

ZERMATTERS

ALPINE SCHOOL

Snowshoe touring for beginners - Maighels-Oberalp

SAFE SNOWSHOE HIKING (CH) | 2 DAYS

If you want a break from daily life, to enjoy the winter mountain world and experience powder snow, then snowshoe hiking is just the thing for you! You will take part in two simple day-long tours and gather your first snowshoe experiences along the way. Out on the terrain, a mountain guide will show you what to pay particular attention to.

Content	<ul style="list-style-type: none">• Hiking technique tips• Introduction to avalanche theory and interpreting avalanche forecasts• Introduction to the 3 x 3 method• 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 snowshoe tours e.g. Schanfigg-Prättigau, Val Müstair, etc.
Technique	beginner Alpine technique: no prior knowledge needed, Terrain: mostly moderately steep, short steeper sections and traverses
Condition	easy-moderate Duration from 4 to 6 hours, up to approx. 1,000 vertical meters, approx. 250 vertical meters per hour.
Meeting place	9.30 a.m. Andermatt Imholz Sport Piazza Gottardo
Departure	Approx. 4 p.m. from Andermatt train station
Accommodation	Maighelshütte SAC 2310 m

Services

Included	Guidance and supervision provided by a mountain guide, "Caution Avalanches" course materials, rental equipment, accommodation with half board: 1 x hut (base camp)
Not included	Travel to the course, transport (train journey Andermatt-Oberalp CHF 5), snacks and drinks, hut tax CHF 12 per night if not a SAC/Alpine Club member

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Program

- Day 1**
- Individual arrival at Andermatt, welcome by the mountain guide and handover of rental equipment. Then, a joint journey by train on the Furka Oberalpbahn to the Oberalp Pass. This day's tour will take you through the Tgatsch mountains at the foot of the Pazola and Rossboden Mountains to the Maighels Hut at 2,310 m. On the way, you will be given hiking technique tips, an introduction to avalanche theory and how to use emergency equipment. (Distance: 5 km, Duration 2.5 hours, Ascent/Descent: 500/250 vertical meters)
- Day 2**
- From the hut, you will climb up the Maighels Valley to the Maighels Pass at 2,420 m, which also marks the border between Graubünden und Uri. The descent to the Vermigeli Hut follows via Portglen. You will hike along the Reuss River through the picturesque Unteralp Valley to Andermatt. There will be time to have a drink together there before the two days of instructive learning come to an end. (Distance: 13 km, Duration 4.5 hours, Ascent/Descent: 300/1150 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
- ☐ MSR Snowshoes
- ☐ (telescopic) ski poles

Technical equipment

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ Touring backpack or avalanche airbag backpack (approx. 30 l)
- ☐ Snowshoes
- ☐ (telescopic) ski poles
- ☐ gaiter (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
- ☐ Warm, robust winter shoes, must be laceable and have solid soles or mountain boots

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

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- ☐ half fare travelcard (if existing)
- ☐ Thermos flask made from break-proof material
- ☐ headlamp or flashlight with new batteries
- ☐ Small medicinal supplies for personal requirements