

ZERMATTERS

ALPINE SCHOOL

Pollux 4092 m

TWIN PEAKS OF THE VALAIS ALPS (CH) | 2 DAYS

The twin peaks of Castor and Pollux form a prominent pair in the Monte Rosa Range. The high alpine environment is beautiful and the view from Pollux (4,092 meters) into this world is spectacular. A classic in the Valais Alps! This tour can easily be combined with the Breithorn Mountain Tour for Beginners.

PLEASE NOTE: due to the current conditions the tour to Pollux is NOT possible.

As an alternative we will lead you to the summit of Weissmies 4017 m, overnight will then be in the Almageller Hut.

Technique	beginner–intermediate Experience of mountain alpine tours required; Terrain: moderately steep with short steeper rock, ice and firn sections; Alpine technique: beginner/basic course or similar basic knowledge
Condition	beginner–intermediate Duration from 4 to 6 hours, up to approx. 1,000 vertical meters, approx. 250 vertical meters per hour.
Meeting place	9.15 a.m. Mammut Store Zermatt
Departure	approx. 3 p.m. Zermatt train station
Accommodation	Rifugio Guide d'Ayas 3394 m IMPORTANT: on the two tour dates 24.09. and 08.10. the accomodation will be the Rifugio Guide del Cervino 3480 m

Services

Included	<ul style="list-style-type: none">• Guiding and supervision by a mountain guide• Accommodation with half board: 1 x hut, rental equipment• 15% discount on mammut.com
Not included	<ul style="list-style-type: none">• Travel to the course (parking fee, CHF 15.50 per day)• Transport (mountain rail approx. CHF 50)• Glacier equipment CHF 55.- (climbing harness, climbing helmet, ice axe, crampons)• 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)

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Program

- Day 1**
- After the welcome, you'll take a quick train ride from Zermatt to Klein Matterhorn (3,883 meters). Today is ideal for getting acclimated to the altitude and enjoying the glorious alpine landscape. We'll keep a steady pace over the Breithorn Pass and Verra Glacier to the Guide d'Ayas Refuge. (Distance: 6.1 km. Duration: 3-4 hours. Ascent/Descent: 170/585 vertical meters)
- Day 2**
- Today is summit day. Ascent towards Schwarztor and then over mixed terrain towards the summit. The climb proceeds over good rock before arrival at the Pollux peak (4,092 meters), where a stunning view over the Monte Rosa Range awaits. Descent to Klein Matterhorn, and then to the valley by train. (Distance: 6.6 km. Duration: 5-6 hours. Ascent/Descent: 835/345 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: **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
- ☐ Helmet
- ☐ Eiger Extreme Hardshell Jacket

Technical equipment

- ☐ Climbing harness with with 2 screwgate Carabinners and 1 Prusik
- ☐ Ice axe
- ☐ Crampons with ABS
- ☐ Backpack approx. 30l with rain cover
- ☐ Gaiter (optional)
- ☐ Telescopic trekking poles (optional)

Clothing

- ☐ 1x Hardshell jacket and pants (wind- and waterproof)
- ☐ 1x Mountaineering or trekking pants
- ☐ 1x Soft shell and/or fleece jacket
- ☐ 1x Down jacket
- ☐ 1x Short/long functional underwear
- ☐ 1x Cap/headband and 1x hat
- ☐ 2 pairs of gloves (1 thin pair, 1 warm, windproof and waterproof pair)
- ☐ 1x Functional socks and 1x spare socks
- ☐ Mountaineering shoes (at least ankle-deep, hard sole)

Overnight cottage

- ☐ Own toiletries, ear plugs if required
- ☐ Clothes to wear in the hut (Minimum)
- ☐ Sleeping bag liner made of silk or cotton (for hygienic reasons)
- ☐ Pillow
- ☐ Slippers
- ☐ 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

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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 or flashlight with new batteries
- ☐ Small medicinal supplies for personal requirements