



# For English Speakers: Ski touring technique basic course - Furkapass

## SKI TOURING ESSENTIALS FOR SKIERS AND SNOWBOARDERS (CH) | 3 DAYS

Have you completed a beginners' tour and now feel inspired to build up your knowledge on a course? Then the Ski Touring Technique Basic Course offers the perfect mix of theory and practice for a sound introduction to this amazing discipline. You will take part in training tours, which you will plan together with your group the evening before and then analyze on the go. Individual training and application of your learning are guaranteed!

This course is held in English and is suitable for ski tourers and snowboarders.

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| <b>Content</b>       | <ul style="list-style-type: none"><li>• Track setting/safe behavior during ascent/descent</li><li>• Ski techniques for ascent and descent</li><li>• Introduction to tour planning</li><li>• Interpreting dangers using avalanche forecasts and applying this information on a planned tour</li><li>• Use of emergency equipment (avalanche transceiver, avalanche shovel, avalanche probe and avalanche airbag backpack)</li></ul> |
| <b>Destination</b>   | You will be able to plan simple ski tours independently and carry these out in favorable conditions. Depending on your personal fitness level, you will be able to take part in simple to moderate ski tours, e.g. an advanced ski touring course or an alpine ski tour for beginners etc.   |
| <b>Technique</b>     | <b>easy-moderate</b><br><br>Piste: confident on skis; Powder snow: beginner experience necessary; Terrain: moderately steep, some steeper sections; Alpine technique (for ski touring): initial touring experience<br>For snowboarders: confident traversing (frontside/backside), ability to ride flat areas using a sliding technique (ski poles)  |
| <b>Condition</b>     | <b>easy-moderate</b><br><br>Duration from 4 to 6 hours, up to approx. 1,000 vertical meters, approx. 250 vertical meters per hour.   |
| <b>Meeting place</b> | 9.30 a.m. Mammut Store Andermatt / Imholz Sport, Furkastrasse 2, 6490 Andermatt (train arrival at 9.22 a.m.). Due to the necessary protective measures regarding COVID-19, we kindly ask you not to enter the store until the meeting time. It is possible to stay in the Café/Restaurant Biselli, which is located directly next door.  |
| <b>Departure</b>     | Approx. 4 p.m. from point of departure   |
| <b>Accommodation</b> | Hotel Tiefenbach, Furkapass  |



## Services

### Included

- Guiding and supervision by a mountain guide
- Accommodation with half board: 2 x hotel (standard double room)
- Mammut Safety Equipment to test (Avalanche Safety Equipment and Avalanche Airbag worth CHF 89.-)
- "Caution Avalanches" course materials
- Swiss topographic map of Urseren 1231 (worth CHF 14.-)
- 15% discount on mammut.com

### Not included

- Travel to the course
- Snacks and drinks
- Ski touring equipment CHF 114.- (skis, binding, skins, ski crampons, poles incl. insurance)
- Ski touring boots CHF 60.-
- Snowshoes incl. poles CHF 55.-
- Optional: Avalanche Certificate Swiss Mountain Training CHF 30 (level 1)



## Program

- Day 1** Individual arrival at Realp. Welcome and distribution of rental equipment. The mountain guide will, of course, be on hand to provide tips and advice for packing your backpack. Once everything is packed, after a short introduction to specific touring equipment, you'll be ready to go. A pleasant climb to the Hotel Tiefenbach will provide an opportunity to learn how to glide uphill on your skis. (Distance: 4.5 km; Duration: 2 hours; Ascent: 600 vertical meters).
- Day 2** You will take part in training tours within the area, which you will have planned the evening before in your group and will continue to discuss out on the terrain. The tour destinations will be selected depending on the weather and conditions. Possible summits are: Chli Bielenhorn 2,904 m, Klein Furkahorn 3,026 m, Stotziger Firsten 2,725 m round tour, Schafberg 2,591 m and further options. (Distance: 5-7 km; Duration: 4-6 hours; Ascent: 1,000 vertical meters).



## 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)

## 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)
- Functional socks and spare socks

## Overnight cottage

- Own toiletries, ear plugs if required
- Clothes to wear in the hotel (Minimum)

## 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)



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