

# ZERMATTERS

## ALPINE SCHOOL

# Ski/Snowboard tours for beginners X Wellness Bregenzewald/Arlberg

## GET A TASTE OF THE TOURING WORLD! (CH) | 2 DAYS

Want to experience a pleasant ascent on touring skis, enjoy a well-deserved break at the summit and carve your own track in fresh powder snow? Discover the beauty of touring with the help of this course. You will take part in simple beginner tours, where you will be given valuable information regarding avalanches as well as tips on skiing and touring

techniques.

This course is suitable for ski tourers and snowboarders.

<b>Content</b>	<ul style="list-style-type: none"><li>• Interpreting dangers using avalanche forecasts and applying this information on a planned tour, introduction to the 3 x 3 method</li><li>• Ascents using skins</li><li>• Tips for powder snow skiing so that descents become something to enjoy</li><li>• Use of emergency equipment (avalanche transceiver, avalanche shovel, avalanche probe), rescue procedures</li><li>• Learn how the avalanche airbag backpack functions</li></ul>
<b>Destination</b>	Depending on your personal fitness levels, you will be able to take part in easy to moderate guided courses and tours.
<b>Technique</b>	<b>beginner</b>  Piste: confident on skis, Powder snow: no experience necessary, Terrain: relatively steep, open terrain For snowboarders: confident traversing (frontside/backside), ability to ride flat areas using a sliding technique (ski poles)
<b>Condition</b>	<b>beginner</b>  Duration from 2 to 4 hours, up to approx. 700 vertical meters, approx. 250 vertical meters per hour.
<b>Meeting place</b>	9.00 a.m. Sport Matt, Mitteldorf 34, 8269 Schoppernau (bus arrival 8.50 a.m. Schoppernau)
<b>Departure</b>	Approx. 4 p.m. from point of departure
<b>Accommodation</b>	Hotel Elisabeth, Niederau 293, A-6886 Schoppernau (19. - 20.12.20) Hotel Adler, Mitteldorf 42, A-6886 Schoppernau (06. - 07.02.21 / 20. - 21.02.21 / 20. - 21.03.21)

## Services

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### Included

- Guidance and supervision provided by a mountain guide
- Accommodation with half board: 1x hotel (standard double room)
- Mammut Safety Equipement to test (Avalanche Safety Equipment and Avalanche Airbag worth EUR 70.-)
- "Caution Avalanches" course materials
- 15% discount on mammut.com

### Not included

- Travel to the course
- Transport (possible journey by mountain rail)
- Snacks and drinks
- Ski touring equipment (skis, binding, skins, ski crampons, poles and insurance EUR 75.-)
- Ski touring boots (EUR 40.-)

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### **Program**

- Day 1**
- After the initial welcome and equipment handover you will begin your first tour. You will ascent using skins and in doing so learn the skills for touring ascents and later for descents. An introduction to using emergency equipment (avalanche transceiver, shovel, probe, airbag) will complement this exciting day. Thanks to the great location of the privately run Hotel we can ski directly to the Hotel and enjoy a relaxing evening in the wellness area.
- Day 2**
- After the rich breakfast with regional food from the own farming we have an option of several peaks. Together with the group, the mountain guide will select the destination, depending on conditions and the weather. Possible peaks are Falzer Kopf 1968 m, Hählekopf 2058 m or Portlahorn 2010 m. (Distance: 5-7 km. Duration: 2-4 h. Ascent: approx. 700 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:

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ Avalanche-Airbag-Backpack
- ☐ Ski touring equipment (skis, binding, skins, ski crampons, poles)
- ☐ Ski touring boots
- ☐ MSR Snowshoes (for Snowboarders)
- ☐ (telescopic) Ski poles

### Technical equipment

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ Avalanche airbag backpack (approx. 30 l with ski carrier)
- ☐ Ski touring equipment (skis, bindings, skins, ski crampons)
- ☐ Alpine ski boots or touring ski boots
- ☐ Alternative to ski touring equipment: Splitboard with skins or snowboard and snowshoes including snowboard boots/ Telemark ski and Boots
- ☐ (telescopic) Ski poles
- ☐ Ski helmet

### 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

### Overnight cottage

- ☐ Clothes and shoes for the evening (for wearing in the accommodation and in the village)
- ☐ Own toiletries, ear plugs if required

### Food

- ☐ Breakfast and dinner at the hotel
- ☐ You need to bring your own hot drinks and lunch or you can buy them in the village
- ☐ 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 and binoculars (optional)
- ☐ Half fare travelcard (if existing)
- ☐ Thermos flask made from break-proof material
- ☐ Small medicinal supplies for personal requirements