

# ZERMATTERS

## ALPINE SCHOOL

# Snowshoe touring for beginners - Maighels-Oberalp

## SAFE SNOWSHOE HIKING (CH) | 2 DAYS

If you want a break from daily life, to enjoy the winter mountain world and experience powder snow, then snowshoe hiking is just the thing for you! You will take part in two simple day-long tours and gather your first snowshoe experiences along the way. Out on the terrain, a mountain guide will show you what to pay particular attention to.

Content	<ul style="list-style-type: none"><li>• Hiking technique tips</li><li>• Introduction to avalanche theory and interpreting avalanche forecasts</li><li>• Introduction to the 3 x 3 method</li><li>• Use of emergency equipment (avalanche transceiver, avalanche shovel, avalanche probe), rescue procedures</li><li>• Learn how the avalanche airbag backpack functions</li></ul>
Destination	Depending on your personal fitness levels, you will be able to take part in easy to moderate snowshoe tours e.g. Jungfrauoch-Lötschental, Allegra Engiadina, etc.
Technique	<b>easy</b>  Alpine technique: no prior knowledge needed, Terrain: mostly moderately steep, short steeper sections and traverses
Condition	<b>easy-moderate</b>  Duration from 4 to 6 hours, up to approx. 1,000 vertical meters, approx. 250 vertical meters per hour.
Meeting place	9.45 a.m. Mammut Store Andermatt / Imholz Sport, Furkastrasse 2, 6490 Andermatt (train arrival 9.22 a.m. Andermatt)
Departure	Approx. 4 p.m. from point of departure
Accommodation	Maighelshütte SAC 2310 m

## Services

Included	<ul style="list-style-type: none"><li>• Guidance and supervision provided by a mountain guide</li><li>• Accommodation with half board: 1 x hut (base camp)</li><li>• Mammut Safety Equipment (Avalanche Safety Equipment and Avalanche Airbag worth CHF 89.-)</li><li>• Eiger Extreme Hardshell Jacket to test</li><li>• "Caution Avalanches" course materials</li><li>• 15% discount on mammut.com</li></ul>
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### Not included

- Travel to the course
- Transport (train journey Andermatt-Oberalp CHF 5.-)
- Snacks and drinks
- Hut tax (approx.) CHF 12.- per night if not a SAC/Alpine Club member
- Snowshoes CHF 40 (incl. poles)
- Contribution to the Travel Guarantee Fund (0.25% on total amount)

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### Program

- Day 1**
- Individual arrival at Andermatt, welcome by the mountain guide and handover of rental equipment. Then, a joint journey by train on the Matterhorn Gotthard Bahn to the Oberalp Pass. This day's tour will take you through the Tgattlems at the foot of the Pazola and Rossboden Mountains to the Maighels Hut at 2,310 m. On the way, you will be given hiking technique tips, an introduction to avalanche theory and how to use emergency equipment. (Distance: 5 km, walking time 2.5 hours, ascent/descent: 500/250 vertical meters)
- Day 2**
- From the hut you will make a training tour to the Piz Cavradi 2613 m. You will deepen your knowledge and enjoy the beautiful winter landscape. The descent follows either back to the top of the Oberalppass or down to Tschamut, from there you take the train back to Andermatt (Distance: 7 km, walking time 3.5 h, ascent/descent: 350/800 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
- ☐ Avalanche-Airbag-Backpack
- ☐ MSR Snowshoes
- ☐ (telescopinc) Ski poles
- ☐ Eiger Extreme Hardshell Jacket to test

### Technical equipment

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ Touring backpack or avalanche airbag backpack (approx. 30 l)
- ☐ Snowshoes
- ☐ (telescopic) Ski poles
- ☐ Gaiter (optional)

### 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
- ☐ Warm, robust winter hiking shoes, must be laceable and have solid soles or mountain boots

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