

# ZERMATTERS

## ALPINE SCHOOL

# Alphubel 4206 m and Strahlhorn 4190 m

## HIGH ALPINE WEEKEND IN THE VALAIS WITH TWO 4000 M PEAKS (CH) | 3 DAYS

First up the prominent Alphubel 4206 m with its large summit plateau, then the imposing Strahlhorn 4190 m - a weekend in the middle of the fascinating Valais high mountain world between the Matter and Saas valleys. If you have already climbed the Allalin- or Breithorn, are fit and want to tackle other 4000 m peaks, this tour will inspire you.

<b>Technique</b>	<b>intermediate</b>  Experience of easy to intermediate level mountain tours required; Terrain: moderately steep with short steeper/exposed rock sections (grade I-II), ice and firn sections; Alpine technique: basic course or similar basic knowledge
<b>Condition</b>	<b>demanding</b>  Duration from 8 to 10 hours, up to approx. 1,800 vertical meters, approx. 350 vertical meters per hour.
<b>Meeting place</b>	12 p.m. Bahnhof Täsch (Train arrival 11.59 p.m. Täsch Bahnhof)
<b>Departure</b>	approx. 3 p.m. Busterminal Saas Fee
<b>Accommodation</b>	Täschhütte SAC 2701 m Britanniahütte SAC 3027 m

## Services

<b>Included</b>	<ul style="list-style-type: none"><li>• Guiding and supervision by a mountain guide</li><li>• Accommodation with half board: 2x hut (base camp)</li><li>• 15% discount on mammut.com</li></ul>
<b>Not included</b>	<ul style="list-style-type: none"><li>• Travel to the course</li><li>• Transport (taxi/mountain railway from approx CHF 30.-)</li><li>• Glacier equipment CHF 60.- (climbing harness, ice axe, crampons)</li><li>• Snacks and drinks</li><li>• Hut tax CHF 12 per night if not a SAC/Alpine Club member</li><li>• Contribution to the Travel Guarantee Fund (0.25% on total amount)</li></ul>

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### Program

- Day 1**
- Welcome in Täsch. After a short programme briefing and distribution of the rental equipment, travel by taxi bus to Täschalp. From here the ascent to the Täschhütte. Welcome aperitif and dinner in the group. (Distance: 2 km, walking time: 1.5 h, ascent/descent: 500/0 altitude)
- Day 2**
- From the Täsch hut you follow the path for about 1 ½ hours. Afterwards, you go over the Alphubel glacier up to the Alphubeljoch 3772 m. Keeping the altitude, you cross to the summit slope and reach the broad summit plateau of the Alphubel 4206 m. Enjoy the wonderful view. Descend via the Feengletscher glacier to Felskinn and the Britannia Hut. (Distance: 14 km, walking time: 8.5 h, ascent/descent: 1800/1650 altitude)
- Day 3**
- The alarm clock rings early. At around 2 a.m. you set off in the cone of your headlamp towards the Hohlaub and Allalin glaciers. On the slightly ascending glacier you reach the Adlerpass and via the north-west flank the summit of the Strahlhorn at 4190 m. It is a great feeling to stand on this challenging 4000 m peak with your own strength! Enjoy the panorama before the descent. The last metres down into the valley are "sweetened" by the mountain railway. (Distance: 15 km, walking time: 9 h, ascent/descent: 1300/1300 altitude)

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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: **Please note that the backpack with the equipment does not weigh more than 8 to 10 kg (crampons, ice axe, harness weigh about 1.5 kg).**

- ☐ Climbing harness with 1x safelock carabiner
- ☐ Ice axe
- ☐ Crampons with ABS

### 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)

### 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
- ☐ 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 liner made of silk or cotton (for hygienic reasons)
- ☐ Pillow (60x60)
- ☐ 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)

### Various

- ☐ Sunglasses
- ☐ Sun cream and lip cream (SPF 30 or higher)

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- ☐ Camera (optional)
- ☐ Half fare travelcard (if existing)
- ☐ Thermos flask made from break-proof material
- ☐ Headlamp with new batteries
- ☐ Small medicinal supplies for personal requirements