



Swiss 4000m Saas Fee, Zermatt or Bernese Oberland

Three stunning journeys through the Alpine mountains of Switzerland. Aimed at those with previous Alpine experience, these hut to hut traverses will give you the opportunity to develop your mountaineering skills while climbing some of the most iconic and spectacular peaks in the European Alps. In increasing level of difficulty we offer courses in Saas Fee, Zermatt and the Bernese Oberland.



You will be guided by our professional IFAGM Guides (International Federation of Mountain Guides). This is the highest mountaineering qualification in the world and the only one that allows the instructor to legally work above the snowline and on glaciated terrain in the European Alps.

Previous Experience & Fitness

You should have a good level of fitness as Alpine Mountaineering can be very tiring. Normally we would expect you to be able to enjoy consecutive 7-8 hours days in the British mountains with a medium pack. You should also have previous experience with crampons and ice axe and a basic understanding of glacial travel and crevasse rescue. If you have no previous mountaineering experience, we recommend that you join one of our Alpine Introductory Courses.

Participation Statement

Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Saas Fee - Swiss 4000's

This course is ideal for those with some previous Alpine experience who want to progress onto higher and more technical Alpine peaks in the Saas Fee region of Switzerland. The easiest of our Swiss 4000s programmes, it will be our intention to spend as much time as possible operating from the high mountain huts in an attempt to ascend four 4000m peaks. This course offers a good progression from our Alpine Introductory courses or Mont Blanc week. Guiding ratio 1:3

Please note this is a suggested itinerary and the actual programme may be changed as a result of weather, conditions on the mountain and individual levels of fitness.

- Sat** Arrive Saas Fee and check into your hotel. Evening meeting with your Guide. (H, B)
- Sun** After a thorough briefing and kit check, head up to the Britannia Hut for revision of Alpine ropework and skills training on the glacier. (MH, B, D)
- Mon** Climb the Stralhorn (4190m) PD- (MH, B, D)
- Tue** Climb the Allalinhorn (4027m) PD via the Hohlaubgrat Ridge. Descend to the valley for a night in the Saas Grund Gite (MH, B, D)
- Wed** A leisurely ascent to the Almageler Hut (MH, B, D)
- Thur** Traverse the Weissmies (4023m) PD via the SSE & SW ridges. (MH, B, D)
- Fri** Climb the Lagginhorn PD (4010m) and descend back to your hotel. (H, B)
- Sat** Breakfast and departure

Travel

Cheap flights are available to Geneva from where you can easily travel by Swiss Rail (very efficient) to Saas Grund and on to Saas Fee. Separate information sheet available.

Maps & Guidebooks

Saas Fee is covered by the Alpine Club's Valais Alps East guidebook by Lindsay Griffin. The best map is the Swisstopo Matterhorn Mischabel 5006 at a scale of 1:50,000 available from our shop 015394 33794 or online at www.adventurepeaks.com/shop

Zermatt - Swiss 4000's

This course is ideal for those with previous Alpine experience who want to progress onto higher and more technical Alpine peaks. It will be our intention to spend as much time as possible operating from the high mountain huts. Slightly more technical than the Saas Fee course this is a good progression from our Alpine Introductory or Mont Blanc courses and ideal for those with aspirations further afield. Guiding ratio 1:2

Please note this is a suggested itinerary and the actual programme may be changed as a result of weather, conditions on the mountain and individual levels of fitness.

- Sat** Arrive in Zermatt and check into your hotel. Evening meeting with your Guide. (H, B)
- Sun** Acclimatise and recap on glacier travel and moving together on Alpine ground. Overnight Theodule Hut 3317m or Cervinia Guides Hut 3500m (MH, B, D)
- Mon** Ascent of the Breithorn 4165m and Pollux. Overnight Valle d'Ayas Hut 3394m (MH, B, D)
- Tue** Ascent of Castor and perhaps Pollux. Overnight Quintino Sella Hut. (MH, B, D)
- Wed** Ascent of El Naso. Overnight Gnifetti Hut 4554m or Margherita Hut (MH, B, D)

- Thu** Traverse of Monta Rosa 4634m, including the Zumsteinspitze & Dufourspitz . Overnight Monta Rosa Hut (MH, B, D)
- Fri** Monta Rosa Glacier, Gornergrat railway to Zermatt. Overnight Hotel (H, B)
- Sat** Breakfast and departure

Travel

Cheap flights are available to Geneva from where you can easily travel by Swiss Rail (very efficient) to Zermatt. Separate information sheet available.

Maps & Guidebooks

The best guidebook for the Zermatt region is Lindsay Griffing's Valais Alps East guidebook produced by the Alpine Club. The Swisstopo maps Zermatt Gornergrat 2515 and Matterhorn Mischabel 5006 cover the area at scales of 1:25,000 and 1:50,000 respectively. Available from our shop 01539 433794 or online at www.adventurepeaks.com/shop

Bernese Oberland - Swiss 4000's

This course is aimed at those who have previous Alpine experience and are looking for a step up from our Zermatt & Saas Fee courses. With four summits of 4000m this is an amazing high level journey across a classic Alpine area.

Guiding ratio 1:2

Please note this is a suggested itinerary and the actual program may be changed as a result of weather, conditions on the mountain and individual levels of fitness.

- Sat** Arrive in Grindelwald and check into your hotel. Evening meeting with your Guide. (H, B),
- Sun** Take train to Jungfrauoch and descend to Konkordia Hut (2850m). Skills Refresher. (MH, B, D)
- Mon** Ascent of Gros Grünhorn (4044m) SW Ridge (PD+), descend to Finsteraarhorn Hut. (MH, B, D)
- Tue** Ascent of Finsteraarhorn (4274m) by SW flank & NW ridge (PD), descend back to hut. (MH, B, D)
- Wed** Trek to Mönchsloch Hut via Grünhornlücke col. (MH, B, D)
- Thur** Ascent of Jungfrau (4158m) via normal route (PD), return to Mönchsloch Hut. (MH, B, D)
- Fri** Ascent of Mönch (4107m) via SE Ridge (PD+), descend to valley on Mönchsloch railway. (H, B)
- Sat** Breakfast and departure.

Travel

Flights are available to Geneva, Basel or Zurich from where trains run a regular service to Grindelwald. Separate information sheet available.

Maps & Guide Book

Bernese Oberland including Salbitschijen - Selected Climbs by Les Swindin (Alpine Club), Available from our shop 01539 433794 or online at www.adventurepeaks.com/shop

Key: H - Hotel, MH - Mountain Hut, B - Breakfast, D ó Dinner

Mont Blanc Extension

With your prior acclimatisation Western Europe's highest peak is within reach. The 4810m summit of Mont Blanc can be attempted during a 3 day extension to giving a fitting end to your Alpine experience. Please see our separate information sheet.

General Information

What is included

- ✚ All Instruction & Guiding
- ✚ Valley - Bed & Breakfast accommodation on a twin sharing basis, (*Normally two or three star hotels but in busy periods we may have to use local guest houses*)
- ✚ Mountain Huts - Half board basis in dormitory accommodation. (*The course fee is based on the cost of providing accommodation in the valley or in a mountain hut, but not both. You will therefore need to vacate your room whilst in the mountains but there are facilities for storage*). A supplement can be paid to retain your room.
- ✚ Group mountaineering equipment such as ropes and other technical equipment

What is not included

- ✚ Transport between the UK and the course venue
- ✚ Insurance
- ✚ All lunches (it is much more cost effective to purchase packed lunch items in the valley before leaving for the mountains).
- ✚ Hot drinks & bottled water whilst in huts
- ✚ Telepheriques and mechanical uplifts. These costs can vary considerably, depending on the weather and routes climbed but you should allow £100
- ✚ Personal climbing equipment and clothing (boots, ice axes, crampons, harnesses & helmets can be hired. We require at least 4 weeks notice of hire prior to your departure).
- ✚ Valley Food - a 2/3 course meal would generally cost in the region of £20.
- ✚ Valley transport if required (unlikely to be needed, but clients share cost if Guides car is used at 25p per mile. This should be paid directly to the Guide.)

Insurance

Any accident in the Alps can be an extremely costly business. It is essential that you take out full mountaineering insurance that covers you for mountain rescue and medical expenses. These policies can be taken out directly with Ault Insurance (0121 569 8772) or obtained through the BMC or other specialist insurers. It is also recommended that the policy includes cancellation cover. Evidence of insurance must be carried with you in the mountains. You should obtain a European Health Insurance Card (Formally E111) Tel 0845 6062030 or www.ehic.org.uk.

What are Alpine Mountain Huts?

Most routes take two days. The first is spent walking up to a hut and the second doing a summit. Alpine Huts are not as basic as the name suggests ó however, the accommodation is in large communal bunks where blankets (but not sheets) are provided. You may wish to take a sleeping bag liner as an alternative. The location of the huts are often spectacular and part of the whole charm of Alpine mountaineering. Unfortunately, many get very crowded during July and August and in extreme cases can lead to changed itineraries. Food in the huts is expensive to purchase (although breakfast and evening meal are included in the cost of your course) as the ingredients are brought in by helicopter. You can also purchase boiling water for hot drinks (not included) for which you may wish to carry tea bags/coffee or cuppa soups. A number of huts on our Swiss 4000€ courses are actually on the other side of international borders and you will require Euros as well as Swiss Francs.

Equipment

On booking we will send you a detailed course dossier which contains plenty of information on the equipment required. We have an extensive range of specialist equipment for hire which is also available for purchase following your course. We will deduct the hire cost from the original price.

Outline Kit List (A full kit list is provided on booking)

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|--------------------------------|-----------------------|
| ✚ **Ice Axe | ✚ Hat & Gloves |
| ✚ **Crampons | ✚ 50L Rucksack |
| ✚ **Climbing Helmet | ✚ Water bottle |
| ✚ **Climbing Harness | ✚ Headtorch |
| ✚ **Mountaineering boots (B3) | ✚ Orange Survival Bag |
| ✚ Waterproof jacket & trousers | ✚ Whistle |
| ✚ Warm clothes | ✚ Compass |

** These items can be hired from us. Please let us know at the time of booking. All other technical equipment is provided.

**If you have any queries about kit please don't hesitate to contact us.
Adventure Peaks is happy to give 15% discount to clients from our shop.**

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