

# ZERMATTERS

## ALPINE SCHOOL

# Intensive course: ridge climbing

## ADVANCED ALPINE MOUNTAINEERING (CH) | 3 DAYS

Have you discovered a love for mountain climbing? And you'd now like to tackle some more technical climbs? This advanced course gives you an opportunity to review your basic skills and hone your alpine climbing abilities, so that you will be ready to tackle those knife ridges and steep faces

Content	After completing this course, you will then be ready to participate in and help plan alpine climbing expeditions.
	<ul style="list-style-type: none"><li>• Climbing in rope teams and belay station arrangement</li><li>• Anchoring techniques on multi-pitch routes</li><li>• Climbing on a running rope with intermediate anchor points</li><li>• Route planning and route finding</li><li>• Abseiling and switching belay positions</li><li>• Identifying and assessing alpine hazards</li></ul>
Destination	After completing this course, you will be able to plan technically simple high-alpine climbs on your own and participate in difficult guided climbs.
Technique	<b>intermediate</b>  Some initial sport climbing experience or completion of basic course in rock and ice climbing required. Anchoring techniques: highly proficient in anchoring techniques required as lead and second climber.
Condition	<b>beginner-intermediate</b>  Stretches lasting up to approx. 2 hours.
Meeting place	9 a.m. Hotel Tiefenbach Furkapass (Bus arrival 8.57 a.m. Realp, Tiefenbach)
Departure	Approx. 4 p.m. at point of departure
Accommodation	Hotel Tiefenbach, Furkapass

## Services

Included	<ul style="list-style-type: none"><li>• Guiding and supervision by a mountain guide</li><li>• Accommodation with half board: 2 x hotel (standard double room)</li><li>• Rental equipment</li><li>• 15% discount on mammut.com</li></ul>
----------	---

# ZERMATTERS

## ALPINE SCHOOL

### Not included

- Travel to the course
- Transport
- Snacks and drinks
- Hut tax CHF 12 per night if not a SAC/Alpine Club member

# ZERMATTERS

## ALPINE SCHOOL

### Program

**Day 1**

After meeting up with the guide and distributing the rental gear, we'll head out straight away. Today, you'll be working with the guide on your basic skills for climbing in rope teams, anchoring techniques and arranging belay stations. You will then be able to apply what you have learned on shorter climbs. In the evening, we'll enjoy a welcome drink at the hotel and dinner together as a group.

**Day 2**

# ZERMATTERS

## ALPINE SCHOOL

### Rental equipment

Our mountain guide will bring the ordered rental equipment to the meeting place. The following equipment can be rented:

- ☐ Climbing harness
- ☐ Climbing helmet
- ☐ Eiger Extreme hardshell jacket
- ☐ Climbing shoe

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

### Various

- ☐ Sunglasses
- ☐ 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