

# ZERMATTERS

## ALPINE SCHOOL

# Wildstrubel 3,243 meters

## HIGH-ALPINE SNOWSHOE TOUR ON THE WILDSTRUBEL (CH) | 2 DAYS

A very varied tour in high-alpine terrain for snowshoe tourers looking for that bit more. Starting at the Wildstrubel Hut, we will make our way over the Wildstrubel, with some interesting but not particularly difficult ridge climbing, until we come to the Gemmi Pass.

<b>Technique</b>	<b>intermediate</b>  Alpine technique: basic course or similar prior knowledge required; Terrain: longer steep sections and traverses, also over glaciers
<b>Condition</b>	<b>intermediate</b>  Duration from 5 to 7 hours, up to approx. 1,200 vertical meters, approx. 300 vertical meters per hour.
<b>Meeting place</b>	10.30 a.m. Cable Car Station Crans Montana - Pointe de la Plaine Morte (bus arrival) 10.04 a.m. Montana, Violettes)
<b>Departure</b>	Approx. 15.30 p.m. Leukerbad
<b>Accommodation</b>	Wildstrubelhütte SAC 2789 m

## Services

<b>Included</b>	<ul style="list-style-type: none"><li>• Guiding and supervision by a mountain guide</li><li>• Accommodation with half board: 1 x hut (base camp)</li><li>• Mammut Safety Equipement (Avalanche Safety Equipment and Avalanche Airbag worth CHF 49.-)</li><li>• 15% discount on mammut.com</li></ul>
<b>Not included</b>	<ul style="list-style-type: none"><li>• Travel to the course</li><li>• Transport (mountain rail Leukerbad-Gemmi CHF 60.-)</li><li>• Snacks and drinks</li><li>• CHF 12 per night (approx.) hut tax for non-SAC members</li><li>• Snowshoes CHF 40 (incl. poles)</li><li>• Glacier equipment CHF 40 (harness, ice axe)</li></ul>

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### Program

#### Day 1

Individual arrival at Crans Montana and then travel up to Pointe de la Plaine. During the approach to the hut, the mountain guide will give the group tips on hiking technique and avalanche theory. After a delicious dinner, we will plan the tour on the Wildstrubel together. (Distance: 2.5 km. Hiking time: 1.5 hours. Ascent/Descent: 180/260 vertical meters).

#### Day 2

In the morning, we will leave the Wildstrubel Hut and cross the flat Glacier de la Plaine Morte to make our way to the foot of the Wildstrubel. From here, we will continue over the south ridge to the summit. After a relaxed rest on the summit, we will make our way down to the Gemmi Pass via the Lämmeren Hut. We will then take the cable car to Leukerbad. (Distance: 13.5 km. Hiking time: 6 hours. Ascent/Descent: 730/1,230 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
- ☐ MSR Snowshoes
- ☐ (telescopic) Ski poles
- ☐ Climbing harness with 1 safelock carabiner
- ☐ Ice axe
- ☐ Crampons with ABS

### Technical equipment

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ Touring backpack (approx. 30l)
- ☐ Snowshoes
- ☐ (telescopic) Ski poles
- ☐ Climbing harness with 1 safelock carabiner (or 2x screw carabiners)
- ☐ Ice axe
- ☐ Crampons with ABS

### 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 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)
- ☐ 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)

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### 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