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ALPINE SCHOOL

# Galenstock 3,586 m

## MIXED ROCK AND ICE MOUNTAIN TOUR (CH) | 2 DAYS

Galenstock (3,586 meters) is the fourth-highest summit in Uri. While this alone may not be a selling point, its striking shape and varied routes among firn and ice as well as rocky ridges of excellent Furka granite make this mountain a beloved alpine playground.

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| **Technique** | **medium–demanding**<br><br>Experience of intermediate level mountain tours required; Terrain: mostly steep with longer exposed rock sections (grade II-III), ice and firn sections; Alpine technique: advanced course or similar knowledge |
| **Condition** | **medium–demanding**<br><br>Duration from 7 to 9 hours, up to approx. 1,500 vertical meters, approx. 350 vertical meters per hour. |
| **Meeting place** | 9:00 a.m. Hotel Tiefenbach (bus arrival 8:57 Tiefenbach, Furka) |
| **Departure** | approx. 3 p.m. starting point |
| **Accommodation** | Hotel-Tiefenbach |

## Services

**Included**

- Guiding and supervision by a mountain guide
- Accommodation with half board: 1 x hut, rental equipment
- 15% discount on mammut.com

**Not included**

- Travel to the course
- 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 at Furka Pass, we'll climb along the Sidelenbach to the Sidelenbach Hut. We'll stay here in the afternoon to practice basic rock and ice techniques. (Distance: 3 km. Duration: 1 hour. Ascent: 400 vertical meters)

**Day 2**

Early in the morning we'll climb a via ferrata to the upper Bielenlücke. From here we'll cross the Tiefen Glacier and reach the entrance to the north ridge. We'll reach the summit through light climbing (II, max. III) in mixed (rock/snow) terrain. From the summit we'll descend slightly south and abseil down a well-equipped rope path east onto the glacier, and then return quickly and directly to the Sidelen Hut and later to Furka Pass. (Duration: 6-8 hours. Ascent: 900 vertical meters; descent: 1,400 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:

- ☐ Climbing harness with 1x safelock carabiner
- ☐ Ice axe
- ☐ Crampons with ABS
- ☐ Helmet
- ☐ Descendeur, self-belay sling and a screwgate carabiner

## Technical equipment

- ☐ Climbing harness with 1x safelock carabiner (or 2x screw carabiners)
- ☐ Ice axe
- ☐ Crampons with ABS
- ☐ Helmet
- ☐ Descendeur, self-belay sling and a screwgate carabiner
- ☐ 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 (Minimum)
- ☐ Slipper socks are at the hut
- ☐ Sleeping bag liner made of silk or cotton (for hygienic reasons)
- ☐ Pillow (60x60)
- ☐ Protective masks (2 masks for each overnight stay)
- ☐ Sanitizer
- ☐ Towel
- ☐ SAC/Alpine Club member card (if avalaible)

## Food

- ☐ Breakfast and dinner at the hut

- ☐ Tea an 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