ZERMATTERS
ALPINE SCHOOL

For women: Alpine Tour for Beginners Breithorn 4,164 m

THE MAGIC OF MOUNTAINEERING (CH) | 2 DAYS

Mountains are fascinating. Wide glaciers, jagged ridges, steep rock faces! It's all the more wonderful when you can explore this ancient landscape by yourself and stand on a summit far from everyday life. Our mountain guides will provide a safe and competent introduction to mountain climbing.

An offer exclusively for women.

Content

- On this training tour, you'll be able to enjoy your first alpine tour safely under the careful supervision of our mountain guides. The following content will be delivered:
- Knots
- Using crampons and safety equipment
- Handling an ice axe
- Using a rope
- Preparing for a tour
- Any information relevant to equipment

Destination

After the course, you will be able to take part in simple alpine tours led by a mountain guide, e.g. Pollux 4,092 m, Weissmies 4,023 m, etc.

Technique

beginner

Sure-footedness and experience of mountain hiking required; Terrain: moderately steep, rock and ice; no prior knowledge of alpine technique required

Condition

beginner

Duration from 2 to 5 hours, up to approx. 700 vertical meters, approx. 250 vertical meters per hour.

Meeting place

11:15 a.m. Mammut Store Zermatt

Departure

Approx. 3 p.m. from point of departure

Accommodation

Gandegghütte 3030 m

Services

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Included

- Guiding and supervision by a mountain guide
- Accommodation with half board: 1 x hut (base camp)
- Rental equipment
- 15% discount on mammut.com

Not included

- Travel to the course (parking fee, CHF 15.50 per day)
- Transport (mountain rail approx. CHF 60 with Half Fare Travelcard)
- Snacks and drinks
- A CHF CHF 12.- per night (approx.) hut tax for non-SAC members
- Contribution to the Travel Guarantee Fund (0.25% on total amount)

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Program

Day 1

Individual arrival in Zermatt. Welcome and information about the upcoming weekend provided by the mountain guide. The train will then take you to the Trockener Steg. You go straight to the glacier and the training will take place in the afternoon. After this, you can enjoy a cozy get-together and a great night at the Gandegghut. (Distance: 3.5 km. Duration: approx. 2 hours. Ascent/Descent: 250/150 vertical meters)

Day 2

The gondola takes you up to Klein Matterhorn from where you traverse the Breithorn Plateau, a glaciated plateau of impressive dimensions. The knowledge acquired on day one regarding the use of crampons and ice axes will come in very useful on the steep ascent towards the summit. The ascent to the highest point is worthwhile in every way. In addition to that incredible feeling of having managed to reach the top of a 4,000-meter peak by yourself, you can look forward to a tremendous panoramic view of the Western Valais 4,000-meter peaks, the Mont Blanc area, the Gran Paradiso Chain with the Aosta Valley, the Po Valley all the way to the distant Bernina Group and the Bernese Alps. Congratulations on climbing this impressive 4,000-meter peak! The descent will take you to the Klein Matterhorn station and from here the train will take you back to the green pastures of the Mattertal Valley. Individual journey home. (Distance: 7 km. Duration: 5.5 hours. Ascent/Descent: 700/500 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:**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 2 screwgate Carabinners and 1 Prusik
- ☐ Ice axe
- ☐ Crampons with ABS
- ☐ Backpack approx. 30l with rain cover
- ☐ Gaiter (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
- ☐ Mountaineering shoes (at least ankle-deep, 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 avalaible)

Food

- ☐ Breakfast and dinner at the hut
- ☐ Tea an 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)
- ☐ 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