



# **Ice Climbing teaser course Pontresina**

**Your first steps in vertical ice!**

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## *PROGRAM*

### **ICE CLIMBING TEASER COURSE**

We will give you a first impression of ice climbing.

Our ice climbing garden in the Pontresina gorge is just a five-minute walk from the mountain guide's office. The mountain guide first explains how to fit the crampons. After the introduction to the safety rules you will put theory into practice. Being Top Rope secured and fully concentrated on crampons and ice axe, nothing will stop your sense of achievement!

 3 Stunden

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## Preise Gruppe

**125** CHF

per person

(Mindestens 3 bis maximal 6 Teilnehmer)

## Preise Privat

**500** CHF

1-2 participants

**+50** CHF

Each additional participant

(Maximale Teilnehmerzahl pro Bergführer: 6)



### Inklusivleistungen

- iceclimbing axes\*
- crampons\*
- climbing harness\*
- helmet\*
- headlamp\*



### Zusatzkosten

- Crampon-compatible mountaineering boots (can be rented in the Go Vertical Shop)



### Buchbare Zusatzleistungen

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**Saison**

December -  
February



**Wochentage**

daily






**Dauer**



0.5 Tag



**Schwierigkeit**

basic

 <b>Anforderungen</b>	 <b>Material</b>	 <b>Treffpunkt</b>
Curious to experience something new!	<ul style="list-style-type: none"> <li>• crampon-proof mountain boots</li> <li>• crampons</li> <li>• iceclimbing axes</li> <li>• climbing harness</li> <li>• helmet</li> <li>• headlamp</li> <li>• gloves</li> </ul>	5.00 p.m. Office Bergsteigerschule Pontresina

 <b>Anreise</b>	 <b>Unterkunft / Komfort</b>	 <b>Good to know</b>
<p><b>Parkplätze:</b> Various parking possibilities in Pontresina.</p> <p><b>ÖV</b> Pontresina train station is only a few minutes walk away.</p>	link-zu-skitourenhotel	A down jacket keeps you nice and warm during breaks from climbing. We do not offer taster courses in Sertig. In the <b>Go Vertical Magazin</b> you will find a video series with tips and tricks on ice climbing equipment and technique and tactics for climbing on ice.

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