

Women power: Climb & Yoga in the Engadine

Autumn climbing days in the Engadine

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WEDNESDAY

FIRST CLIMBING DAY 100 % WOMEN

We meet on Wednesday directly at the mountain guide office in Pontresina. There you can also rent equipment for the next few days. We start our climbing days at the Serlas climbing hall in S-Chanf. Before dinner, we have our first yoga session right at the hotel, where we also spend the night and are catered for.

THURSDAY

CLIMBING IN THE MORTERATSCH CLIMBING GARDEN 100 % WOMEN

Today we go out to the rock. In the climbing garden in Morteratsch we enjoy the magnificent scenery. If the weather is good, the yoga session also takes place outside.

FRIDAY

YOGA, KLETTERN & APÉRO 100 % WOMEN

We start with an early yoga session before breakfast. Then we strengthen ourselves with breakfast at the Hotel Saratz and start climbing. Not far from Pontresina we make further metres of climbing. To round off the day, we will meet for an aperitif in our shop (Go Vertical) in Pontresina. Here you can shop and get expert advice.

SATURDAY

MORE CLIMBING METRES 100 % WOMEN

Today, too, we go climbing first. Depending on the weather, again outside on the rock, but if it should be raining, we switch to the climbing hall.

Before dinner we enjoy our last evening yoga session and the last evening at the Hotel Saratz.

SUNDAY

LAST DAY 100 % WOMEN

On Sunday we start again with yoga. After a hearty breakfast, we set off for our last day of climbing together in the Engadine.

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Daten und Preise Gruppe

von 07.09.2022
bis 09.09.2022

1195 CHF



Bergführer **Bettina Leimgruber**
Unterkunft Gletscher-Hotel Morteratsch
Anmeldeschluss 24.08.2022

(Mindestens 3 bis maximal 6 Teilnehmer)



Inklusivleistungen

- Mountain guide (5 days)
- Yoga-Sessions (5 lessons)
- 4 nights in the Hotel Saratz (double room) incl. breakfast. Dinner and Breakfast
- 1x aperitif at the Go Vertical Shop in Pontresina



Zusatzkosten

- Drinks during dinner
- maybe Rental equipment



Buchbare Zusatzleistungen

- Single room (+185 CHF)
- Upgrade Double room (+85 CHF)
- Single room and Upgrade Room category (+355 CHF)
- Other room categories can be booked on request.
- On request, we can also provide an offer with arrival on Tuesday.

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Saison
September



Wochentage
Wed - Sun



Dauer
3 Tage



Schwierigkeit
Easy



Anforderungen

first climbing experience



Material

- Climbing Harness
- Safety device
- Climbing Shoes
- climbing helmet
- Sportswear for yoga sessions



Treffpunkt

Wednesday 10am Office
Mountaineering School
Pontresina



Anreise

Parkplätze:

Parking spaces at the Hotel Saratz at the price of CHF 17/night (until 11 a.m. on the day of departure).

ÖV

Pontresina is easily accessible by train. The Hotel Saratz and the office of the mountaineering school can be reached on foot in about 10 minutes.



Unterkunft / Komfort

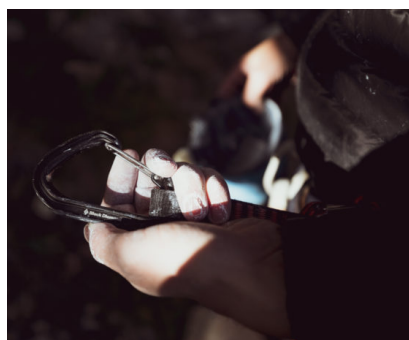


Good to know

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Geschichte

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