

Rock and ice training

Instructive training days in the Bernina region

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DAY 1

ROCK TRAINING

We meet in Pontresina at the office of the "Bergsteigerschule Pontresina". Here you also have the opportunity to stock up on the necessary rental equipment. Today is all about training at a nearby climbing garden. Here we find ideal terrain to teach you the basics of climbing on alpine tour. Today the focus is on: climbing and belaying techniques, knots and abseiling.

DAY 2

ICE FORMATION ON THE MORTERATSCH GLACIER

We conduct the ice training in a practical way on the Morteratsch glacier. Our training content will be: Walking on the rope, crampon, ice axe and belay technique and a pulley.

↑ 200 hm ↓ 200 hm

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Preise Gruppe

500 CHF	per person
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(Mindestens 3 bis maximal 6 Teilnehmer)

Preise Privat

1360 CHF	1-2 persons
1400 CHF	+ each additional participant
+100 CHF	

(Maximale Teilnehmerzahl pro Bergführer: 6)

 Inklusivleistungen	 Zusatzkosten	 Buchbare Zusatzleistungen
<ul style="list-style-type: none"> Mountain guide 	<ul style="list-style-type: none"> Rental equipment Possibly hotel overnight stay 	

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Saison

June-October



Wochentage

Tue - Wed / Thu
- Fri



Dauer

2 Tage



Schwierigkeit

Easy



Anforderungen

Motivation to learn something new



Material

- Climbing harness
- Helmet
- Crampons
- Ice axe



Treffpunkt

9:00am office of the
Bergsteigerschule Pontresina



Anreise

ÖV

From Pontresina train station it is 10-15 min to our office at Via Maistra 163.



Unterkunft / Komfort



Good to know

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