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# IMPROVERS ALPINE SKILLS TRAINING

## GLOCKNERGRUPPE/OBERWALDERHÜTTE 2.973 m

Training on Ice and Rock! The Oberwalderhütte - located in the Glockner Gruppe next to the Großglockner, the highest mountain in Austria - is probably the best base to improve basic skills in rock climbing as well as various exercises on the glacier. Some important theoretical units will complete the content of this course!

COURSE DATE	Min./Max.	PRICES	DEAD LINE
07.07. – 13.07.2024	5 – 6 Persons	€ 1.465,- (Members) € 1.580,- (Non-Members)	03.05.2024

## PLANNED DAILY ROUTINE

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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 Salzburg central station to Zell am See train station, from there by local bus to Fusch an der Großglocknerstraße, the beginning of the mountain road up to Kaiser-Franz-Josefs-Höhe. From here take a taxi (mountain taxi) up to the „Kaiser-Franz-Josefs-Höhe“ at 2.369 m, the meeting point with the guide. 3 hours ascent from here to the Oberwalderhütte 2.973 m. After dinner preview of activities of the whole week.

**DAY 2:** Refresh: crampon techniques and use of ice axe, incl. self arrest  
climbing knots  
glacier skills: roping up, moving and climbing on different slope angles  
crevasse rescue  
Planning the next day

**DAY 3:** Glacier training: anchors and running belays on snow and ice  
Placing ice screws, deadman and choosing a good location  
Climbing steep ice.  
Planning the next day

**DAY 4:** Glacier training: putting it all together  
Moving in a roped party  
Group management  
Decision-making and orientation  
Planning the next day

**DAY 5:** Movement on rock: training for rock ridges  
Improvement in climbing techniques,  
Anchors and running belays incl. belaying techniques  
Moving together and use of hand coils  
Installing and climbing a fixed rope  
Rescue management and first aid.  
Planning the next day

**DAY 6:** Training for steep firm (snow) slopes and ice. After dinner: reflections on the week

**DAY 7:** Descent to Kaiser-Franz-Josefs-Höhe, farewell around 12 o'clock

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



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## CONTENTS

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- ✓ 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

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- ✓ At least 18 years of age
- ✓ Free from mental and physical handicap
- ✓ Fitness to hike up 1.300 m in altitude with your backpack (about 8 kg)
- ✓ Ability level (Rockclimbing UIAA III and ice up to 45 degrees)
- ✓ Knots: overhand knot, clove hitch, munter hitch (Italien hitch), figure of 8, prusik
- ✓ Basic knowledge of rope and belaying techniques
- ✓ Basic knowledge of crevasse rescue techniques (team and self rescue)

## EQUIPMENT RENTAL

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**Mountain equipment can be rented directly at the Oberwalderhütte, we do the reservation for you!**

### Prices:

Climbing equipment (Harness, ice axe, crampons, helmet, 6 carabiners, 2 slings, 3 static cords, 1 ice screw): prices on request!

## SERVICES INCLUDED

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- 6 overnights in Oberwalderhütte in a multiple bed-rooms / 1 double room available (+ € 75)
- Halfboard (breakfast and dinner)
- Lunch package incl. tea for the training days
- English speaking instructor from the Bergsteigerschule Alpenverein Edelweiss

## SERVICES NOT INCLUDED

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- Flights or railway to/from Munich or Salzburg
- Transport to/from Kaiser-Franz-Josefs-Höhe
- 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

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The registration can be done directly with WELTbewegend Erlebnisreisen!

### Contact details:

Telephone: +43 1 5138500-14 or 15

Email: [info@weltbewegend.at](mailto:info@weltbewegend.at)

Website: [www.weltbewegend.at](http://www.weltbewegend.at)