

# **High Altitude training with Piz Morteratsch 3751m**

**Optimal introduction for alpine tours in rock and ice.**

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### DAY 1

#### HIGH ALTITUDE TRAINING

Ice formation on the Morteratsch glacier; walking with crampons, handling the ice pick, using the rope and rescuing from crevasses. Subsequent ascent to Boval hut. In the area around the hut we learn how to handle the rope from knots to belaying on the rock. Simple climbing and safety equipment in different variations.

### DAY 2

#### PIZ MORTERATSCH

As a crowning highlight, the traverse of Piz Morteratsch awaits us. From the Boval hut, we walk steeply uphill in headlamp light on the clearly visible hiking trail. Past the climbing garden we reach the entrance to the rock section. After a short, steep but easy climb at grade II, we reach the Fuorcla da Boval. With the crampons we continue to the summit, from where we enjoy a breathtaking panorama. The Biancogrät and the Piz Roseg are within reach. The descent into Val Roseg is via the Tschierva hut. Here we can fortify ourselves for the last time before we return to Pontresina through the Val Roseg.

▲ 3751 m ⌚ 9 Stunden ↑ 1250 hm / 5 h ↓ 1750 hm / 4 h

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## Preise Gruppe

<b>800</b> CHF	with 3 participants
<b>1040</b> CHF	with 2 participants

(Mindestens 3 bis maximal 6 Teilnehmer)

## Preise Privat

<b>1540</b> CHF	1 participant
<b>1720</b> CHF	2 participants
<b>1935</b> CHF	3 participants
<b>2780</b> CHF	4 participants
<b>3050</b> CHF	5 participants
<b>3240</b> CHF	6 participants

(Maximale Teilnehmerzahl pro Bergführer: 2)

### Inklusivleistungen

- Mountain guide
- Overnight stay in a shared room
- Dinner and breakfast
- Tea for the day

### Zusatzkosten

- Drinks during dinner

### Buchbare Zusatzleistungen

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**Saison**

July -  
September



**Wochentage**

Tue - Fri



**Dauer**

2 Tage



**Schwierigkeit**

Intermediate



## Anforderungen

Very good physical condition for a 9 hours tour No fear of heights and sure-footed



## Material

- Crampons
- Ice axe
- Climbing harness
- Helmet
- Headlamp



## Treffpunkt

8:30am office of Bergsteigerschule Pontresina



## Anreise

### Parkplätze:

Paid parking spaces at Morteratsch station or at Pontresina station.

### ÖV

Bus stop 5 minutes from the office Train station 15 minutes walk away from the office.



## Unterkunft / Komfort

Boval Hut: simple SAC hut



## Good to know

From the Hotel Roseg you can either take the carriage out or rent a bike.

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