

# ZERMATTERS

## ALPINE SCHOOL

### Bernese Haute Route

#### FROM THE JUNGFRAUJOCH OVER 6 GLACIERS TO THE GOMS (CH) | 5 DAYS

In summer, this tour is already a classic. Discover the beauty of this glacier world also in winter. The trekking takes you from hut to hut over six wide glaciers, through a grandiose, high alpine environment of snow and ice. An exciting tour in the midst of the Bernese Oberland parade mountains from Jungfraujoche to Obergoms.

Technique	<b>beginner–intermediate</b>  Alpine technique: no prior knowledge needed; Terrain: mostly moderately steep, short steeper sections and traverses
Condition	<b>intermediate</b>  Duration from 5 to 7 hours, up to approx. 1,200 vertical meters, approx. 300 vertical meters per hour. Our Self-Check ( <a href="https://findmind.ch/c/eJTb-6Cue">https://findmind.ch/c/eJTb-6Cue</a> ) can help you estimate your condition for this tour.
Meeting place	8.00 a.m. Interlaken Ost train station (train arrival 7.58 a.m. Interlaken Ost). Continuation of the journey to Jungfraujoche 8.35 a.m.
Departure	Approx. 15.00 p.m. Oberwald in Goms
Accommodation	Konkordiahut SAC, 2850 m Finsteraarhornhut SAC, 3048 m Oberaarjochhut SAC, 3258 m Hotel Grimsel Passhöhe, Grimselpass

### Services

Included	<ul style="list-style-type: none"><li>• Guiding and supervision by a mountain guide</li><li>• Accommodation with half board: 3 x hut (base camp), 1x hotel (standard double room)</li><li>• Mammút safety equipment for testing (avalanche equipment worth CHF 99)</li><li>• 15% discount on <a href="https://mammút.com">mammút.com</a></li></ul>
Not included	<ul style="list-style-type: none"><li>• Travel to the course</li><li>• Transport (Jungfrau railways approx. CHF 47.-)</li><li>• Snacks and drinks</li><li>• A CHF 12.- per night (approx.) hut tax for non-SAC members</li><li>• Snowshoes CHF 85.- (incl. poles)</li><li>• Glacier equipment CHF 60.- (harness, ice axe)</li><li>• Contribution to the Travel Guarantee Fund (0.25% on total amount)</li></ul>

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### Program

- Day 1** Individual journey to the meeting point in Interlaken. After the welcome, joint train ride to the Jungfrauoch. We will trek over the mighty Jungfraufrn down to the Konkordiaplatz, the meeting point of 5 glaciers – the Jungfraufrn, Grosser Aletschfrn, Ewig Schneefeld, Grüneggfrn and Grosser Aletschgletscher. We will then take the famous Konkordia ladders to the Konkordia Hut. (Distance: 8 km. Hiking time: 3 hours; Ascent/Descent: 150/850 vertical meters).
- Day 2** The Finsteraarhorn Hut is today's destination. 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 for yourself the truth of the claim that trekking tours open up a completely new perspective of the mountain world. The ascent on the Grüneggfrn to the Grünhornlücke is easy to manage. At the Finsteraar Hut, you can enjoy the amazing view of the glacier landscape. (Distance: 6 km. Hiking time: 5 hours; Ascent/Descent: 500/300 vertical meters).
- Day 3** Today's itinerary surely won't let you down, with spectacular views over the Valais peaks and, of course, the Matterhorn. We will make our way along the Fiescher Glacier via Rotloch and the Galmi and Studer glaciers to the Oberaarjoch Hut. This hut is reached via an iron ladder. (Distance: 8 km. Hiking time: 5 hours; Ascent/Descent: 500/300 vertical meters).
- Day 4** Today you switch to the other side into the Furka and Grimsel area, which is much flatter in contrast to the Valais side. Via the Oberaar glacier you descend roped up to the frozen and snow-covered Oberaarsee and from there to Grimselpass, where you spend the night in the Hotel Grimsel Passhöhe. (Distance: 13.8 km, walking time: 5-6 h, ascent/descent: 540/1580 vertical meters).
- Day 5** Finally you climb up to the Sidelenhorn 2764 m. Enjoy once again the view back to the impressive mountain world of snow and ice, before you descend the wide slopes step by step into the Goms to Oberwald, where this impressive high alpine crossing comes to an end. (Distance: 10.8 km, walking time: 5-6 h, ascent/descent: 735/1520 vertical meters).

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## ALPINE SCHOOL

### 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
- ☐ MSR Snowshoes
- ☐ (telescopic) Ski poles
- ☐ Climbing harness with 1 safelock carabiner
- ☐ Ice axe

### Technical equipment

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ Touring backpack (approx. 30l)
- ☐ Snowshoes
- ☐ (telescopic) Ski poles
- ☐ Climbing harness with 1 safelock carabiner (or 2x screw carabiners)
- ☐ Ice axe
- ☐ Gaiter (optional)

### 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)
- ☐ Pillow (60x60)
- ☐ 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)

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### 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