

# ZERMATTERS

## ALPINE SCHOOL

### Val Müstair

#### NEAT MOUNTAIN VILLAGES, SPARSE PINE FORESTS AND SECLUDED PLATEAUS (CH) | 4 DAYS

Located in the South-Eastern corner of Switzerland, the Müstair Valley is a small world in itself. The beautiful mountain villages, with their historic architecture, nestled in a gently rolling valley landscape, are in contrast to the wild, natural mountains. You'll explore this ancient natural environment with your snowshoes day by day, and get to know the valley, its sparse forests and secluded plateaus in a unique way. There are a variety of options available, each offering distinctive, stunning views of the surrounding landscape and mountain peaks.

|                      |   |
|----------------------|---|
| <b>Technique</b>     | <b>easy</b><br><br>Alpine technique: no prior experience needed; Terrain: mostly moderately steep                       |
| <b>Condition</b>     | <b>easy</b><br><br>Duration from 2 to 4 hours, up to approx. 700 vertical meters, approx. 250 vertical meters per hour. |
| <b>Meeting place</b> | 11.30 a.m. Hotel Central La Fainera, Bauorcha 19, 7535 Valcava (bus arrival 11.25 a.m. Valchava, Cumün)                 |
| <b>Departure</b>     | Approx. 3 p.m. from point of departure  |
| <b>Accommodation</b> | Hotel Central La Fainera, Bauorcha 19, 7535 Valcava   |

### Services

|                     |  |
|---------------------|--|
| <b>Included</b>     | <ul style="list-style-type: none"><li>• Guiding and supervision by a mountain/hiking guide</li><li>• Accommodation with half board: 3 x hotel (standard double room)</li><li>• Marmut safety equipment for testing (avalanche equipment worth CHF 99)</li><li>• 15% discount on marmut.com</li></ul> |
| <b>Not included</b> | <ul style="list-style-type: none"><li>• Travel to the course</li><li>• Transport</li><li>• Snacks and drinks</li><li>• Snowshoes CHF 70 (incl. poles)</li><li>• Touring backpack CHF 25</li></ul>  |

# ZERMATTERS

## ALPINE SCHOOL

### Program

**Day 1** Individual arrival in Val Müstair and welcome by the mountain guide at the hotel. Joint discussion of the schedule and distribution of rental equipment. Then you'll head outside and strap on your snowshoes straight away. During a leisurely introductory tour, you'll also receive instruction on avalanche safety/use of avalanche transceivers.

**Day 2** Whether from the Ofen Pass at the very top of the valley and over secluded plateaus, through sparse pine forests to Alp Sadra or to the sun terrace at Lü – the touring options in the Val Müstair biosphere reserve could hardly be more diverse. After each snowshoe hike, relaxation becomes a top priority. The hospitality and excellent regional cuisine offered at the hotel will ensure rapid and effective relaxation for mind and body. (Distance: approx. 6-10 km; Duration: approx. 2-4 hours; Ascent/Descent: 400-700 vertical meters)

# ZERMATTERS

## ALPINE SCHOOL

### 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
- Touring backpack (approx. 30l)
- MSR Snowshoes
- (telescopic) Ski poles

### Technical equipment

- Barryvox (Avalanche Transceiver)
- Avalanche Probe
- Avalanche Shovel
- Touring backpack (approx. 30l)
- Snowshoes
- (telescopic) Ski poles
- Gaiter (optional)

### 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
- Warm, robust winter shoes, must be laceable and have solid soles or mountain boots

### 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)
- Camera and binoculars (optional)
- Half fare travelcard (if existing)
- Thermos flask made from break-proof material

# ZERMATTERS

## ALPINE SCHOOL

- Small medicinal supplies for personal requirements