoes (for Snowboarders)

Technical equipment

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ Avalanche airbag backpack (approx. 30 l with ski carrier)
- ☐ Ski touring equipment (skis, bindings, skins, ski crampons)
- ☐ Alpine ski boots or touring ski boots
- ☐ Alternative to ski touring equipment: Splitboard with skins or snowboard and snowshoes including snowboard boots/ Telemark ski and Boots
- ☐ (telescopic) Ski poles
- ☐ Ski helmet

Clothing

- ☐ 1x ski jacket and 1x ski pants (Gore-Tex or similar material)
- ☐ 1x Soft shell and/or fleece jacket
- ☐ 1x Short/long functional underwear
- ☐ 1x Beanie and 1x headband
- ☐ 2 pairs of gloves (1 thin pair, 1 warm, windproof and waterproof pair)
- ☐ Functional socks and spare socks

Overnight cottage

- ☐ Own toiletries, ear plugs if required
- ☐ Clothes to wear in the hotel (Minimum)

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 and ski goggles
- ☐ Sun cream and lip cream (SPF 30 or higher)
- ☐ Camera and binoculars (optional)

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- ☐ Half fare travelcard (if existing)
- ☐ Thermos flask made from break-proof material
- ☐ Headlamp or fleshlight with new batteries
- ☐ Small medicinal supplies for personal requirements