

# ZERMATTERS

## ALPINE SCHOOL

# Alpine Snowshoetour

## Breithorn 4,164 m

### THE MAGIC OF THE 4000 METERS (CH) | 2 DAYS

Break the magic 4000 meter mark and reach the Breithorn 4164 m in winter on snowshoes. Congratulations on this proud peak of 4000 meters! Below the Breithorn, the terrain offers various possibilities for training. Throughout the weekend you will be accompanied by fantastic views over the Monte Rosa massif.

Content	<ul style="list-style-type: none"><li>• On this training tour, you'll be able to enjoy your first alpine tour safely under the careful supervision of our mountain guides. The following content will be delivered:</li><li>• Knots</li><li>• Using crampons and safety equipment</li><li>• Handling an ice axe</li><li>• Using a rope</li><li>• Preparing for a tour</li><li>• Any information relevant to equipment</li></ul>
Destination	After the course, you will be able to take part in simple alpine tours led by a mountain guide, e.g. Pollux 4,092 m, Weissmies 4,023 m, etc.
Technique	<b>intermediate</b>  Alpine technique: basic course or similar prior knowledge required; Terrain: longer steep sections and traverses, also over glaciers
Condition	<b>beginner-intermediate</b>  Duration from 4 to 6 hours, up to approx. 1,000 vertical meters, approx. 250 vertical meters per hour.
Meeting place	11:15 a.m. Mammut Store Zermatt (train arrival at 11.14 a.m.)
Departure	Approx. 3 p.m. from point of departure
Accommodation	Rifugio Guide del Cervino

## Services

Included	<ul style="list-style-type: none"><li>• Guiding and supervision by a mountain guide</li><li>• Accommodation with half board: 1 x hut (base camp)</li><li>• Mammut Safety Equipement (Avalanche Safety Equipment and Avalanche Airbag worth CHF 49.-)</li><li>• 15% discount on mammut.com</li></ul>
----------	---

# ZERMATTERS

## ALPINE SCHOOL

### Not included

- Travel to the course (parking fee, CHF 15.50 per day)
- Transport (mountain rail approx. CHF 50)
- Snacks and drinks
- A CHF CHF 12.- per night (approx.) hut tax for non-SAC members
- Snowshoes CHF 40 (incl. poles)
- Glacier equipment CHF 45 (harness)
- Contribution to the Travel Guarantee Fund (0.25% on total amount)

# ZERMATTERS

## ALPINE SCHOOL

### Program

- Day 1**
- Individual arrival in Zermatt. Welcome and information about the upcoming weekend provided by the mountain guide. The train will then take you to the Trockener Steg. On an introductory tour over the Upper Theodul Glacier in front of the mighty Matterhorn East Face, you will be taught tips on walking technique as well as how to use an ice axe and crampons. After this, you can enjoy a cozy get-together and a great night at the hut. (Distance: 4 km. Duration: approx. 2-3 hours. Ascent/Descent: 300/0 vertical meters)
- Day 2**
- From Trockenen Steg by cable car to the Klein Matterhorn. Now you traverse the Breithorn Plateau, a glaciated plateau of impressive dimensions. The knowledge acquired on day one regarding the use of crampons and ice axes will come in very useful on the steep ascent towards the summit. The ascent to the highest point is worthwhile in every way. In addition to that incredible feeling of having managed to reach the top of a 4,000-meter peak by yourself, you can look forward to a tremendous panoramic view of the Western Valais 4,000-meter peaks, the Mont Blanc area, the Gran Paradiso Chain with the Aosta Valley, the Po Valley all the way to the distant Bernina Group and the Bernese Alps. Congratulations on climbing this impressive 4,000-meter peak! The descent will take you to the Klein Matterhorn station and from here the train will take you back to Zermatt. Individual journey home. (Distance: 5.5 km. Duration: 3-4 hours. Ascent/Descent: 570/570 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:

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ MSR Snowshoes
- ☐ (telescopic) Ski poles
- ☐ Climbing harness with 1 safelock carabiner (or 2x screw carabiners)
- ☐ Ice axe
- ☐ Crampons with ABS

### Technical equipment

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ Touring backpack (approx. 30l)
- ☐ Snowshoes
- ☐ (telescopic) Ski poles
- ☐ Climbing harness with 1 safelock carabiner (or 2x screw carabiners)
- ☐ Ice axe
- ☐ Crampons with ABS
- ☐ Gaiter (optional)

### Clothing

- ☐ 1x Skijacke und 1x Skihose (Gore-Tex oder ähnliches Material)
- ☐ 1x Soft Shell und/oder Fleecejacke
- ☐ 1x Funktionelle Unterwäsche kurz/lang
- ☐ 1x Mütze und 1x Stirnband
- ☐ 2x Handschuhe (1x dünn; 1x warm, wind- und wasserdicht)
- ☐ 1x Funktionssocken und 1x Ersatzsocken
- ☐ Warme, robuste, schnürbare Winterschuhe mit stabiler Sohle oder Bergschuhe

### Overnight cottage

- ☐ Own toiletries, ear plugs if required
- ☐ Clothes to wear in the hut and hotel (Minimum)
- ☐ Slipper socks are at the hut
- ☐ Sleeping bag liner made of silk or cotton (for hygienic reasons)
- ☐ SAC/Alpine Club member card (if available)

### Food

- ☐ Breakfast and dinner at a hotel or a hut
- ☐ Tea and lunch must be brought or can be bought in the village or at the hut

# ZERMATTERS

## ALPINE SCHOOL

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