

ZERMATTERS

ALPINE SCHOOL

Mountaineering tour

Wildstrubel 3243 m

ALPINE TREKKING IN BERNESE OBERLAND (CH) | 2 DAYS

The Wildstrubel 3242 m marks one of the highest peaks of the western Bernese Alps. You climb the peak and enjoy two days in the alpine area.

Technique	beginner-intermediate Experience of mountain alpine tours required. Terrain: Moderately steep with short steeper rock, ice and firn sections. Alpine technique: Beginner/basic course or similar basic knowledge.
Condition	intermediate Duration from 5 to 7 hours, up to approx. 1,200 vertical meters, approx. 300 vertical meters per hour. Our Self-Check (https://findmind.ch/c/eJTb-6Cue) can help you estimate your condition for this tour.
Meeting place	10.30 a.m. Lenk train station (train arrival 10.23 a.m. Lenk, 10.30 a.m. we take the bus to Iffigenalp)
Departure	Approx. 15.30 p.m. Leukerbad
Accommodation	Wildhornhütte SAC 2303 m Wildstrubelhütte SAC 2789 m

Services

Included	<ul style="list-style-type: none">• Guiding and supervision by a mountain guide• Accommodation with half board: 1x hut (base camp)• 15% discount on mammut.com
Not included	<ul style="list-style-type: none">• Rental Equipment• Travel to the course• Transport (bus ca. CHF 10, gondola ca. CHF 24)• Snacks and drinks• A CHF 12.- per night (approx.) hut tax for non-SAC members• Contribution to the Travel Guarantee Fund (0.25% on total amount)

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Program

- Day 1** Individual arrival in Lenk, welcome by the mountain guide and handover of the rental equipment. Afterwards, we take the bus to Iffigenalp. From Iffigenalp on the mountain hiking trail to Rawilpass and on to the Wildstrubelhütte. (Distance: 5.8 km, walking time approx. 4 h, ascent/descent: 1200/28 elev. m).
- Day 2** Via the Wysshorelücke to the Plaine Morte glacier via which the south ridge to the Wildstrubel is reached. On rocky paths to the summit. We enjoy the view of the Valais Alps, from the Matterhorn to Mont Blanc. The descent to the Lämmeren hut is via the Wildstrubel glacier. From there we take the mountain trail to the Gemmi Pass. Rail journey from Gemmi to Leukerbad. Individual journey home. (Distance: 14.5 km, walking time approx. 6-8 h, ascent/descent: 830/1300 elev. m).

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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: **Please note that the backpack with the equipment does not weigh more than 8 to 10 kg (crampons, ice axe, harness weigh about 1.5 kg).**

- ☐ Climbing harness with 1x safelock carabiner
- ☐ Ice axe
- ☐ Crampons with ABS

Technical equipment

- ☐ Climbing harness with 2 screwgate Carabinners and 1 Prusik
- ☐ Ice axe
- ☐ Crampons with ABS
- ☐ Backpack approx. 30l with rain cover
- ☐ Gaiter (optional)

Clothing

- ☐ 1x Hardshell-Jacke und 1x Hose (wind- und wasserdicht)
- ☐ 1x Hochtouren- oder Trekkinghose
- ☐ 1x Soft Shell und/oder Fleecejacke
- ☐ 1x Daunenjacke
- ☐ 1x Funktionelle Unterwäsche kurz/lang
- ☐ 1x Mütze/Stirnband und 1x Cap/Hut
- ☐ 2x Handschuhe (1x dünn; 1x warm, wind- und wasserdicht)
- ☐ 1x Funktionssocken und 1x Ersatzsocken
- ☐ Bergschuhe (mind. knöchelhoch, stabile Sohle)

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)
- ☐ 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 and binoculars (optional)
- ☐ Half fare travelcard (if existing)
- ☐ Thermos flask made from break-proof material

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- ☐ Headlamp with new batteries
- ☐ Small medicinal supplies for personal requirements