

# ZERMATTERS

## ALPINE SCHOOL

# Snowshoe Tour for Beginners - Schönenbach

## SAFE SNOWSHOE HIKING (A) | 2 DAYS

If you want a break from daily life, to enjoy the winter mountain world and experience powder snow, then snowshoe hiking is just the thing for you! You will take part in two simple day-long tours and gather your first snowshoe experiences along the way. Out on the terrain, a mountain guide will show you what to pay particular attention to.

<b>Technique</b>	<b>beginner</b>  Alpine technique: no prior alpine technique knowledge needed; Terrain: mostly moderately steep
<b>Condition</b>	<b>beginner–intermediate</b>  Duration from 4 to 6 hours, up to approx. 1,000 vertical meters, approx. 250 vertical meters per hour
<b>Meeting place</b>	9.00 a.m. Sport Matt in Schoppernau (bus arrival 8.50 Uhr Schoppernau)
<b>Departure</b>	Approx. 16.00 p.m. Sport Matt in Schoppernau
<b>Accommodation</b>	Jagdgasthaus Egender, Schönenbach 342, 6870 Bezau

## Services

<b>Included</b>	<ul style="list-style-type: none"><li>• Guiding and supervision by a mountain guide</li><li>• Accommodation with breakfast: 1 x hut (standard double room)</li><li>• Mammüt Safety Equipment (Avalanche Safety Equipment and Avalanche Airbag worth EURO 70.-)</li><li>• 15% discount on <a href="https://mammut.com">mammüt.com</a></li></ul>
<b>Not included</b>	<ul style="list-style-type: none"><li>• Travel to the course</li><li>• Transport (Taxi Approx. EURO 15.-)</li><li>• Snacks and drinks</li></ul>

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## ALPINE SCHOOL

### Program

- Day 1**
- Individual arrival at Schopponau, welcome by the mountain guide and handover of rental equipment at Sport Matt. Depending on the conditions, we will start our tour directly in Schopponau. Luggage can then be transported by taxi to Schönenbach. Along the way, you will be given tips on hiking technique, an introduction to avalanche theory and use of emergency equipment. (Distance: 5 km, Hiking time 2.5 hours, Ascent/Descent: 500/250 vertical meters).
- Day 2**
- Today, we will start out directly from the very peaceful location of the Jagdhaus Egger for a tour around Schönenbach. At the end of our tour, a taxi will take us back to Schopponau. (Distance: 5 km, Hiking time 2.5 hours, Ascent/Descent: 500/250 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:

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ MSR Snowshoes
- ☐ (telescopic) Ski poles

### Technical equipment

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ Touring backpack or avalanche airbag backpack (approx. 30 l)
- ☐ Snowshoes
- ☐ (telescopic) Ski poles
- ☐ 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)
- ☐ Shoes for the accommodation
- ☐ 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)
- ☐ Camera and binoculars (optional)
- ☐ Half fare travelcard (if existing)

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- ☐ Thermos flask made from break-proof material
- ☐ Headlamp with new batteries
- ☐ Small medicinal supplies for personal requirements