

# ZERMATTERS

## ALPINE SCHOOL

# Bouldering - Give it a go

## PROBLEM-SOLVING SKILLS FOR ROCK-CLIMBING (CH) | 1 DAY

Bouldering not only requires you to balance body tension with concentration. It also challenges the mind, as it requires finding creative, elegant solutions to the natural puzzle of every rock face. It demands strength and dexterity, too.

If you have already done some bouldering in the rock gym and now feel ready to tackle a real rock face outdoors, Andermatt offers plenty of excellent options. The bouldering found in the gorgeous, high-alpine setting on Gotthard Pass enjoys international repute.

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| <b>Content</b> | <ul style="list-style-type: none"><li>• Learn and understand proper bouldering technique</li><li>• Begin practising your problem-solving skills</li><li>• A fun experience that will motivate you to take your climbing to the next level</li></ul> |
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<b>Destination</b>	Learn the skills you need to assess a rock face and climb it effectively and with minimal effort.
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<b>Technique</b>	<b>beginner</b>  Experience is not necessary
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<b>Departure</b>	Approx. 4 p.m. from point of departure
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### Services

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| <b>Included</b> | <ul style="list-style-type: none"><li>• Guiding and supervision by a mountain guide</li><li>• Rental equipment</li></ul> |
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| <b>Not included</b> | <ul style="list-style-type: none"><li>• Travel to the course</li><li>• Transport (possible travel by mountain rail)</li><li>• Snacks and drinks</li></ul> |
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### Program

#### Day 1

After meeting up, we will head straight out to one of the many bouldering spots, such as Bätzberg, on Gotthard Pass. The coach will show you some tips and tricks, so that you can celebrate your first climbing triumph in no time.

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### Rental equipment

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

- ☐ Climbing shoe
- ☐ Chalk bag
- ☐ Crash pad

### Technical equipment

- ☐ Backpack approx. 25l
- ☐ Chalk Bag
- ☐ Climbing Shoe

### Clothing

- ☐ 1x Hardshell jacket (wind- and waterproof)
- ☐ 1x Hardshell pants (wind- and waterproof)
- ☐ 1x Soft shell and/or fleece jacket
- ☐ 1x Climbing pants
- ☐ 1x functional socks
- ☐ 1x isolation jacket
- ☐ 1x short/long functional underwear
- ☐ 1x Cap/hat
- ☐ Hiking shoes or mountaineering shoes (at least ankle-high, hard sole)

### Food

- ☐ Tea and lunch must be brought or can be bought in the village
- ☐ Snacks (e.g. energy bars, dried fruit, dried meat)

### Various

- ☐ Sun cream and lip cream (SPF 30 or higher)
- ☐ Sunglasses
- ☐ Thermos flask made from break-proof material
- ☐ Small medicinal supplies for personal requirements
- ☐ Camera (optional)