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ALPINE SKILLS TRAINING

ÖTZTALER ALPEN

BRAUNSCHWEIGER HÜTTE 2.759 m

Let us introduce you to the essential skills of alpine mountaineering

The training is designed for fit hill walkers who wish to gain a solid foundation in alpine mountaineering. You will learn and practise the key skills and techniques to move safely on snow, ice and rock. This will include travel on glaciated terrain and crevasse rescue techniques.

COURSE DATE	Min./Max.	PRICES	DEAD LINE
30.06. – 06.07.2024	5 - 6 Persons	€ 1.310,- (Members) € 1.4100,- (Non-Members)	26.04.2024

PLANNED DAILY ROUTINE

The following is a typical schedule with the guide fine tuning the plan according to the prevailing weather conditions and the experience of the group:

- DAY 1:** Train ride from Innsbruck central station to Imst-Pitztal train station from there by bus of the VVT (Verkehrsverbund Tirol) to Mandarfen. Take a taxi or walk to the meeting point at the office of „Bergführervereinigung-Pitztal“ in Mandarfen at 1 pm, where you can also rent your climbing equipment. The guide organizes luggage transport to Braunschweiger Hütte, 3 hours ascent from Mittelberg through the Pitztal Valley to the Braunschweiger Hütte. After dinner: preview of the activities of the week.
- DAY 2:** Foot balance and placement, walking techniques with crampons
Use of ice axe and self arrest on snow and ice
Glacier training: roping up
Knots and rope techniques
Planning the next day
- DAY 3:** Glacier training: standard operating procedures (sops) on glaciers, moving in a roped party
Various crampon techniques
Orientation and reading of maps.
Planning the next day.
- DAY 4:** Glacier training: roping up, crevasse rescue and use of autoblocks (prusiks, Mini Traxions etc) and pulleys
Anchors and running belays on snow and ice.
Planning the next day.
- DAY 5:** Climbing training: roping up for climbing and rappelling
Rock anchors and how to belay
Movement on easy rock ridges
Climbing techniques
First aid and rescue training
Planning the next day.
- DAY 6:** Putting it all together: ascent of nearby peak using skills and techniques taught and practised during the week
After dinner: reflections on the week
- DAY 7:** Descent to Mittelberg, farewell around 12:00

In the evening there will be theoretical units on various topics like orientation, reading maps, alpine dangers and alpine weather.



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CONTENTS

- ✓ Inspecting and caring for your gear and outdoor equipment
- ✓ Use of crampons and ice axe, roll and plant technique
- ✓ Roping up and travelling on glacier (ascent and descent)
- ✓ Crevasse rescue techniques
- ✓ Roping up and techniques for climbing
- ✓ Belaying and moving on a ridge (ascent and descent)
- ✓ Planning a tour, alpine dangers, alpine weather
- ✓ Orientation with maps, Apps
- ✓ Technology supported navigation with Outdooractive or Alpenvereinaktiv App

PRE-REQUISITES

The member of the “Alpine Skills Training” require the knowledge listed below:

- ✓ 18 years of age
- ✓ Free from mental and physical handicap
- ✓ Fitness to hike up 1,000m in altitude with your backpack (about 8 kg)
- ✓ Sure footed in pathless and rough terrain
- ✓ Free from fear of height and vertigo
- ✓ Experience of walking in snow highly desirable

EQUIPMENT RENTAL

Mountain equipment can be rented at the following shop/place, we do the reservation for you!

Bergführervereinigung Pitztal

6481 Sankt Leonhard, Mandarfen 4, Tel: +43 5413 20366

Click on <http://www.bergfuehrervereinigung-pitztal.com/en/equipment-rental/> to get to the equipment rental paragraph

Opening hours: coordinated with the beginning of the course!

Prices:

Climbing equipment (Harness, ice axe, crampons, helmet, 6 carabiners, 2 slings, 3 static cords, 1 ice screw): set price about € 30/day and € 180/whole course, single items on request!

SERVICES INCLUDED

- 6x overnights in Braunschweiger Hütte in a dormitory
- Halfboard (breakfast and dinner)
- English speaking instructor from the Bergsteigerschule Alpenverein Edelweiss
- Luggage transport from Mittelberg to the Braunschweiger Hütte

SERVICES NOT INCLUDED

- Flights or railway to/from Munich, Innsbruck or Salzburg
- Transport to/from Mittelberg/Pitztal
- Additional meals and beverages
- Personal expenses
- Local Taxes (about € 15,-)
- Travel insurance
- Climbing equipment (harness, ice axe, crampons, etc.)**

*** Climbing equipment must be pre-booked well in advance.*

BOOKING

The registration can be done directly with WELTbewegend Erlebnisreisen!

Contact details:

Telephone: +43 1 5138500-14 or 15

Email: info@weltbewegend.at

Website: www.weltbewegend.at