

ZERMATTERS

ALPINE SCHOOL

Multi-pitch climbing for beginners

GET READY TO LEAVE THE CLIMBING PARK AND TACKLE SOME HIGH ROCK FACES (CH) | 1 DAY

Not satisfied with single-pitch climbs? Today, you will have a chance to venture out of the climbing park and test your skills on some multi-pitch plaisir routes. Our guide will teach you the basics of climbing multi-pitch routes and take you on your first extended climbs.

Content	<p>Expand on the basic skills you have acquired in the climbing park and learn what it takes to complete multi-pitch climbs:</p> <ul style="list-style-type: none">• Arranging belay stations on plaisir routes• Anchor techniques and rope handling• Abseiling• Gear and materials• Planning with guide literature and topographical maps
Destination	<p>To learn the basic skills needed to climb multi-pitch routes, so that you can then participate in guided climbs.</p>
Technique	<p>beginner-intermediate</p> <p>Skills from a sport climbing course for beginners or similar training required. Anchoring techniques: knowledge of basic anchoring techniques for lead or second climber required.</p>
Condition	<p>beginner</p> <p>Basic fitness to complete climbing stretches lasting up to 1 hour</p>
Meeting place	<p>9 a.m. Mammut Store Andermatt / Imholz Sport - Piazza Gottardo (train arrival 8.24 a.m. Andermatt)</p>
Departure	<p>Approx. 4 p.m. from point of departure</p>

Services

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| Included | <ul style="list-style-type: none">• Guiding and supervision by a mountain guide• Rental equipment• 15% discount on mammut.com |
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| Not included | <ul style="list-style-type: none">• Travel to the course• Transport• Snacks and drinks |
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Program

Day 1

After meeting up and briefly going over the schedule and distributing the rental gear, we're off to climb some rock. The grippy texture of the rock in the area couldn't be better for climbing. Test out the skills you have learned during the course right away on a climb. Together with the guide, you will select the best routes depending on the conditions and have lots of fun climbing and improving your skills.

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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
- ☐ Climbing shoe
- ☐ Climbing helmet

Technical equipment

- ☐ Backpack approx. 25l
- ☐ Climbing harness
- ☐ Climbing shoe
- ☐ Climbing helmet

Clothing

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

Food

- ☐ Tea and lunch must be brought

Various

- ☐ Sun cream and lip cream (SPF 30 or higher)
- ☐ Sunglasses
- ☐ Thermos flask made from break-proof material
- ☐ Small medicinal supplies for personal requirements
- ☐ Camera (optional)