

# **Women's power: Alpine touring training in the Bernina region**

**High altitude training for beginners**

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## High altitude training for beginners

### DAY 1

#### **ROCK TRAINING IN THE MORTERATSCH CLIMBING GARDEN 100 % WOMEN**

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. The afternoon is dedicated to training in the Morteratsch or Lagalb climbing garden. Here we find ideal terrain to teach you the basics of climbing on alpine tour. The focus today is on climbing and belaying techniques, knots and abseiling.

### DAY 2

#### **ICE TRAINING ON THE MORTERATSCH GLACIER 100 % WOMEN**

We leave the matter of rock for today and head for the ice. We conduct the ice training in a practical way on the Morteratsch glacier. Our training content on the way will be: Walking on the rope, crampon, ice axe and safety equipment and a pulley block.

### DAY 3

#### **TRAINING TOUR TO MUNT PERS 100 % WOMEN**

Today we climb from the Diavolezza valley station up to Munt Pers. The training focuses today are: Walking on short ropes, belaystation construction and attaching belays in the rock. At the end of today, we relax in the Jacuzzi on the Diavolezza at almost 3000 metres above sea level. Unnecessary luggage can be checked in at the Diavolezza valley station.

▲ 3206 m   ⌚ 5 Stunden   ▲ 1300 hm / 4 h   ▼ 300 hm / 1 h

### DAY 4

#### **PIZ PALÜ 100 % WOMEN**

After these three intensive training days the highlight now follows. We set our sights on Piz Palü. Early in the morning we start in the headlamp light on the Diavolezza and reach the Pers glacier on the narrow hiking trail. Roped up and equipped with crampons we climb up towards Piz Palü. Over the narrow ridge we

first reach the eastern summit, later the central summit.

The descent is along the ascent route. Shortly after noon we enjoy a well-deserved refreshment on the Diavolezza sun terrace.

▲ 3900 m   ⌚ 8 Stunden   ↑ 1100 hm / 5 h   ↓ 1100 hm / 3 h   🦶 Sure-footedness, no fear of heights

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## Daten und Preise Gruppe

von 23.08.2021  
bis 26.08.2021

**1370** CHF



Bergführer **Bettina Leimgruber**  
Anmeldeschluss 31.07.2021

(Mindestens 3 bis maximal 6 Teilnehmer)



### Inklusivleistungen

- Mountain guide (max. 3 persons per guide at the Palü)
- 3 Overnight stays
- with half board / tea of the day
- Cable car ticket Diavolezza
- Jacuzzi



### Zusatzkosten

- Drinks during dinner
- optional rental material



### Buchbare Zusatzleistungen

- 4 bed room (+18.- CHF p. P.)
- 2 bed room (+23.- CHF p. P.)
- Double room Classic (+40.- CHF p. P.)
- Double room Plus (+60.- CHF p. P.)
- for single use + 20.- CHF
- Morteratsch double room (+30 CHF p.P.)
- Morteratsch single room (+60 CHF p.P.)

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### Saison

see date



### Wochentage

Mon - Thu



### Dauer

4 Tage



### Schwierigkeit

Intermediate



### Anforderungen

Endurance for 8 hours of high alpine hiking  
Sure-footedness, no fear of heights



### Material

- Climbing Harness
- Helmet
- Crampons
- Ice Axe



### Treffpunkt

10:00am office of the Bergsteigerschule Pontresina



### Anreise

#### Parkplätze:

If you arrive by car, there is free parking at Diavolezza. Parking in Morteratsch is subject to a charge.

#### Öv

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



### Unterkunft / Komfort

Morteratsch: Hotel business  
Diavolezza: Hotel operation



### Good to know

Don't forget your swimming costume :-)  
Guys, sorry, you can't come.

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## Geschichte

The offer is part of Switzerland Tourism's "100 % Women" campaign.