

# ZERMATTERS

## ALPINE SCHOOL

# Via ferrata climbs for beginners in Bregenzerwald

## CLIMBING ROCKY ROUTES SAFELY (A) | 2 DAYS

Via ferrata routes are exciting. Vertical rock faces can be tackled without too much effort. Together with a guide, you'll conquer your first via ferrata climbs. Get plenty of helpful tips and tricks. Bregenzerwald is the perfect place to learn the basics of this spectacular sport.

Content	<ul style="list-style-type: none"><li>• Handling and proper use of safety gear</li><li>• Efficient via ferrata climbing techniques</li><li>• Gear and materials</li><li>• Planning tours and difficulty scales for via ferrata climbs</li><li>• Alpine hazards</li></ul>
Destination	After this course, you will have the basic skills to tackle easy via ferrata routes on your own or participate in a more advanced course.
Technique	<b>beginner</b>  No prior knowledge required.
Condition	<b>beginner</b>  The walking times are up to approx. 1 hour
Departure	Approx. 4 p.m. from point of departure
Accommodation	Hotel Elisabeth, Niderau 293, 6886 Schoppernau

## Services

Included	<ul style="list-style-type: none"><li>• Guiding and supervision by a mountain guide</li><li>• Accommodation with breakfast: 1x hotel (standard double room)</li><li>• Rental equipment</li><li>• 15% discount on mammut.com</li></ul>
Not included	<ul style="list-style-type: none"><li>• Travel to the course</li><li>• Transport (possible travel by mountain rail)</li><li>• Snacks and drinks</li></ul>

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### Program

- Day 1**
- After the participants have met up and collected their rental gear, the guide will go over the course schedule. And then it's time to head straight out to conquer your first via ferrata. Here, the guide will teach the basic skills and cover the main aspects of via ferrata climbing. Aperitif in the evening and dinner with the group. If you're in the mood, enjoy a soak in the hotel's jacuzzi and relax in the sauna.
- Day 2**
- After a very hearty breakfast of regional products from local farms, it's time to head out. You have another challenging day ahead of you and a chance to put your new skills to the test. The Karhorn via ferrata is the perfect spot and is sure to be an unforgettable experience. (Climbing time: 40 min)

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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
- ☐ Via ferrata climbing set
- ☐ Climbing helmet

### Technical equipment

- ☐ Backpack approx. 30l
- ☐ Climbing harness
- ☐ Climbing helmet
- ☐ Via ferrata climbing set

### Clothing

- ☐ 1x Hardshell jacket (wind- and waterproof)
- ☐ 1x Hardshell pants (wind- and waterproof)
- ☐ 1x Soft shell and/or fleece jacket
- ☐ 1x Climbing pants
- ☐ functional socks
- ☐ 1x isolation jacket
- ☐ short/long functional underwear
- ☐ Cap/hat
- ☐ Via ferrata gloves (if available)
- ☐ Hiking shoes or mountaineering shoes (at least ankle-high, hard sole)

### Overnight cottage

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

### Food

- ☐ Breakfast and dinner at the hotel
- ☐ You need to bring your own hot drinks and lunch or you can buy them in the village
- ☐ Snacks (e.g. energy bars, dried fruit, dried meat)

### Various

- ☐ Sun cream and lip cream (SPF 30 or higher)
- ☐ Sunglasses
- ☐ Thermos flask made from break-proof material
- ☐ Half fare travelcard (if existing)
- ☐ Small medicinal supplies for personal requirements

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☐ Camera (optional)