



**Duration of the tour:** 6 days

**Category:** hike / haute route / via ferrata / **alpine course**

**Difficulty level:** easy / **moderate** / difficult / very difficult / expert

## Basic Mountaineering Course

### Kauner valley – rock and ice basics with ascent of the ‘Weißsee’ peak (3.526 m)

Someone, who wants to venture into the high alpine regions, with friends or with the mountain guide, needs a solid basic training in rock and ice. This includes the proper use of crampons and ice axe, belay techniques, map and compass skills and more. All this and more will be part of these extensive course.

Our base for the week will be the cosy ‘Gepatsch-House’ in the ‘Kauner’ valley. A rock climbing area is only 15 minutes away from our base. The highlight of the course is the climb to summit of the ‘Weißsee’ peak (3.526 m). Hiking time approx. 6 hours, ascent 800 m, descent 800 m.

#### Region:

‘Kauner’ valley, Alps of the ‘Ötz’ valley area (Austria)

#### Meeting point:

2:00 p.m. ‘Gepatsch-House’, Telephone (Austria) 0043 – 664 – 534 90 44.

#### Course contents:

##### Practical training: rock

- Walking in rough terrain
- Knots, tie in techniques, abseiling/repelling
- Climbing techniques
- Belay techniques
- Belay stations

##### Practical training: ice

- Walking with crampons with and without ice-axe
- Walking on snow and ice
- Roping up for glacier travel
- Ice techniques
- Belay stations in snow and ice
- Crevasse rescue

## **Theory in rock and ice**

- Equipment education
- Use of maps and compass
- Guidebook interpretation
- Alpine awareness/risk recognition
- First aid
- Route planning
- Weather skills

## **Summit tour:**

**'Weißsee' peak (3.526 m)**, Hiking time approx. 6 hours, ascent 800 m, descent 800 m.

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## **Required:**

Mountain experience is advantageous, good health, a sure foot, moderate physical endurance.

## **Equipment:**

Trekking shoes with good grip (plastic or leather), 2 pairs of trekking socks, comfortable pants, shorts, pullover or jacket, protective gear against wind and rain (pants and anorak, eventual Gore-Tex), underwear with climate function, a change of underwear (stored in a plastic bag), rucksack approx. 35 litre (a maximum weight of 8 kg is recommended). Special advice: you can protect your equipment with a plastic bag inside your rucksack, or use a rucksack cover. Gloves, mid, gaiters, a cap is advisable to protect against sun and cold, glacier sunglasses, sunscreen, lip salve, a thermos bottle, snacks (power bar, nuts, etc.), trainers, light sleeping bag, toilet bag, small towel, first aid, identity card, head lamp, extendible poles if required.

**Special ice- and climbing-equipment** (climbing harness, helmet, sewn slings, carabines, figure eight, rope, crampons, ice-axe, ice-screws) if at hand please bring these along. This equipment can also be provided to you (free of charge). Please bring your climbing shoes (if at hand) along.

## **Accommodation:**

The 'Gepatsch-House' is an alpine club mountain hut, opened only in summer, with dormitories.

## **Services:**

Mountain guide, 5x half pension, equipment

## **Additional costs:**

We recommend € 15,- per day for meals, drinks, extra provisions, etc.

## **Participants:**

4 – 8 people

## **Travel to the Gepatsch-House:**

Take advantage of the good bus and train connections from Innsbruck via Landeck to the 'Kauner' valley.

By car via the 'Arlberg', the 'Fernpass' or 'Kufstein' to 'Landeck' and on toward the 'Reschenpass'. In 'Prutz' you take the exit to the 'Kaunertal-Hochalpen' road (approx. € 20.- per car). Free parking at the 'Gepatsch-House' above the lake.



