

# **Mountaineering training course with Palü crossing**

**Intensive training days in the Bernina range with Piz Palü**

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### DAY 1

#### **ROCK TRAINING IN THE MORTERATSCH CLIMBING GARDEN OR AT THE CLIMBING GARDEN IN LAGALB.**

We meet in Pontresina at the office of the Bergsteigerschule. Here you also have the possibility to rent/buy the necessary equipment. The afternoon is dedicated to the training in the Morteratsch climbing garden. Here we find ideal terrain to teach you the basics for climbing at full speed. The focus today is on: climbing and safety techniques, knots, abseiling. At the end of the day we enjoy the lovely evening in the Hotel Morteratsch.

### DAY 2

#### **EASY CLIMBING TOUR AT CORN DA BOVAL**

Today we hike up to the Boval hut and on the program as well is the easy climbing tour on the Corn da Boval. This rock peak is directly behind the Bovalhütte and offers us ideal terrain for a training tour in the rock. The main training focuses today are: introduction to short rope, stand constructions and placement of belay point in the rock.

▲ 2495 m    ↑ 1100 hm / 4 h    ↓ 400 hm / 2 h

### DAY 3

#### **ICE FORMATION TRAINING ON THE MORTERATSCH GLACIER**

Today we leave the rocks and head into the ice. We carry out the ice training in a practice-oriented way on the Morteratsch glacier. Our training focus will be: Walking on ropes, crampons, pickaxes and safety equipment and a pulley block. At the end of the day we go up by gondola to the Mountain Hotel Diavolezza.

### DAY 4

#### **PIZ PALÜ CROSSING FROM WEST TO EAST**

After these three intensive training days, the highlight follows. We plan to cross all three Palü summits from west to east. Early in the morning we start in the headlamp light on the Diavolezza and first descend






on the Persgletscher. Over this we reach the Gernsfreiheit and the foot of the Fortezzagrät. We climb over these rocks easily. We continue in the snow to Fuorcla Bellavista. A beautiful block ridge leads us from here up to the Piz Spinas 3898m. We reach the broad snow crest of the main summit only a little later and now meet the mountaineers who come up via the normal route. We continue our way over the narrow ridge to the east summit and further down to the shoulder. Now we are back on the glacier and are looking for our way through the crevasses back to Diavolezza.

▲ 3900 m ⌚ 9 Stunden ↑ 1200 hm / 6 h ↓ 1000 hm / 3 h 🦶 sure-footed, no fear of heights

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### Daten und Preise Gruppe

von 29.06.2023 bis	<b>1580</b> CHF		Bergführer <b>Nik Meuli</b> Anmeldeschluss 20.06.2024
von 06.07.2023 bis 09.07.2023	<b>1580</b> CHF		Bergführer <b>Kevin Meyer</b> Anmeldeschluss 27.06.2024
von 20.07.2023 bis 23.07.2023	<b>1580</b> CHF		Bergführer <b>Georg Flepp</b> Anmeldeschluss 11.07.2024
von 03.08.2023 bis 06.08.2023	<b>1580</b> CHF		Bergführer <b>Team-Bergführer</b> Anmeldeschluss 25.07.2024
von 17.08.2023 bis 20.08.2023	<b>1580</b> CHF		Bergführer <b>Team-Bergführer</b> Anmeldeschluss 08.08.2024

(Mindestens 3 bis maximal 6 Teilnehmer)

 **Inklusivleistungen**

 **Zusatzkosten**

 **Buchbare  
Zusatzleistungen**

- mountain guide (max. 3 guests per guide for Palü)
- 3 Overnight stays
- with half board / tea of the day
- Cable car ticket Diavolezza

- Drinks during dinner


- Diavolezza 4 bed room (+33.- CHF p. P.)
- Diavolezza 2 bed room (+38.- CHF p. P.)
- Diavolezza double room Classic (+55.- CHF p. P.)
- Diavolezza double room Plus (+75.- CHF p. P.)
- Diavolezza single use surcharge + 30.- CHF
- Morteratsch double room (+30 CHF p.P.)
- Morteratsch single room (+60 CHF p.P.)

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 **Saison**  
July -  
September

 **Wochentage**  
Thurs - Sun

 **Dauer**  
4 Tage

 **Schwierigkeit**  
Intermediate

<p> <b>Anforderungen</b></p> <p>first mountaineering experience Endurance for 9 hours of high-alpine hiking</p>	<p> <b>Material</b></p> <ul style="list-style-type: none"> <li>• Climbing harness, Helmet, Crampons, Ice Axe</li> </ul>	<p> <b>Treffpunkt</b></p> <p>10:00am at Bergsteigerschule Pontresina office</p>
<p> <b>Anreise</b></p> <p><b>Parkplätze:</b> If you arrive by car, there is free parking at the Diavolezza. There is parking at Morteratsch for a fee.</p> <p><b>ÖV</b> From Pontresina station it is 10-15 minutes to our office on Via Maistra 163.</p>	<p> <b>Unterkunft / Komfort</b></p> <p>Morteratsch: Hotel Operation Boval Hut: Simple SAC Hut Diavolezza: Hotel Operation</p>	<p> <b>Good to know</b></p> <p>You can check in a piece of luggage on the first day and we will transport it to the Diavolezza.</p>

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