

# ZERMATTERS

## ALPINE SCHOOL

# Silvretta Crossing

## FROM ENGADINE TO THE PRÄTTIGAU (CH/A) | 4 DAYS

Over a period of four days, you will cross the scenic Silvretta Alps from Guarda in Lower Engadine to Klosters in the Prättigau. Around the Piz Buin, the tour will take you over the border into the Austrian Tyrol, to Vorarlberg and back to Switzerland and the canton of Grisons

<b>Technique</b>	<b>intermediate</b>  Piste: very confident on skis; Powder snow: solid prior experience; Terrain: mostly steep terrain, narrow couloirs; Alpine technique (for ski touring): solid touring experience or completed training course
<b>Condition</b>	<b>intermediate</b>  Duration from 5 to 7 hours, up to approx. 1,200 vertical meters, approx. 300 vertical meters per hour. High level of fitness for all-day skiing
<b>Meeting place</b>	12.00 a.m. Train station Guarda (train arrival 12.01 a.m. Guarda)
<b>Departure</b>	Approx. 15.00 p.m. Klosters
<b>Accommodation</b>	Chamonna Tuoi SAC, 2250 mJamtalhut DAV, 2165 mWiesbadener Hut DAV, 2443 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: 3 x 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 (possible travel by mountain rail)</li><li>• Snacks and drinks</li><li>• A CHF 12 per night (approx.) hut tax for non-SAC members</li><li>• Rental Equipment</li></ul>

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### Program

- Day 1** Individual arrival at Guarda. The mountain guide will greet you here. The group will then proceed at a relaxed pace through the gently ascending Val Tuoi to the Tuoi Hut at 2,250 meters. (Distance: 6.5 km; Hiking time: 3 hours, Ascent: 650 vertical meters).
- Day 2** From the hut, the ascent leads to the Jämtalferner and then continues to the Hintere Jämtspitze at 3,156 meters - a great start to an amazing crossing. After a long rest, you can enjoy a fantastic descent over the Jämtalferner to the Jämtal Hut. (Distance: 4 km, Hiking time: 3 hours, Ascent: 950 vertical meters).
- Day 3** The route continues to the Ochsenjoch at just under 3,000 meters. You will then glide over the Vermunt glacier at a relaxed pace down to the Wiesbadener Hut, where a little refreshment will be waiting for you. There will even be a chance to try the hearty 'Germkno?del', a great specialty! (Distance: 5 km. Hiking time: 2.5 hours; Ascent: 850 vertical meters).
- Day 4** Today, our goal is the highest Swiss mountain, the Dufourspitze, 4,633 meters. Starting out early in the morning, you will climb over the Monte Rosa Glacier up to the start of the west ridge, where you will leave your skis. You will then continue from here to the summit. The run down is long, beautiful and unforgettable. (Distance: 6.5 km; Hiking time: 5 hours. Ascent: 1,750 vertical meters). The route will take you over the Ochsental Glacier to the final summit, the Egghorn at 3,147 meters, offering an amazing view over to the Silvrettahorn and Piz Buin. Followed by a long and fast descent into the Verstancla valley, to Monbiel and Klosters. (Distance: 4 km, Hiking time: 3 hours, Ascent: 850 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
- ☐ Avalanche-Airbag-Backpack
- ☐ Climbing harness with 1 saferlock carabiner
- ☐ Ice axe
- ☐ Crampons with ABS

### Technical equipment

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ Touring backpack (approx. 30l)
- ☐ Ski touring equipment (skis, bindings, skins, ski crampons)
- ☐ Ski touring boots
- ☐ (telescopic) Ski poles
- ☐ Ski helmet (optional)
- ☐ Climbing harness with 1 saferlock carabiner (or 2x screw carabiners)
- ☐ Ice axe
- ☐ Crampons with ABS

### 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

### 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)
- ☐ 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)

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### 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 with new batteries
- ☐ Small medicinal supplies for personal requirements
- ☐ Passport
- ☐ Euros