

ZERMATTERS

ALPINE SCHOOL

Finsteraarhorn 4,274 meters and Grüneggghorn 3,787 meters (CH) | 3.5 days

ALPINE SKI TOUR ON THE HIGHEST BERNESE PEAKS!

Conquer the highest peak of the Bernese Alps on touring skis. Climb the Grünegghorn 3,787 m on the way to the Finsteraarhornhut. This first summit success will also help you to get used to the altitude. This will ensure you are fully prepared for the impressive tour on the highest peak of the Bernese Alps and you can enjoy the endless descent down to Valais.

Technique	medium-demanding Piste: very confident and fast on skis; Powder snow: solid experiences in all types of snow; Terrain: mostly steep terrain, narrow couloirs; Alpine technique (ski touring) for climbing sections: solid touring experience as well as skilled handling of crampons and ice picks
Condition	medium-demanding Duration from 7 to 9 hours, up to approx. 1,500 vertical meters, approx. 350 vertical meters per hour. High level of fitness for all-day skiing
Meeting place	16.35 a.m. Jungfrauoch coffeebar (train arrival 16.35 a.m. Jungfrauoch)
Departure	Approx. 15.00 p.m. Reckingen im Goms or Fafleralp im Lötschental
Accommodation	Mönchslochhütte SAC 3650 mFinsteraarhornhütte SAC 3048 m

Services

Included	<ul style="list-style-type: none">• Guiding and supervision by a mountain guide• Accommodation with half board: 3x hut (base camp)• 15% discount on mammut.com
Not included	<ul style="list-style-type: none">• Travel to the course• Transport (Jungfraubahnen approx. CHF 47.-)• Rental Equipment• Snacks and drinks• A CHF 12 per night (approx.) hut tax for non-SAC members

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Program

- Day 1** Welcome on the Jungfrauoch and joint ascent to the Mönchsjochehütte 3650 m. During dinner the mountain guide will inform you about the following tour days. (Distance: 1.7 km. Hiking time: 0.5 hours. Ascent: 150 vertical meters)
- Day 2** The arrival the day before will allow you to make an early start. From the Mönchsjoche you ski down the Ewigscheefeld. From there you will approach the 3,787 meter Grünegghorn, from where you will ski down via the Grünhornlücke to the Finsteraarhornhut. (Distance: 16 km. Hiking time: 6 hours. Ascent/Descent: 1,280/1,600 vertical meters)
- Day 3** Today is summit day! Early in the morning, we will climb up to the Hugisattel with our skis. Using crampons, we will make our way over the impressive ridge up to the summit with its amazing panoramic view. We will follow the same route back to the hut. (Distance: 3 km. Hiking time: 7 hours; Ascent/Descent: 1,230/1,230 vertical meters)
- Day 4** Depending on the conditions, today we will either make our way via the Bächliücke toward Goms or via the Lötschenlücke to the Lötschen Valley. (Distance: 16 km. Hiking time: 5 hours; Ascent/Descent: 850/2,550 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 saferlock carabiner
- ☐ Ice axe
- ☐ Crampons with ABS
- ☐ Climbing helmet

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
- ☐ Climbing harness with 1 saferlock carabiner (or 2x screw carabiners)
- ☐ Ice axe
- ☐ Crampons with ABS
- ☐ Climbing helmet

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)
- ☐ Protective masks (2 masks for each overnight stay)
- ☐ Sanitizer
- ☐ SAC/Alpine Club member card (if available)

Food

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- ☐ 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

- ☐ 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