

ZERMATTERS

ALPINE SCHOOL

Freeriding x Wellness Bregenzerwald/Arlberg

OVER 100 POWDER DESCENTS (CH) | 3 DAYS

The Arlberg and upper Bregenzer Forest is one of the top freeriding destinations in the Alps. With its legendary reliable snowfalls, good lift infrastructure and very diverse terrain, the area has all the ingredients for great powder fun. Our guides will show you the best descents and pass on insider tips for first lines.

This tour is suitable only for skiers.

Technique	intermediate Piste: very confident on skis; Powder snow: solid prior experience; Terrain: mostly steep terrain, narrow couloirs
Condition	beginner–intermediate Good level of fitness for all-day skiing
Meeting place	9.00 Uhr Sport Matt, Mitteldorf 34, 8269 Schoppernau (bus arrival 8.50 am Schoppernau, Gemeindeamt)
Departure	Approx. 16.00 p.m. Hotel Adler in Schoppernau
Accommodation	Hotel Adler, Mitteldorf 42, A-6886 Schoppernau

Services

Included	<ul style="list-style-type: none">• Guiding and supervision by a mountain guide• Accommodation with breakfast: 2 x hotel (standard double room)• Mammut Safety Equipment (Avalanche Safety Equipment and Avalanche Airbag worth EUR 70.-)• 15% discount on mammut.com
Not included	<ul style="list-style-type: none">• Travel to the course• Transport (ski pass approx. EUR 171.- per 3 days)• Dinner, snacks and drinks• Freeriding skis EUR 55.- (skis, skins, incl. insurance)• Freeriding boots EUR 42.-

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Program

- Day 1** Individual arrival at Schopernau and welcome by the mountain guide followed by dinner.
- Day 2** After a very hearty breakfast with regional produce from our own farming operation, the ski bus will take us to the Hochtannberg Pass where we will enter the freeride area after an avalanche transceiver/safety briefing. There are countless runs to choose from here. Your mountain guide will show you the most hidden descents and choose the most appropriate run depending on the conditions. There is also the possibility that we may go directly from Schopernau to freeride on the Diedamskopf or to the Damüls/Mellau area.

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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
- ☐ Freeride skis with climbing skins, poles, ski crampons and insurance
- ☐ Freeride boots

Technical equipment

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ Avalanche airbag backpack (approx. 30 l with ski carrier)
- ☐ Freerideskis with touring or freeski binding (incl. climbing skins and ski crampons, waist at least 80 mm)
- ☐ Alpine ski boots or touring ski boots
- ☐ (telescopic) Ski poles
- ☐ Ski 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

- ☐ Clothes and shoes for the evening (for wearing in the accommodation and in the village)
- ☐ Own toiletries, ear plugs if required

Food

- ☐ Breakfast and dinner at the hotel
- ☐ Snacks (e.g. energy bars, dried fruit, dried meat)
- ☐ Lunch at the restaurant or in open country (the guide will inform you)

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

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☐ Small medicinal supplies for personal requirements