



# **Rock and ice training with Piz Morteratsch**

**Instructive training days in the Bernina region with Piz Morteratsch**



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## DAY 1

### ROCK TRAINING IN THE LAGALB CLIMBING GARDEN

We meet in Pontresina at the office of the "Bergsteigerschule Pontresina". Here you also have the possibility to stock up with the necessary rental material. The afternoon is all about training in the Lagalb climbing garden. Here we find ideal terrain to teach you the basics of climbing on alpine tour. Today, the focus is on climbing and safety technology, knots, abseiling. Towards evening we take the gondola up to Berghaus Diavolezza.

## DAY 2

### ICE TRAINING ON THE PERS AND MORTERATSCH GLACIERS.

We conduct the ice training in a practical way on the Pers and Morteratsch glaciers. We walk over the Pers glacier down to the Morteratsch glacier and up to the Boval hut. Our training content on the way will be: Rope walking, crampon, ice axe and belay technique and a pulley.

▲ 200 hm ▾ 660 hm

## DAY 3

### PIZ MORTERATSCH

After these 2 days of training, today we climb what is probably the most beautiful panoramic mountain in the Bernina Group. From the Boval hut we climb up to the Fuorcla Boval. With the crampons we continue to the summit, from where we enjoy a breathtaking panorama. The descent into Val Roseg is via the Tschierva hut. Here we can strengthen ourselves one 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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## Daten und Preise Gruppe

|                                  |                 |                                     |   |
|----------------------------------|-----------------|-------------------------------------|---|
| von 14.07.2023<br>bis 16.07.2023 | <b>1210 CHF</b> | <input checked="" type="checkbox"/> | Bergführer Team-Bergführer<br>Anmeldeschluss 05.07.2024 |
| von 11.08.2023<br>bis 13.08.2023 | <b>1210 CHF</b> | <input checked="" type="checkbox"/> | Bergführer Team-Bergführer<br>Anmeldeschluss 19.07.2024 |
| von 08.09.2023<br>bis 10.09.2023 | <b>1210 CHF</b> | <input checked="" type="checkbox"/> | Bergführer Team-Bergführer<br>Anmeldeschluss 02.08.2024 |
| von<br>bis                       | <b>1210 CHF</b> | <input checked="" type="checkbox"/> | Bergführer Team-Bergführer<br>Anmeldeschluss 16.08.2024 |
| von<br>bis 27.08.2023            | <b>1210 CHF</b> | <input checked="" type="checkbox"/> | Bergführer Team-Bergführer<br>Anmeldeschluss 30.08.2024 |
| von<br>bis                       | <b>1210 CHF</b> | <input checked="" type="checkbox"/> | Bergführer Team-Bergführer<br>Anmeldeschluss 06.09.2024 |

(Mindestens 3 bis maximal 6 Teilnehmer)

| Inklusivleistungen  | Zusatzkosten   | Buchbare Zusatzleistungen  |
|---|--|--|
| <ul style="list-style-type: none"><li>• Mountain guide (max 2 persons per guide on summit day)</li><li>• 2 Overnight stays</li><li>• with half board / tea of the day</li><li>• Cable car ticket Diavolezza</li></ul> | <ul style="list-style-type: none"><li>• Drinks during dinner</li></ul> | <ul style="list-style-type: none"><li>• Diavolezza additional services</li></ul> |



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Saison  
July - September

Wochentage  
Fri-Sun

Dauer  
3 Tage

Schwierigkeit  
Intermediate

|  |   |   |
|--|---|---|
| <b>Anforderungen</b><br><br>first mountaineering experience<br>Endurance for 9 hours of high alpine hiking   | <b>Material</b><br><ul style="list-style-type: none"><li>• Climbing Harness</li><li>• Helmet</li><li>• Crampons</li><li>• Ice Axe</li></ul> | <b>Treffpunkt</b><br><br>10:00am at Bergsteigerschule Pontresina office |
| <b>Anreise</b><br><br><b>Parkplätze:</b><br>If you arrive by car, there is free parking at Diavolezza.<br><br><b>ÖV</b><br>From Pontresina station it is 10-15 minutes to our office on Via Maistra 163. | <b>Unterkunft / Komfort</b><br><br>Diavolezza: Hotel operation<br>Boval Hut: simple SAC hut   | <b>Good to know</b>   |



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