

# ZERMATTERS

## ALPINE SCHOOL

# Allegra Engiadina!

## A WINTER FAIRY TALE ON SNOWSHOES (CH) | 4 DAYS

Discover the mountain world of the Lower Engadine: secluded valleys, light larch forests and sunny terraces. The Lower Engadine is an insider tip for snowshoe tours and offers unforgettable impressions and views with its magnificent panorama. Immerse yourself in this beautiful nature and enjoy the comfortable day tours, but also the hospitality and the good food.

Technique	<b>easy</b>  Alpine technique: no prior experience needed; Terrain: mostly moderately steep
Condition	<b>easy</b>  Duration from 2 to 4 hours, up to approx. 700 vertical meters, approx. 250 vertical meters per hour.
Meeting place	11.45 a.m. Hotel Restaurant Engiadina, 7552 Ftan (bus arrival 11.41 a.m. Ftan, Cumün)
Departure	Approx. 3 p.m. at the starting point
Accommodation	Hotel Restaurant Engiadina, 7552 Ftan

## Services

Included	<ul style="list-style-type: none"><li>• Guiding and supervision by a mountain/hiking guide</li><li>• Accommodation with half board: 3 x hotel (standard double room)</li><li>• Mammüt safety equipment for testing (avalanche equipment worth CHF 99)</li><li>• 15% discount on <a href="https://mammut.com">mammüt.com</a></li></ul>
Not included	<ul style="list-style-type: none"><li>• Travel to the course</li><li>• Transport</li><li>• Snacks and drinks</li><li>• Snowshoes CHF 70 (incl. poles)</li><li>• Touring backpack CHF 25</li><li>• Contribution to the Travel Guarantee Fund (0.25% on total amount)</li></ul>

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### Program

- Day 1**
- Individual arrival to Ftan and welcome of the mountain guide/hiking guide at the hotel. Joint discussion of the program and handing over of the rental equipment. Strap on your snowshoes directly in front of the hotel. There is time for an avalanche transceiver/safety briefing on a leisurely introductory tour.
- Day 2**
- There is a wide variety of tours to choose from: from Ftan to the panoramic terrace of Alp Laret, from the typical Engadine village of Guarda with its richly decorated houses to Murtera d'Ardez or on the opposite side of the valley through the picturesque and lonely Val Plavna. The mountain guide/hiking guide selects together with the group the suitable tour destinations. Discover the fascinating landscape day by day and enjoy the peace and seclusion of the Lower Engadine mountain world (distance: approx. 6-10 km, walking time: approx. 2-4 hours, ascent/descent: 400-700 vertical meters).

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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
- ☐ Touring backpack (approx. 30l)
- ☐ MSR Snowshoes
- ☐ (telescopic) Ski poles

### Technical equipment

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ Touring backpack (approx. 30l)
- ☐ Snowshoes
- ☐ (telescopic) Ski poles
- ☐ Gaiter (optional)

### 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
- ☐ Warm, robust winter shoes, must be laceable and have solid soles or mountain boots

### 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
- ☐ 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

- ☐ 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