

ZERMATTERS

ALPINE SCHOOL

Glacier trekking Bernese Haute Route

OVER THE LONGEST GLACIER IN THE ALPS (CH) | 5 DAYS

This spectacular high mountain crossing will take you from the eternal ice along the most famous Bernese Oberland peaks to the magnificent alpine meadows in the Grimsel region. The famous trio of alpine peaks – Eiger, Mönch and Jungfrau – will grace the view. On this route you'll be right in the midst of it all and will experience the high mountains firsthand. The glaciers are easy to traverse.

Technique	intermediate Partly marked route, sure-footedness and experience of mountain hiking required; Terrain: moderately steep with short steeper, exposed sections, partly secured with chains/ropes (T2); Alpine technique: experience is not necessary
Condition	beginner–intermediate Duration from 4 to 6 hours, up to approx. 1,000 vertical meters, approx. 250 vertical meters per hour. Our Self-Check (https://findmind.ch/c/eJTb-6Cue) can help you estimate your condition for this tour.
Meeting place	11 a.m. gondola station Fiesch
Departure	approx. 3 p.m. Grimselpass
Accommodation	Gletscherstube Konkordia hut SAC 2850 m Finsteraarhorn hut SAC 3048 m Oberaarjoch hut SAC 3258 m

Services

included	<ul style="list-style-type: none">• Guiding and supervision by a mountain guide• Accommodation with half board: 3 x hut (base camp)• 15% discount on mammut.com
not included	<ul style="list-style-type: none">• Travel to the course• Transport (Gondola Fiesch-Fiescheralp approx. CHF 20)• Rental equipment (climbing harness CHF 30, ice axe CHF 40, crampons CHF 30)• Snacks and drinks, a CHF 12 per night (approx.)• hut tax for non-SAC members, approx. CHF 12 per night• Contribution to the Travel Guarantee Fund (0.25% on total amount)

ZERMATTERS

ALPINE SCHOOL

Program

- Day 1** Arrival in Fiesch. Welcome, information about the programme and distribution of rental equipment. Train ride to the Fiescheralp. Via the mountain hiking trail up to the Tällifurka 2611 m. From here we can see the Aletsch Glacier and tomorrow's stage to the Konkordia Hut. After a short descent we reach the cosy Gletscherstube 2357 m, our first accommodation. (Distance: 5.2 km. Duration: 2.5 hours. Ascent/Descent: 440/250 Hm).
- Day 2** Via Lake Märjelen, our path leads down to the glacier. After the introduction to the use of crampons and ice axe, you trek on the rope of the mountain guide to the first stage destination, the Konkordiaplatz. As a "dessert" via the airy ladder up to the Konkordiahütte. (Distance: 8.5 km. Duration: 4-5 h. Ascent/Descent: 570/120 Hm)
- Day 3** As the first rays of sun hit the Fiescher Gabelhorn peaks on the right and those of the Grünhorn on the left, you'll see that the brochure wasn't exaggerating in saying you'd get a wholly different perspective of the mountain world on your trekking tour. The steady ascent on the Grüneggfirn to the Grünhornlücke (3,280 meters) is easy to manage. A stunning view opens up onto the mighty Finsteraarhorn (4,273 meters), the local mountain for tonight's stay. You'll make yourself at home at the cozy, modern Finsteraarhorn Hut. (Distance: 7.0 km. Duration: 5 hours. Ascent/Descent: 500/300 vertical meters)
- Day 4** Today's itinerary surely won't let you down, with spectacular views over the Valais peaks and, of course, the Matterhorn. You will descend to Rotloch along the Fiescher Glacier, where the Fiescher meets the Galmi Glacier. Then it's over the Galmi and Studer Glaciers, to get to the Oberaarjoch Hut. This hut is reached via an iron ladder. If you're still up for it, you can climb the local mountain, the Oberaarhorn (3,639 meters). This magnificent panoramic mountain can be easily reached in about 1½ hours via the south face. Otherwise, you can just chill out in the hut and take in the mountain air from the sun terrace. (Distance: 10.0 km. Duration: 6-7 hours. Ascent/Descent: 700/500 vertical meters)
- Day 5** The next morning you'll travel over to the Furka and Grimsel area, which is much flatter than the Valais side. You'll ascend by rope over the Oberaar Glacier to the Oberaarsee reservoir, and from there to Grimsel Pass, where you'll find a cozy mountain lodge. Here you'll commune over coffee and cake, before everyone's paths diverge once again. (Distance: 11.0 km. Duration: 6-7 hours. Ascent/Descent: 150/1000 vertical meters)

ZERMATTERS

ALPINE SCHOOL

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 1x safelock carabiner (or 2x screw carabiners)
- Ice axe
- Crampons with ABS
- Backpack approx. 30l with rain cover
- Gaiter (optional)
- Telescopic trekking poles with snow baskets (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
- Hiking shoes or mountaineering shoes (at least ankle-high, hard sole)

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)
- Pillow (60x60)
- Towel
- 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)

ZERMATTERS

ALPINE SCHOOL

- Camera and binoculars (optional)
- Half fare travelcard (if existing)
- Thermos flask made from break-proof material
- Headlamp or flashlight with new batteries
- Small medicinal supplies for personal requirements