

ZERMATTERS

ALPINE SCHOOL

Jungfrauoch-Äbeniflue

3,962 meters

GRANDIOSE DESCENTS (CH) | 2 DAYS

A great weekend of touring awaits you in the Jungfrau area. Wide glacial expanses, relaxed ascents followed by the Sunday highlight of an endlessly long run down from the Äbeniflue at 3,962 meters into the Lötschental valley to the Fafleralp. A total of 2,200 vertical meters in a stunning alpine setting.

Technique	beginner–intermediate Piste: confident on skis; Powder snow: beginner experience necessary; Terrain: moderately steep, some steeper sections; Alpine technique (for ski touring): initial touring experience
Condition	beginner–intermediate Duration from 4 to 6 hours, up to approx. 1,000 vertical meters, approx. 250 vertical meters per hour. Our Self-Check (https://findmind.ch/c/eJTb-6Cue) can help you estimate your condition for this tour.
Meeting place	8.00 a.m. Interlaken Ost train station (train arrival 7.58 a.m. Interlaken Ost). Continuation of the journey to Jungfrauoch 8.35 a.m.
Departure	Approx. 14.00 p.m. Fafleralp Lötschental
Accommodation	Hollandiahut SAC, 3235 m

Services

Included	<ul style="list-style-type: none">• Guiding and supervision by a mountain guide• Accommodation with half board: 1 x hut (base camp)• Mammüt safety equipment for testing (avalanche equipment worth CHF49)• 15% discount on mammut.com
Not included	<ul style="list-style-type: none">• Travel to the course• Transport (mountain rail Jungfrauabahn CHF 50)• Snacks and drinks• A CHF 12 per night (approx.) hut tax for non-SAC members• Glacier equipment CHF 30 (harness, crampons, ice axe)• Contribution to the Travel Guarantee Fund (0.25% on total amount)

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Program

- Day 1**
- Individual journey to the meeting point in Interlaken. After the welcome, joint train ride to the Jungfraujoch. A safety/avalanche transceiver briefing will refresh your knowledge in the use of emergency equipment, before you enter this fascinating high-alpine environment. From the Jungfraujoch, you will ski over the wide projecting Jungfraufirn down to the Konkordiaplatz. Against a backdrop of the Mönch, Jungfrau, Aletschhorn, Gross Grünhorn and Fiescherhorn peaks, you will then make your way in a gentle ascent over the Grosser Aletschfirn toward Lötschenlücke. After this, it's just a few more steps to the Hollandia Hut at 3,235 meters, our camp for the evening. (Distance: 6.5 km. Hiking time: 2.5 hours; Ascent: 550 vertical meters).
- Day 2**
- After an invigorating breakfast, the group will embark on the ascent over the Äbeniflue Firn to the summit of the Äbeniflue. Around two hours later, you can enjoy the stunning panoramic view from the top of the Äbeniflue at 3,962 meters. After a well-earned rest on the summit, we will start the unique and endlessly long run back down to the Fafleralp at the very back of the Lötschental valley. A fitting reward for your efforts. (Distance: 5 km. Hiking time: 2.5 hours; Ascent: 750 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
- ☐ Climbing harness with 1 safelock carabiner
- ☐ Ice axe

Technical equipment

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ Touring backpack (approx. 30l)
- ☐ Ski touring equipment (skis, bindings, skins, ski crampons)
- ☐ Ski touring boots
- ☐ (telescopic) Ski poles
- ☐ Ski helmet (optional)
- ☐ Climbing harness with 1 safelock carabiner (or 2x screw carabiners)
- ☐ Ice axe

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)
- ☐ 1x Functional socks and 1x spare socks

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)
- ☐ 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

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- ☐ 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