

ZERMATTERS

ALPINE SCHOOL

Freeriding for beginner - Andermatt

FREERIDING TRAINING (CH) | 2 DAYS

Our mountain guides will introduce you to powder skiing. Glide through the deep snow with even more fun in the future. Andermatt with the freeride paradise around the Gemsstock offers you an excellent starting point for an exciting, instructive and unforgettable course. Dive into the powder with us!

This is an offer for skiers only.

Content	<ul style="list-style-type: none">• On- and off-piste skiing technique• Video analysis and discussion• How to use emergency equipment (avalanche beacon, shovel, probe and avalanche airbag backpack)• Correcting and improving your own skiing style
Destination	To improve your own ski technique on and off-piste so you can have more fun and feel more confident freeriding.
Technique	beginner Piste: confident on skis on red and black slopes; Powder snow: no prior experience away from the slopes required; Terrain: open, moderately steep;
Condition	beginner Adequate fitness for several descents per day, short ascents
Meeting place	8.15 a.m. Mammut Store Piazza Gottardo, Furkagasse 2, 6490 Andermatt (train arrival 8.06 a.m. Andermatt).
Departure	Approx. 4 p.m. from point of departure
Accommodation	Andermatt Alpine Apartments, Andermatt or Radisson Blu Hotel Reussen, Andermatt

Services

Included	<ul style="list-style-type: none">• Guidance and supervision provided by a mountain guide• Overnight stay in a studio at the Andermatt Alpine Apartments (incl. shared dinner at the hotel, excl. breakfast) or overnight stay at the Radisson Blu Hotel (incl. half board and access to the hotel spa) at an extra charge.• Mammut Safety Equipment to test (Avalanche Safety Equipment and Avalanche Airbag worth CHF 89.-)• Eiger Extreme Hardshell Jacket to test• 15% discount on mammut.com
-----------------	---

ZERMATTERS

ALPINE SCHOOL

Not included

- Travel to the course
- Transport (ski pass)
- Meals depending on overnight stay, snacks and drinks
- Freeride skis CHF 95.- (skis, binding, skins, ski crampons, poles incl. insurance)
- Freeride boots CHF 45.-
- Contribution to the Travel Guarantee Fund (0.25% on total amount)

ZERMATTERS

ALPINE SCHOOL

Program

- Day 1** Individual arrival in Andermatt and welcome by your Guide. Here you will be given the rental equipment. And off you go! Your Guide introduces you to the use of the emergency equipment and teaches you the first training contents on and off the piste.
- Day 2** Countless downhill runs in the Gemsstock, Nätschen and Oberalp area are waiting for you. The training program will be adapted to your individual needs so that you can improve your skiing technique in the best possible way.

ZERMATTERS

ALPINE SCHOOL

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
- ☐ Avalanche-Airbag-Backpack
- ☐ Freeride skis with climbing skins, poles, ski crampons and insurance
- ☐ Freeride boots
- ☐ Eiger Extreme Hardshell Jacket to test

Technical equipment

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ Avalanche airbag backpack (approx. 30 l with ski carrier)
- ☐ Ski touring equipment (skis, bindings, skins, ski crampons)
- ☐ Ski touring boots
- ☐ (telescopic) ski poles
- ☐ Ski helmet (optional)

Clothing

- ☐ Ski jacket and ski pants (Gore-Tex or similar material)
- ☐ Soft shell and/or fleece jacket
- ☐ Short/long functional underwear
- ☐ Beanie and headband
- ☐ 2 pairs of gloves (1 thin pair, 1 warm, windproof and waterproof pair)
- ☐ Functional socks and spare socks

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 apartment/hotel
- ☐ You need to bring your own hot drinks and lunch or you can be bought in the hotel
- ☐ Snacks (e.g. energy bars, dried fruit, dried meat)
- ☐ Lunch at the restaurant or in open country (the guide will inform you)

Various

- ☐ Sunglasses and ski goggles
- ☐ Sun cream and lip cream (SPF 30 or higher)
- ☐ Camera (optional)

ZERMATTERS

ALPINE SCHOOL

- ☐ Half fare travelcard (if existing)
- ☐ Thermos flask made from break-proof material
- ☐ Small medicinal supplies for personal requirements