

# ZERMATTERS

## ALPINE SCHOOL

# High-alpine tour for beginners: Piz Buin 3312 m

## EXPERIENCE THE FASCINATION OF MOUNTAIN CLIMBING (A) | 2 DAYS

The Piz Buin (3312 m) is without a doubt "the main attraction" of the 70-odd 3000-meter peaks comprising the Silvretta massif. A high-alpine tour crossing glaciers, snow and ice awaits you. Our guides offer you a safe and competent introduction to mountain climbing. Congratulations on successfully completing your first high-alpine expedition!

Content	On this instruction tour you can enjoy your first ascent safely and well looked after by our mountain guides. The following contents will be taught to you:
	<ul style="list-style-type: none"><li>• Basic knots</li><li>• Walking with crampons and safety equipment</li><li>• Handling the ice axe</li><li>• Walking on the rope</li><li>• Tour preparation</li><li>• Equipment information</li></ul>
Destination	After the course you can participate in easy alpine tours led by a mountain guide, e.g. Pollux 4092 m, Weissmies 4023 m, etc.
Technique	<b>beginner-intermediate</b>  Experience of mountain alpine tours required; Terrain: moderately steep with short steeper rock, ice and firn sections; Alpine technique: no prior knowledge of alpine technique required
Condition	<b>intermediate</b>  Duration from 5 to 7 hours, up to approx. 1,200 vertical meters, approx. 300 vertical meters per hour.
Meeting place	10 a.m. Bielerhöhe
Departure	Approx. 4 p.m. at departure point
Accommodation	Wiesbadener Hütte DAV 2443 m

## Services

Not included	<ul style="list-style-type: none"><li>• Travel to the course</li><li>• Transport (ev. taxi)</li><li>• Snacks and drinks</li><li>• Hut tax EUR 10 per night if not a SAC/Alpine Club member</li></ul>
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### Program

- Day 1**
- Meeting point at Bielerhöhe Pass. The guide will welcome the participants and provide a briefing on the plans for the weekend before embarking on an easy climb up to the Wiesbadener Hut (DAV). In the afternoon, we will have plenty of time for an excursion out on the glacier, where you will complete your training to prepare you for the glacier ascent on the following day. Wrap up the day enjoying a cosy evening in the company of the other participants and a good night's rest in the hut. (Distance: 5.5 km, walking time: 2.5 hrs, ascent: 400 m)
- Day 2**
- Today's plan is to summit the crown jewel of the Silvretta massif, the Piz Buin (3312 m), which we will reach via a route crossing the Ochsental Glacier. The ascent to the glacier leads through a high-alpine landscape and finally along the northwest ridge and up to the summit of the most famous peak of the Silvretta massif. Congratulations, you've made it to the top! Descend back along the same route. (Distance: 11 km, walking time: 7 hrs, ascent/descent: 1000/1500 m gain/loss)

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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

### 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)
- ☐ Helmet

### 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
- ☐ Pillow (60x60)
- ☐ Protective masks (2 masks for each overnight stay)
- ☐ 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)

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### Various

- ☐ Sunglasses
- ☐ Sun cream and lip cream (SPF 30 or higher)
- ☐ Camera (optional)
- ☐ Half fare travelcard (if existing)
- ☐ Thermos flask made from break-proof material
- ☐ Headlamp with new batteries
- ☐ Small medicinal supplies for personal requirements