

ZERMATTERS

ALPINE SCHOOL

Weissmies 4017 m

HIGH ABOVE THE SAAS VALLEY (CH) | 2 DAYS

The Weissmies is one of the easier 4000ers in the Alps – a perfect opportunity to get used to climbing peaks high up where the air is thin. To make sure you're ready for this 4000er, the guide will spend the first day going over the basics.

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	beginner-intermediate Duration from 4 to 6 hours, up to approx. 1,000 vertical meters, approx. 250 vertical meters per hour.
Meeting place	10.00 a.m. Saas-Grund (Bus arrival 9.48 a.m. Saas Grund Bergbahnen)
Departure	approx. 3 p.m. Saas-Grund
Accommodation	Berggasthaus Hohsaas 3200 m

Services

Included	<ul style="list-style-type: none">• Guiding and supervision by a mountain guide• Accommodation with half board: 1 x hut (base camp)• 15% discount on mammut.com
Not included	<ul style="list-style-type: none">• Travel to the course• Transport (mountain railway approx. CHF 43.-)• Glacier equipment CHF 45.- (climbing harness, ice axe, crampons)• Snacks and drinks• Hut tax CHF 12 per night if not a SAC/Alpine Club member

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Program

- Day 1**
- After meeting up and distributing any rental gear, take the cable car up to Hohsaas (3200 m). Today, you will have plenty of time to complete the glacier training to ensure you're fully prepared for tomorrow's climb. Then it's time for a welcome drink at the mountain inn located at Hohsaas (3200 m) and dinner as a group.
- Day 2**
- Crossing the breathtaking icy landscape of the Trift Glacier flanking the west ridge, we continue along the ridge to the snow-capped Weissmies (4017 m). Congratulations, you've reached the summit! After a well-deserved break, we will return along the same route back to Hohsaas and ride back down to the base station.

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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:

- ☐ 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 (optional)

Clothing

- ☐ 1x Hardshell jacket and pants (wind- and waterproof)
- ☐ 1x Mountaineering or trekking pants
- ☐ 1x Soft shell and/or fleece 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)
- ☐ Protective masks
- ☐ Sanitizer
- ☐ 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)

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