

# ZERMATTERS

## ALPINE SCHOOL

# Dufourspitze: Switzerland's highest peak 4,634 m

## WELL PREPARED AND ACCLIMATED FOR THE HIGHEST PEAK IN SWITZERLAND (CH) | 5 DAYS

This week consists of training and a route specifically geared to this summit. You will be well acclimated and in top shape to conquer this highlight. Over the course of the week you'll gradually prepare for the Dufourspitze challenge. You will practice learning by doing, getting training right in the field.

<b>Technique</b>	<b>intermediate</b>  Experience of easy to intermediate level mountain tours required; Terrain: moderately steep with short steeper/exposed rock sections (grade I-II), ice and firn sections; Alpine technique: basic course or similar basic knowledge
<b>Condition</b>	<b>demanding</b>  Duration from 8 to 10 hours, up to approx. 1,800 vertical meters, approx. 350 vertical meters per hour.
<b>Meeting place</b>	09.30 a.m. Mammut Store Zermatt
<b>Departure</b>	Approx. 1 p.m. Zermatt train station
<b>Accommodation</b>	Rifugio del Theodulo 3317 mHotel BaseCamp, Riedstrasse 20, 3920 ZermattMonte-Rosa-Hut SAC 2883 m

## Services

<b>Included</b>	<ul style="list-style-type: none"><li>• Guiding and supervision by a mountain guide</li><li>• Accommodation with half board: 3 x hut, 1 x hotel</li><li>• Eiger Extreme Hardshell Jacket to test</li><li>• 15% discount on mammut.com</li></ul>
<b>Not included</b>	<ul style="list-style-type: none"><li>• Travel to the course (Parking fee CHF 15.50/day)</li><li>• Transport (cablecar approx. CHF 100.- with Half Fare Travelcard from SBB)</li><li>• Glacier equipment CHF 115.- (climbing harness, climbing helmet, ice axe, crampons)</li><li>• Snacks and drinks</li><li>• A CHF 12.- per night (approx.) hut tax for non-SAC members</li><li>• Contribution to the Travel Guarantee Fund (0.25% on total amount)</li></ul>

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### Program

- Day 1** Arrival in Zermatt, welcome and information provided by the mountain guide. Travel by mountain railway to Trockener Steg station. Training in walking with crampons, handling ice axes, climbing with ropes. Trekking over the Theodul Glacier to the Theodul Hut. Rock training at Theodulhorn. (Distance: 4 km. Duration: approx. 2 hours. Ascent/Descent: 500/0 vertical meters)
- Day 2** Ascent over the Theodul Glacier to the Breithorn (4,164 meters). This majestic 4,000-meter summit with glorious view is easy to climb. Training on steep firn. Descent towards Gandegg Hut. Travel by mountain railway to Zermatt. (Distance: 12 km. Duration: 5 hours. Ascent/Descent: 800/1,200 vertical meters)
- Day 3** Travel by train to Rotenboden, then along the panoramic trail to the Gorner Glacier. Over Gorner Glacier to the glacial moraine. Then along the new path to the Monte Rosa Hut. Here you'll have time to bask in the magical glacial atmosphere and prepare for summit day. (Distance: 7.5 km. Duration: 3.5 hours. Ascent/Descent: 450/350 vertical meters)
- Day 4** Early in the morning, at around 2 a.m., you'll leave the hut and climb at a steady pace up to the Monte Rosa Glacier, where the final ridge begins. After approx. 6-7 hours of ascent, you will reach the highest peak in Switzerland: Dufourspitze (4,634 meters). Descent back to Monte Rosa Hut for the last evening. (Distance: 13 km. Duration: 13 hours. Ascent/Descent: 1,800/1,800 vertical meters)
- Day 5** Hike along the hut path to the Gorner Glacier, then back to Rotenboden. Travel by train to Zermatt, where the tour ends. (Distance: 7 km. Duration: approx. 3.5 hours. Ascent/Descent: 400/400 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: **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
- ☐ Helmet

### Technical equipment

- ☐ Climbing harness with 1x safelock carabiner (or 2x screw carabiners)
- ☐ Ice axe
- ☐ Crampons with ABS
- ☐ Helmet
- ☐ Backpack approx. 30l with rain cover
- ☐ Gaiter (optional)
- ☐ Telescopic trekking poles (optional)

### Clothing

- ☐ 1x Hardshell jacket and pants (wind- and waterproof)
- ☐ 1x Mountaineering or trekking pants
- ☐ 1x Soft shell and/or fleece jacket
- ☐ 1x Down jacket
- ☐ 1x Short/long functional underwear
- ☐ 1x Cap/headband and 1x hat
- ☐ 2 pairs of gloves (1 thin pair, 1 warm, windproof and waterproof pair)
- ☐ 1x Functional socks and 1x spare socks
- ☐ Mountaineering shoes (at least ankle-deep, hard sole)

### Overnight cottage

- ☐ Own toiletries, ear plugs if required
- ☐ clothes to wear in the hut and the hotel (Minimum)
- ☐ slipper socks are at the hut
- ☐ Sleeping bag liner made of silk or cotton (for hygienic reasons)
- ☐ Pillow (60x60)
- ☐ Towel
- ☐ SAC/Alpine Club member card (if available)

### Food

- ☐ breakfast and dinner in a hotel or a hut
- ☐ Tea and lunch must be brought or can be bought in the village or at the hut
- ☐ Snacks (e.g. energy bars, dried fruit, dried meat)

### Various

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- ☐ 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