

# ZERMATTERS

## ALPINE SCHOOL

# Course: Ski touring and splitboarding (Level 1)

## TAKE YOUR FIRST STEPS INTO WINTER TOURING | 2 DAYS

Imagine making an easy climb on touring skis or a splitboard and taking a well-earned rest at the summit before carving your own tracks into fresh, powdery snow ... on this course, you will discover the wonders of ski touring. Join us on easy beginner tours in which you will pick up valuable information on avalanche-related themes along with tips on ski, splitboard and touring techniques.

The course is suitable for both ski tourers and splitboarders.

BOOK NOW (<https://alpineschool.skischool.shop/detail/article/course-ski-touring-and-splitboarding-level-1/>)  
(from CHF 497.00 per person)

Our course dates:

28.12.2023 - 29.12.2023

13.01.2024 - 14.01.2024

10.02.2024 - 11.02.2024

16.03.2024 - 17.03.2024

23.03.2024 - 24.03.2024

### Content

- Interpreting dangers on the basis of the avalanche bulletin, applying this information to tours you plan, introduction to the 3x3 method
- Using climbing skins
- Tips on deep-snow skiing to ensure easy descents
- Using emergency equipment (avalanche beacon, avalanche shovel, avalanche probe), rescue procedures
- Familiarisation with the avalanche airbag backpack
- Personal feedback

### Destination

Depending on your fitness level, take part in easy to moderate courses and tours such as advanced ski touring (Level 2)

### Technique

#### Level 1

- No prior knowledge of mountaineering is required
- SKI: Safe on-piste skiing (red slopes)
- SPLITBOARD: Off-piste experience required

### Condition

#### Level 1

- Tour time of approximately 3-5 hours
- Elevation of up to 800 metres
- 250 metres climb/hour
- Stamina needed for multiple descents/ascents and descents

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**Meeting place** 9.15 a.m. Mammut Store Andermatt / Imholz Sport, Furkagasse 2, 6490 Andermatt

**End of the course** Approx. 4 p.m. Uhr Mammut Store Andermatt / Imholz Sport

### Services

**Included**

- Guidance and support provided by a certified mountain guide
- Safety kit (avalanche beacon, avalanche shovel, avalanche probe), avalanche airbag backpack
- Course materials: Beware of Avalanches
- Bookable with surcharge: Ski touring set (skis, skins, crampons and poles plus insurance)

**Exclusive**

- Getting there
- Transport services (possibly mountain railway)
- Snacks and drinks
- Please contact Snowlimit directly for splitboarding sets
- Contribution to travel guarantee fund (0.25% on total amount)

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### Program

#### Day 1

After a greeting and the handover of equipment, you are ready to start your first tour. You will learn the skills of touring on the ascent with skins, and later on the descent. The exciting day includes an introduction to the use of emergency equipment (avalanche beacon, shovel, probe and airbag). Day one concludes with a welcome drink before returning to the accommodation.

On this day, there are several attractive peaks to choose from. Consulting with the group and taking account of the weather and snow conditions, the mountain guide chooses the destination. Possible peaks include the Pazolastock at 2,740 m, the Winterhorn at 2,662 m and the Tälligrat at 2,748 m (distance 5-7 km, tour time 2-4 hours, approx. elevations 700/1,200 metres).

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### Technical equipment

- ☐ Avalanche transceiver
- ☐ Avalanche probe
- ☐ Avalanche shovel
- ☐ Avalanche airbag rucksack or touring rucksack (approx. 30 l with ski attachment)
- ☐ Ski touring equipment (skis, bindings, skins, crampons), piste ski boots or ski touring boots
- ☐ Splitboard with skins
- ☐ (telescopic) ski poles
- ☐ Ski helmet or climbing helmet (optional)

### Clothing

- ☐ 1 x ski jacket, 1 x ski pants (Gore-Tex or similar material)
- ☐ 1 x soft shell and/or fleece jacket
- ☐ 1 x functional short/long underwear
- ☐ 1 x cap, 1 x headband
- ☐ 2 x gloves (1 x thin pair, 1 x warm pair, windproof and waterproof)
- ☐ 1 x functional socks, 1 x spare socks

### Food

- ☐ Bring your own tea/lunch, or purchase in the village
- ☐ Snacks (e.g. snack bars, dried fruits, dried meat)

### Various

- ☐ Sunglasses and ski goggles
- ☐ Sun and lip cream (SPF 30 or more)
- ☐ Half-fare travelcard (if available)
- ☐ Thermos flask made of unbreakable material
- ☐ Small pharmacy for personal needs