

ZERMATTERS

ALPINE SCHOOL

Gross Grünhorn 4043 m and Finsteraarhorn 4274 m

TWO BREATHTAKING 4000ERS IN THE BERNESE OBERLAND

The Bernese Oberland is so vast that it can often take three days to summit a single peak, also making it the perfect place to check another peak or two off your list while you're at it. This expedition combines the Gross Grünhorn (4043 m) and the highest peak in the Bernese Alps, the Finsteraarhorn (4274 m).

Technique	medium-demanding Experience of intermediate level mountain tours required; Terrain: mostly steep with longer exposed rock sections (grade II-III), ice and firn sections; Alpine technique: advanced course or similar knowledge
Condition	demanding Duration from 8 to 10 hours, up to approx. 1,800 vertical meters, approx. 350 vertical meters per hour.
Meeting place	12.40 p.m. Jungfrauoch, Kaffeebar (Train arrival 12.34 p.m. Jungfrauoch)
Departure	Approx. 1 p.m. Berghaus Oberaar. Afterwards continuation by taxi to the Grimselpass.
Accommodation	Konkordiahütte SAC 2850 mFinsteraarhornhütte SAC 3048 m

Services

Included	<ul style="list-style-type: none">• Guiding and supervision by a mountain guide• Accommodation with half board: 3 x hut (base camp)• 15% discount on mammut.com
Not included	<ul style="list-style-type: none">• Travel to the course• Transport (Jungfraubahn from ca. CHF 47.-, Taxi to Grimselpass)• Renting material• Snacks and drinks• Hut tax CHF 12 per night if not a SAC/Alpine Club member

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Program

- Day 1** After meeting at the Jungfraujoch, we'll head straight out into the glacier wonderland, descending via the Jungfraufrirn towards the Konkordiaplatz. After crossing the enormous Konkordiaplatz plateau, we climb the famous stairs up to the Konkordia Hut. (Distance: 7.7 km, approx. 3 hrs walking time, ascent/descent: 122/820 m gain/loss)
- Day 2** Before sunrise, we climb down the steps to the Grüneggfirn and cross a firn field to reach the ridge, continuing along it until we reach the Grünegghorn (3860 m). From there, we continue down a short passage through a notch and across a snowy and rocky ridge to the Gross Grünhorn (4043 m). An abseiling route takes us from the notch directly to the outlets of the Fiescher Glacier. From there, it's just a short trek directly to the Finsteraarhorn Hut. (Distance: 8.7 km, approx. 9 hrs walking time, ascent/descent: 1490/1290 m gain/loss)
- Day 3** Today, it's time to gain even more altitude. Crossing a steep flank, we reach the Hugiattel (4088 m) and then climb along the relatively easy but exposed northwest ridge to the summit. After enjoying the views and recharging, we return along the same route back to the Finsteraarhorn Hut. (Distance: 5.4 km, approx. 9 hrs walking time, ascent/descent: 1225/1225 m gain/loss)
- Day 4** Today, we bid farewell to the icy landscapes of the Bernese Oberland and cross over the Oberaarjoch to Grimsel Pass. (Distance: 16.1 km, approx. 6 hrs walking time, ascent/descent: 712/1394 m gain/loss)

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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:

- ☐ Climbing harness with 1x safelock carabiner
- ☐ Ice axe
- ☐ Crampons with ABS
- ☐ Climbing helmet
- ☐ Belay device, self-locking sling and safelock carabiner

Technical equipment

- ☐ Climbing harness with 1x safelock carabiner (or 2x screw carabiners)
- ☐ Ice axe
- ☐ Crampons with ABS
- ☐ Backpack approx. 30l with rain cover
- ☐ Climbing helmet
- ☐ Belay device, self-locking sling and safelock carabiner
- ☐ Gaiter (optional)

Clothing

- ☐ 1x Hardshell jacket and pants (wind- and waterproof)
- ☐ 1x Mountaineering or trekking pants
- ☐ 1x Soft shell and/or fleece jacket
- ☐ 1x Down jacket
- ☐ 1x Short/long functional underwear
- ☐ 1x Cap/headband and 1x hat
- ☐ 2 pairs of gloves (1 thin pair, 1 warm, windproof and waterproof pair)
- ☐ 1x Functional socks and 1x spare socks
- ☐ Hiking shoes or mountaineering shoes (at least ankle-high, hard sole)

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
- ☐ Towel
- ☐ 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

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- ☐ Snacks (e.g. energy bars, dried fruit, dried meat)

Various

- ☐ Sunglasses and ski goggles
- ☐ Sun cream and lip cream (SPF 30 or higher)
- ☐ Camera (optional)
- ☐ Half fare travelcard (if existing)
- ☐ Thermos flask made from break-proof material
- ☐ Headlamp with new batteries
- ☐ Small medicinal supplies for personal requirements