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Silvretta – Ski Tour

Course Starts: 1800hrs on Sunday 4th March 2012
Course Closes: 1700hrs on Friday 9th March 2012
Departs: Saturday 10th March.

Is It For Me?

The Silvretta Alps nestle on the Austrian Swiss border. Our route will criss-cross the mountain chain with ever changing views of the dramatic peaks. This tour is shorter and less committing than the Oberland Tour; and would ideally be suited to those relatively new to ski touring. An added bonus to the tour being the quality of the huts and comfort they provide.

This course would be ideal for a ski mountaineer or skier with some touring experience. Skiing in control on red runs and have experience of skiing off-piste with a rucksack. You should have some basic experience of using crampons and an ice axe. A good level of hill fitness is required due to the altitude and some long ascents and descents.

Aim

The route, which the tour takes, can be varied, depending on the current weather and snow conditions. We have however made bookings in the huts to follow the classic traverse of the region. Whichever way is chosen en route, the memory of this tour will last a lifetime!

Ski touring is always a challenging business offering no guarantees of completing a tour as planned. However we would like to think we stand a very good chance. There are some major factors in the balance: The fitness and skill level of the group (which we can do something about); the weather, snow conditions, avalanche hazard etc (which are all out with our control).

What we need is a good level of preparation and a bit of luck with the weather and snow conditions.

Arrival/Departure

The accommodation shall be Galtur, Tirol. You shall meet the instructor at 1800, at Hotel Alpina. .

Familie Dietmar Walter · A-6563 Galtür · Tirol · Telefon 054 43 / 82 64, 85 16
E-Mail: hotel_alpina@aon.at **Internet:** www.alpina-galtuer.at

The course officially ends at 1700hrs on the Friday evening; however you are booked into the hotel until the following morning. If you require accommodation before or after the course please contact the hotel directly.

Pre-Tour Preparation

Your plan is to get a fit as possible. The fitter you are, the more you will enjoy the tour.

If you're more of a skier: Some of the days are quite long, so stamina would be a good asset. Perhaps try and get out into the mountains carrying a rucksack with a 10/15kg load in it. Doing some work in the gym or aerobics will certainly help.





If you're more of a mountaineer: Make sure you get some ski lessons at your local ski slope to freshen up your technique. It is useful to have a range of different types of turns you can use to suit the varying snow conditions encountered off piste. These can range from perfect powder or spring snow; through to difficult windslab or icy conditions!

If you're a bit of both: Do a bit of everything.

Remember: When you arrive, you should have a good level of fitness and stamina and the ability to ski **in control** at red run standard. In addition, you will have the ability to ski in an off-piste environment with a rucksack and in control even in difficult snow conditions. This is important, as much of the skiing will be on glaciers with some crevasse risk.

The Provisional Programme

Sun	1800hrs: Course Starts. Introduction and sort gear.
Mon Day 1	Ski through the Ischgl ski area. Then traverse via the Zebblasjoch to the Heidelberger Hut.
Tues Day 2	On to the Jamtal Hut, via the Kronenjoch and maybe the Breite Krone (3079m).
Wed Day 3	Climb to the Ochenscharte (2913m). Descend The Vermut glacier to the Wiesbadener Hut.
Thur Day 4	A day tour possibly circumnavigating the stunning Piz Buin, returning after a long day out to the Wiesbadener Hut.
Fri Day 5	Climb over the ridge behind the hut and then a huge descent back to Galtur for tea and medals
Sat	Depart after breakfast

Food

Dinner, bed and Breakfast is included in the course cost at the hotel and huts.

Lunch/snacks: You will need to purchase some lunch/snacks, in addition to a little emergency food, to carry each day (some of this food can be bought from the mountain huts as we go along).

Equipment

If you have your own equipment and would like to use it for the course that is fine: **please indicate on the attached list and return to Glenmore Lodge.**

If you need to borrow any equipment for the course, please indicate your size and length on the enclosed list. Return it to Glenmore Lodge as soon as possible and we will do our best to accommodate your equipment requirements. Whilst it is possible to hire equipment in the valley base, this would be an additional expense to you.





We work very closely on equipment with our sponsors at Mountain Spirit. They are a retail outlet offering good advice, sales and hire on a range of backcountry equipment.

<http://www.mountainspirit.biz>

01479 811788

PERSONAL EQUIPMENT LIST

<ul style="list-style-type: none"> • Ski trousers/salopettes • Waterproof shell jacket • Waterproof overtrousers • Ski gloves and spare gloves/mitts • Fleece jacket • Spare lightweight fleece • Thermal underwear • Warm ski hat • Sun hat • Ski socks and spare pair • Sunglasses with high UV protection • Goggles 	<ul style="list-style-type: none"> • 1 litre water bottle/Camelback system • High factor sun cream (essential) • Glacier cream for lips • Passport • Insurance cover & European Health Insurance Card (see important detail below) • Spending money
<p style="text-align: center;">Additional Comfort Items:</p> <ul style="list-style-type: none"> • Camera - lightweight compact? • Wash kit - very small • Silk sleeping bag / liner (<i>This is required by the huts for hygiene reasons</i>) • Reading material. Maybe the guidebook; "Alpine Ski Mountaineering Volume 2" by Bill O'Connor. ISBN 1 – 85284 – 374 – 8 • Map – Alpenvereinskarte 1:25,000 sheet 26 "Silvrettagruppe" 	

Use of Helmets on Glenmore Lodge Ski Courses

Whilst it is clear that the use of ski helmets does reduce injury in the event of certain accidents, it is not our policy to demand their routine use on our courses. Our courses cover a broad range of skiing activities: piste; off-piste; touring and mountaineering. Within each branch of these sports the current norm for helmet use varies and therefore we would generally leave this decision up to the individual client. Where we feel it appropriate, such as on steep ski clinics, helmets may be mandatory, in which case we will provide them.

Currently on our touring courses, the majority do not wear ski helmets, however some folk choose to. There is a trend towards more people wearing helmets for snowsports, and they are available to hire or buy in all of the valley bases we use.

More detailed information is available from:

[http://www.eurosafe.eu.com/csi/eurosafe2006.nsf/wwwAssets/C5674B101FF45387C12576E4003C2E1E/\\$file/Policy%20briefing%2010%20Snow%20sports%20helmets.pdf](http://www.eurosafe.eu.com/csi/eurosafe2006.nsf/wwwAssets/C5674B101FF45387C12576E4003C2E1E/$file/Policy%20briefing%2010%20Snow%20sports%20helmets.pdf)

Insurance

You must have adequate insurance to provide cover, should you require medical assistance / rescue, whether resulting from an incident in the valley or on the mountain. Please **bring the certificate of**





cover with you. Your insurance will require you to have a European Health Insurance Card. This is free and easy to get online or from the post office. :

There are many sources of insurance these days. As we are involved in a mountaineering activity at times on glaciers, it would seem reasonable to contact, organisations such as the BMC or Alpine Clubs, e.g. The Austrian Alpine Club, and compare the types of cover and costs offered.

- BMC, 171-179 Burton Road, Manchester, M20 2BB. Tel: 0161 445 4747
- Austrian Alpine Club, PO Box 43, Welwyn Garden City, Herts. AL8 6PT. Tel: 01707 324835 (this also gives you reciprocal rights)

If you happen to belong to an Alpine club or are a member of the BMC and have their reciprocal rights' card, please bring your membership/reciprocal rights' card with you.

The Cost Includes

- Valley accommodation: Half Board (Dinner, Bed & Breakfast)
- Hut Accommodation: Half Board (Dinner, Bed & Breakfast)
- Instruction/Guiding
- Equipment borrowed from Glenmore Lodge
- In course valley transport

NOT included in the price:

- Ski mountaineering insurance (see important detail above)
- Lunches / snacks
- Additional social expenses
- Access ski lift costs
- Transport to and from Galtur (allowing flexibility of length of stay)
- Additional accommodation out with course dates
- Beer/drinks in huts etc.

Transport

If you have a problem during your journey, you could let us know of any changes to your arrival by ringing the Lodge on +44 (0)1479 861 256 or Ian's mobile – 00 44 7 919 595 412

The nearest valley base is Landeck with regular bus service up the valley to resort.

Flying: Landeck is the nearest valley train station and is easy to reach from several airports. Train transfer options from airport can be found at www.bahn.de. Airport Innsbruck, Memmingen (Ryanair) and Munich (easyjet).

Car: You could arrange to share transport with other course members who are interested in car sharing. Telephone numbers of others who are interested are available from Glenmore Lodge.

If you still have any questions, please give, Ian Sherrington, or Nigel Williams a call at the Lodge

Yours sincerely

Ian Sherrington, IFMGA Guide
Chief Instructor, Glenmore Lodge



Marmot



teko



PLEASE COMPLETE + RETURN THIS FORM TO US A.S.A.P - EVEN IF YOU DON'T REQUIRE ANY EQUIPMENT FROM US

SILVRETTA TOUR SKI MOUNTAINEERING EQUIPMENT LIST			
Name:		Course & Date:	
Height:	Weight:	Shoe Size:	
PLEASE INDICATE WHICH ITEMS YOU WOULD LIKE US TO PROVIDE			
Item	Size	Pls Tick if rq'd	Pls Tick if bringing own
Ski Mountaineering Skis; with skins & harschiesen	Length:		
Ski Mountaineering Boots	Size:		
Rucksack	50L approx		
Ice Axe (lightweight)	45cm approx		
Crampons with anti-balling plates (to fit your ski mountaineering boots)			
2 Prussik Loops			
2 Screw Gate & 2 Snap link Krabs			
Harness with adjustable leg loops	Waist size: S M L XL		
Ski Poles	Length:		
Avalanche Transceiver 457 KHZ			
Snow Shovel			
Probe (minimum 2m)			
Head Torch (4.5v battery not supplied)			

