

ZERMATTERS

ALPINE SCHOOL

Alpine Snowshoe Tour for Beginners Gemmi - Wildstrubel

PEAKS OF SNOW AND ICE (CH) | 3 DAYS

Do you have your first snowshoe experiences behind you and now want to tackle loftier alpine peaks? Whether it's a 3,000 or 4,000-meter peak, this course offers a sound introduction to the world of snowshoe mountain tours!

Technique	beginner–intermediate Alpine technique: no prior knowledge needed; Terrain: mostly moderately steep, short steeper sections and traverses
Condition	beginner–intermediate Duration from 4 to 6 hours, up to approx. 1,000 vertical meters, approx. 250 vertical meters per hour
Meeting place	9.15 a.m. Cable Car station Gemmi, Gemmistrasse 12, 3954 Leukerbad (bus arrival 9.15 a.m. Leukerbad, Cable Car)
Departure	Approx. 15.30 p.m. Cable Car station Gemmi
Accommodation	Lämmerenhut SAC 2502 m

Services

Included	<ul style="list-style-type: none">• Guidance and supervision provided by a mountain guide• Accommodation with half board: 1 x hut (base camp)• Mammüt Safety Equipment (Avalanche Safety Equipment and Avalanche Airbag worth CHF 89.-)• Eiger Extreme Hardshell Jacket• "Caution Avalanches" course materials• 15% discount on mammüt.com
Not included	<ul style="list-style-type: none">• Travel to the course• Transport (Cable Car Leukerbad-Gemmi CHF 34.-)• Snacks and drinks• Hut tax CHF 12 per night if not a SAC/Alpine Club member• Rental Equipment (snowshoes incl. poles CHF 40.-/Climbing harness with 2 screwgate carabiners and 1 prusik CHF 20.-/Ice axe CHF 20.-)

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
- ☐ MSR Snowshoes
- ☐ (telescopinc) Ski poles
- ☐ Climbing harness with 2 screwgate carabiners and 1 prusik
- ☐ Ice axe

Technical equipment

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ Touring backpack (approx. 30l)
- ☐ Snowshoes
- ☐ (telescopinc) Ski poles
- ☐ Climbing harness with 2 screwgate carabiners and 1 prusik
- ☐ Ice axe

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

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

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