



Courses

Eiger 3970m



The Eiger, like the Matterhorn, is an iconic peak. The aim of this course is ideally to traverse the mountain via two ridges with an ascent of the Mittellegi Ridge and the descent via the South Ridge to the Monchsloch Hut to complete a classic traverse of the mountain. The Mittellegi Ridge is a fantastic steep knife edged ridge offering excellent climbing with little or no objective danger. However, if conditions are snowy we may opt to climb the South Ridge instead.

We are based in Grindelwald for the course. The start of the week is spent acclimatising on classic 4000m peaks in the Bernese Oberland such as the Gros Grünhorn and Finsteraarhorn.

This course is ideal for those with previous Alpine and Rock Climbing experience. If you have no previous mountaineering experience we recommend you join one of our Alpine Introductory courses.

Participation Statement

AdventurePeaks 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.

Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

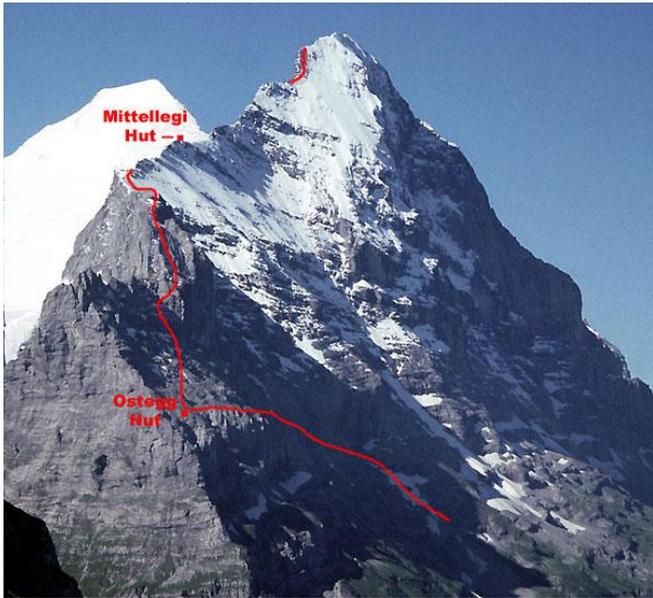
Eiger 3970m

Mittellegi Ridge D or South Ridge AD.

The Mittellegi or South Ridge routes can be taken according to conditions, however the plan would be to ideally traverse the mountain via the two ridges, up the Mittellegi Ridge and down the South Ridge.

Although the Eiger is lower than other big Alpine peaks such as the Matterhorn and Mont Blanc, it is more technical than both of them.

The final route choice will be decided by your guide, hut availability and the prevailing conditions.



Sample Programme

Please note this may be changed including the acclimatisation peaks climbed, which day is a rest day etc, as a result of weather, snow conditions and individual's levels of fitness. It is important to have a flexible approach to the trip to ensure you can get the most out of it and adapt to conditions, as an exact itinerary cannot be guaranteed. The itinerary is for an 8-day programme (max 6 mountain days).

Day 1 (Saturday) Meet at Hotel in Grindelwald at 8.00pm for a briefing with your guide on the week's activities and kit check.

Days 2-4 overview Acclimatisation climbs/peaks up to Alpine grade PD+/AD around the Grindelwald area. The routes chosen will combine scrambling and climbing on rock, snow and ice.

Day 2 Take train to Jungfrauoch and descend to Konkordia Hut (2850m). Skills Refresher. (MH, B, D)

Day 3 Ascent of Gros Grünhorn (4044m) SW Ridge (PD+), descend to Finsteraarhorn Hut. (MH, B, D)

Day 4 Ascent of Finsteraarhorn (4274m) SW flank & NW ridge (PD), descend back to hut. (MH, B, D)

Days 5-6 Ascent of Eiger (3970m). Take the spectacular train ride up the Jungfrauoch railway. Given appropriate conditions we will climb up to the spectacularly positioned Mittellegi Hut in readiness for the ascent of the Mittellegi Ridge (D) and the descent the South Ridge to the Monchsloch Hut to complete a classic traverse of the mountain. If conditions are snowy we may opt to climb the South Ridge (AD) instead. This will begin with the trek to the Mönchsloch Hut via Grünhornlücke col on day 5. (MH, B, D)

Day 7 Reserve Summit Day. Descend to valley on Mönchsloch railway. Hotel in Grindelwald overnight. (H, B)

Day 8 Breakfast and departure.

The Guiding Ratio

The guiding ratio will be 1:2 or 1:1 depending on the route and conditions.



What is Included

- All instruction & guiding for 6 mountain days
- All guide's expenses (except fuel contribution)
- Group mountaineering equipment such as ropes and other technical equipment
- Valley accommodation - Bed & Breakfast accommodation on a twin sharing basis.
- 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). Due to the possibility of late accommodation changes we may need to use a higher spec accommodation in which case a local supplement would be payable. If you choose to stay in the valley on any night where hut accommodation has been booked, you will need to make up the difference in cost.

What is not included

- Insurance
- Transport between the UK and the course venue/ transfers
- Road transport between peaks (please share cost with other clients or guide)
- Packed lunches and evening meals whilst in the valleys
- Additional snacks & drinks in Mountain Huts.
- Personal climbing equipment and clothing (ice axes, crampons, harnesses & helmets* these items can be hired).
- Cable car and mechanical uplift costs, trams, trains etc. These costs can vary considerably, depending on the weather and routes climbed but will vary between £80 and £130 in total.



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 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 and please send us the insurance details before your trip. You should obtain an EHIC, European Health Insurance Card.



Fitness

This will be a very physically demanding course; you should ensure you come well prepared as the summit days can be quite long (9-12 hours).

Experience

Previous alpine mountaineering to PD/PD+ and UK rock climbing comfortable to at least Hard Severe (leading) and seconding Very Severe, US 5.6 (in mountain boots rather than rock shoes and wearing a rucksack).



Maps & Guides available from Adventure Peaks

1:25 000 map Swiss Topo (1229) Eiger Grindelwald
1:50 000 map Swiss Topo (5004) Berner Oberland

Travel

The closest airports are Geneva, Zurich and Bern. To get to Grindelwald there are various train and bus transfer options. Please see the following website for trains: <https://www.sbb.ch/en/timetable.html>