

# ZERMATTERS

## ALPINE SCHOOL

# Jungfrauoch-Lötschental

## GLACIERS AND PEAKS AS FAR AS THE EYE CAN SEE (CH) | 3 DAYS

An incredible experience in a stunning mountain landscape awaits you: Jungfrau 4,158 m, Mönch 4,107 m and Aletschhorn 4,193 m. Via these three mighty glaciers and the Konkordiaplatz – with its 900 m ice cover – you will reach the remote, picturesque Lötschental and Fafleralp.

<b>Technique</b>	<b>easy-moderate</b>  Snowshoe touring: beginner experience required; Alpine technique: no prior knowledge needed; Terrain: mostly moderately steep, short steeper sections and traverses
<b>Condition</b>	<b>easy-moderate</b>  Duration from 4 to 6 hours, up to approx. 1,000 vertical meters, approx. 250 vertical meters per hour. Our Self-Check ( <a href="https://findmind.ch/c/eJTb-6Cue">https://findmind.ch/c/eJTb-6Cue</a> ) can help you estimate your condition for this tour.
<b>Meeting place</b>	8.00 a.m. Interlaken Ost train station (train arrival 7.58 a.m. Interlaken Ost). Continuation of the journey to Jungfrauoch 8.35 a.m.
<b>Departure</b>	Approx. 2 p.m. Fafleralp/Blatten in Lötschental
<b>Accommodation</b>	Konkordia Hut SAC 2,850 m Hollandia Hut SAC 3,235 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: 2 x hut (base camp)</li><li>• Mammüt safety equipment for testing (avalanche equipment worth CHF 49)</li><li>• 15% discount on <a href="https://mammüt.com">mammüt.com</a></li></ul>
<b>Not included</b>	<ul style="list-style-type: none"><li>• Travel to the course</li><li>• Transport (Jungfrau Railway, approx. CHF 50)</li><li>• Snacks and drinks</li><li>• Hut tax approx. CHF 12 per night for non-SAC/Alpine Club members</li><li>• Snowshoes CHF 55 (incl. poles)</li><li>• Glacier equipment CHF 20 (harness)</li><li>• Contribution to the Travel Guarantee Fund (0.25% on total amount)</li></ul>

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### Program

- Day 1** Individual journey to the meeting point in Interlaken. After the welcome, joint train ride to the Jungfraujoch. Over the mighty Jungfrau firn, the mountain guide will lead you by rope to the impressive Konkordiaplatz and the Konkordia hut. (Distance: 8 km; Duration: 3 hours; Ascent/Descent: 150/850 vertical meters).
- Day 2** The Hollandia Hut is the destination for day two. You will experience the impressive Aletschfirn, framed by the Mönch, Jungfrau, Gletscherhorn and Mittaghorn peaks on the right and by the Dreieckhorn and Aletschhorn on the left. (Distance: 8.5 km; Duration: 3.5 hours; Ascent/Descent: 550/150 vertical meters).
- Day 3** On day three, you'll descend via the Lang Glacier into Lötschental to Fafleralp, step by step back to civilization. (Distance: 10 km; Duration: 4 hours; Ascent/Descent: 50/1,500 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:

- Barryvox (Avalanche Transceiver)
- Avalanche Probe
- Avalanche Shovel
- MSR Snowshoes
- (telescopic) Ski poles
- Climbing harness with 2 saferlock carabiner
- Ice axe
- Crampons with ABS

### Technical equipment

- Barryvox (Avalanche Transceiver)
- Avalanche Probe
- Avalanche Shovel
- Touring backpack (approx. 30l)
- Snowshoes
- (telescopic) Ski poles
- Climbing harness with 2 saferlock carabiner (or 2x screw carabiners)
- Ice axe
- Crampons with ABS
- 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

- 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)
- SAC/Alpine Club member card (if available)

### Food

- Breakfast and dinner at the hut

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