

# **Ice climbing technique and safety 2 days**

**Technique, strategy and safety in ice climbing.**

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## *PROGRAM*

### **ICE CLIMBING TECHNIQUE AND SAFETY**

The two-day course "Technique and Safety" is aimed at beginners and ice climbers with little experience who want to refresh their knowledge at the beginning of the season. During these two days we will dedicate ourselves to the climbing technique in steep ice, the correct handling of the safety equipment, learn how to drill anabalakov thread, correctly set up a stand and assess the objective dangers. Depending on the conditions, the course takes place at different ice falls in the Upper Engadine region.




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## Daten und Preise Gruppe

von bis	<b>400</b> CHF		Bergführer <b>Team-Bergführer</b> Unterkunft ohne Hotel Anmeldeschluss 13.01.2024
von bis	<b>400</b> CHF		Bergführer <b>Team-Bergführer</b> Unterkunft ohne Hotel Anmeldeschluss 27.01.2024
von bis	<b>400</b> CHF		Bergführer <b>Team-Bergführer</b> Unterkunft ohne Hotel Anmeldeschluss 03.02.2024
von 21.01.2023 bis 22.01.2023	<b>400</b> CHF		Bergführer <b>Team-Bergführer</b> Unterkunft ohne Hotel Anmeldeschluss 10.02.2024

(Mindestens 3 bis maximal 4 Teilnehmer)

 <b>Inklusivleistungen</b>	 <b>Zusatzkosten</b>	 <b>Buchbare Zusatzleistungen</b>
<ul style="list-style-type: none"> <li>• Instruction with a mountain guide</li> <li>• Overnight stay in double room</li> <li>• Dinner and Breakfast plus Tea for the day</li> </ul>	<ul style="list-style-type: none"> <li>• Drinks during dinner</li> </ul>	<ul style="list-style-type: none"> <li>• Single room (+20 CHF)</li> <li>• book without hotel &amp; half board (400 instead of 605 CHF)</li> </ul>

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**Saison**  
December



**Wochentage**  
Sat - Sun



**Dauer**  
2 Tage



**Schwierigkeit**  
einfach



## Anforderungen

Basic knowledge of lead climbing and belaying



## Material

- Ice climbing tools
- Ice Climbing Crampons
- Climbing harness
- Helmet



## Treffpunkt

9:00am Bergsteigerschule  
Pontresina Office



## Anreise

### Parkplätze:

Directly at the Hotel Station in Pontresina.

### ÖV

Pontresina is easily accessible by train.



## Unterkunft / Komfort



## Good to know

A warm down jacket will keep you warm when belaying.

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