

ZERMATTERS

ALPINE SCHOOL

Women: Ski/Snowboard tours for beginners - Andermatt

GET A TASTE OF THE TOURING WORLD! (CH) | 2 DAYS

Want to experience a pleasant ascent on touring skis, enjoy a well-deserved break at the summit and carve your own track in fresh powder snow? Discover the beauty of touring with the help of this course. You will take part in simple beginner tours, where you will be given valuable information regarding avalanches as well as tips on skiing and touring techniques.

This course is suitable for ski tourers and snow-/splitboarders.

Content	<ul style="list-style-type: none">• Interpreting dangers using avalanche forecasts and applying this information on a planned tour, introduction to the 3 x 3 method• Ascents using skins• Tips for powder snow skiing so that descents become something to enjoy• Use of emergency equipment (avalanche transceiver, avalanche shovel, avalanche probe), rescue procedures• Learn how the avalanche airbag backpack functions
Destination	Depending on your personal fitness levels, you will be able to take part in easy to moderate guided courses and tours e.g. a basic ski touring course
Technique	beginner Piste: confident on skis, Powder snow: no experience necessary, Terrain: relatively steep, open terrain For snowboarders: confident traversing (frontside/backside), ability to ride flat areas using a sliding technique (ski poles)
Condition	beginner Duration from 2 to 4 hours, up to approx. 700 vertical meters, approx. 250 vertical meters per hour.
Meeting place	9.15 a.m. Mammut Store Andermatt / Imholz Sport, Furkastrasse 2, 6490 Andermatt (train arrival 9.06 a.m. Andermatt).
Departure	Approx. 4 p.m. Mammut Store Andermatt / Imholz Sport, 6490 Andermatt
Accommodation	Andermatt Alpine Apartments, Andermatt Radisson Blu Hotel Reussen, Andermatt

Services

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Included

- 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.
- Mammot Safety Equipement to test (Avalanche Safety Equipment and Avalanche Airbag worth CHF 89.-)
- "Caution Avalanches" course materials
- Eiger Extreme Hardshell Jacket to test
- 15% discount on mammot.com

Not included

- Travel to the course
- Transport (possible journey by mountain rail)
- Meals depending on overnight stay, snacks and drinks
- Ski touring skis CHF 89.- (skis, binding, skins, ski crampons, poles incl. insurance)
- Ski touring boots CHF 45.-
- Contribution to the Travel Guarantee Fund (0.25% on total amount)

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Program

- Day 1**
- After the initial welcome and equipment handover you will begin your first tour. You will ascent using skins and in doing so learn the skills for touring ascents and later for descents. An introduction to using emergency equipment (avalanche transceiver, shovel, probe, airbag) will complement this exciting day.
- Day 2**
- On day 2, there will be several appealing peaks to choose from. Together with the group, the mountain guide will select the destination, depending on conditions and the weather. Possible peaks are the Pazolastock 2,740 m, the Winterhorn 2,662 m and the Tälligrat 2,748 m. (Distance: 5-7 km. Duration: 2-4 hours. Ascent: approx. 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
- ☐ Avalanche-Airbag-Backpack
- ☐ Ski touring equipment (skis, binding, skins, ski crampons, poles)
- ☐ Ski touring boots
- ☐ MSR Snowshoes (for Snowboarders)
- ☐ Eiger Extreme Hardshell Jacket to test

Technical equipment

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ Touring backpack or Avalanche airbag backpack (28-30l with ski carrier)
- ☐ Ski touring equipment (skis, bindings, skins, ski crampons)
- ☐ Alpine ski boots or touring ski boots
- ☐ Alternative to ski touring equipment: Splitboard with skins or snowboard and snowshoes including snowboard boots/ Telemark ski and Boots
- ☐ (telescopic) Ski poles
- ☐ Ski helmet

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

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 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)

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