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# ALPINE HIGH PEAKS

## INFORMATION PACK



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## What's Included?



- 13 nights of accommodation in hotels and mountain huts
- Transport throughout your trip including airport transfers
- Coaching and guiding with our fully qualified Mountain Instructors and Guides
- Itineraries planned around your group goals and conditions
- 15% off Cotswold Outdoor Voucher on booking
- A chance to explore the finest peaks in the Alps on this 12 day road trip!

## Price

Alpine High Peaks	£3,750pp
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## Offers + Discounts

Moran Mountain Regular(attended a course or a trip with us before)	5% off total course price
Under 25's Discount	5% off total course price

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## About

Join us on an unforgettable summer road trip and climb the highest peaks of five Alpine nations in 14 days!

- ★ Liechtenstein
- ★ Germany
- ★ Austria
- ★ Slovenia
- ★ Switzerland

Starting and finishing in Zurich and linking the peaks by road touring through some of Europe's finest scenery. This trip is for any aspiring mountaineer who relishes a challenge and wants to develop their skills in scrambling, via ferrata routes, glacier travel and classic Alpine mountaineering. The itinerary allows for gradual acclimatisation and fitness gain towards the culminating ascent to 4500m on Monte Rosa. You'll visit some of the most delectable valleys, passes and peaks of the Eastern Alps. The holiday will be led by British Mountain Guides (BMG/IFMGA) and Aspirants.

## Objectives

### Liechtenstein

- Grauspitze 2599m: 1100m of ascent with scrambling and a short section of roped grade II/III rock

### Germany

- Zugspitze 2962m: 2200m of ascent up a gorgeous alpine valley with a small glacier and sustained sections of via ferrata

### Austria

- Grossglockner 3798m: 1880m of ascent with an overnight stay in the Stuhlhütte at 2800m, a glacier crossing and summit ridge scramble

### Slovenia

- Triglav 2864m: 1850m ascent over fantastic limestone ridges and long sections of via ferrata to an iconic peak

### Switzerland

- Dufourspitze (Monte Rosa) 4634m: beautiful 2200m glacier ascent from Zermatt with an overnight hut stay and exciting summit scramble

## Prior Experience & Fitness

This trip is best suited to those who have experience in grade 1 and 2 scrambling and some winter walking or mountaineering using ice axe and crampons in UK or other countries, coupled with a good level of

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mountain walking fitness. This trip is perfect for those visiting the Alps for the first time or for Alpine regulars who want to visit new regions. All techniques of ropework, via ferrata, glacier travel, crevasse rescue and snow and ice mountaineering will be taught and coached through the holiday

Note: It is important that you notify us of any medical issues, no matter how small, prior to arrival.

## Travel

Your return flight should be booked to Zurich airport. You will be collected from the airport 12 noon or before on the first day of your trip. Please ensure your flight arrives before 11am, return flights can be flexible as we will ensure you are dropped off the evening before your flight (itinerary dependent).

Your guide will be the sole driver of a hire car or their own personal vehicle throughout the trip. All transport costs are included in the price including any cable cars, trains & airport transfers.

Note: Please advise us of your suggested travel schedule before you confirm and book to enable us to coordinate pick up timings with other team members.

\*\*\*There is a risk of your hold baggage being lost on the outward flights, so please take mountain boots and essential mountain clothing on to the flight with you as hand baggage\*\*\*

## Accommodation

You will stay in a mixture of B&B's, Hotels and Mountain Huts. All accommodation is included in the cost, including half board food when staying in Mountain Huts.

We can offer a single room option for the nights in valley hotels at a supplement of £300. Please let us know on booking if you require a single. Nights in mountain huts are in shared dormitories.

## Your Guides

Our team of instructors and guides are committed to sharing their passion with you, offering extensive knowledge of the area and helping you achieve your goals. All of our instructors are either Aspirant or fully-qualified British Mountain Guides.

## Itinerary

We will send you a final briefing document 2 weeks ahead of your trip which will include the following:

- ★ Team list
- ★ Guide's contact details

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★ Travel arrangements & pick up location

★ Suggested itinerary

Coaching and guiding is built into the itinerary. Your instructors and guides will adapt this to suit weather conditions and each individual in the group. You will be given a further details on arrival, however we have provided an example itinerary below based on previous trips, this is subject to change due to conditions or group goals.

### Day 1

Meet in Zurich airport at midday and drive to Malbun in Liechtenstein, walk to Pfalzerhutte

### Day 2

Ascent of Grauspitze (2599m) via Barthumeljoch and Schafalpi cirque (grade F) with return over Schwarzhorn (alpine rock III) and Ijes col. Stay second night in Pfalzerhutte

### Day 3

Descend to Malbun, drive to Garmisch in German Bavarian Alps, walk from Hammersbach to Hollentalangerhutte (1381m)

### Day 4

Ascent of Zugspitze (2962m) by Höllental route (via ferrata and dry glacier, PD+, III), descent by funicular and stay overnight in valley Hotel

### Day 5

Drive to Lienz in the Hohe Tauern range of Austria via Innsbruck and Kitzbuhel (220km, walk up to Stüdlhutte (2802m)

### Day 6

Ascent of Grossglockner (3798m) the highest peak in the Eastern Alps (grade PD, II) or by SW Ridge (Stüdlgrat)(AD, III+, descend to Lucknerhutte (2241m) for the night

### Day 7

Short walk out to road at Lucknerhaus, drive over Slovenian border through Kranjska Gora to Ajijavez Dom hut in Vrata valley

### Day 8

Ascent of Triglav (2864m) in a round-trip from Alijavez Dom (grade 2 scrambling and via ferrata) up by Luknja and down by Tomasinski route stay a 2nd night in Alijavez Dom hut

### Day 9

Rest day for travel and sightseeing in the Julian Alps of Slovenia, stay overnight in luxurious valley Hotel

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### Day 10

Travel day through Italy on autostrada, Nova Gorica, Padua, Verona, Milan, Lago Maggiore, overnight stay on Simplon Pass between Italy and Switzerland

### Day 11

Drive to Zermatt, sightseeing in town, and ascend to Monte Rosa Hut (2800m)

### Day 12

Ascent of Dufourspitze (4634m) the 2nd highest mountain in the Alps (grade PD+, II) and return to Monte Rosa Hut

### Day 13

Trek back to Zermatt and drive to Zurich and stay overnight in airport hotel

### Day 14

Flights home

## Reading Material

- Europe's High Points by Carl McKeating and Rachel Crolla (2009) published by Cicerone Detailed descriptions of the ascents of the highest mountains in all European countries (optional)

## Cancellations

A non-refundable deposit is required on booking of any course or trip with Moran Mountain.

The remaining balance must be paid 6 weeks (42 days) before the start date of the course. If not received by then we are not bound to hold your booking.

We are unable to refund any monies in the event of cancellations made less than 6 weeks (42 days) before the start date of your course or trip.

Your insurance cover should include cancellation cover and we can provide any supporting information or documentation you require to make a claim.

\*\*\* Please note that we require a minimum of 2 people to book this trip before we can go ahead. In the event that we do not meet this criteria, you will be informed at least 4 weeks (28 days) before holiday commencement.

In the event of cancellation of any booking by Moran Mountain, customers will be offered one of the following:

- Full refund of the fee paid and deposit; or

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- Transfer to any other course/date within the 6 months if available.

Please read our Terms and Conditions before booking.

## Price includes

- ★ Coaching & Guiding throughout from our qualified Mountain Guides and Instructors
- ★ Car/minibus transport from Zurich incl airport transfers
- ★ Valley Hotels/B&B'S (breakfast included)
- ★ Half-board accommodation in Mountain Huts
- ★ Packed lunch food for mountain days
- ★ 15% discount on equipment purchases from Cotswold Outdoor

\*\*\*Not included in price\*\*\*

- Evening meals in valley
- Lunches on travel days
- Personal Insurance
- Gratuities
- Drinks (alcoholic or soft)
- Cable Cars/Mountain Railways/Funiculars

## Insurance

You must be fully insured for the activity you are embarking upon. Remember to include the travel days in the period of cover. Cover should include:

- ★ Cancellation/Curtailment
- ★ Travel Delay/Missed Departure
- ★ Medical Expenses and Repatriation
- ★ Mountain Rescue
- ★ Personal Accident
- ★ Baggage
- ★ Personal Liability
- ★ Money/Documents

### *BMC*

For UK residents the BMC offers competitive cover, you can apply on-line for the Alpine & Ski level of cover.

### *Austrian Alpine Club*

Membership provides automatic rescue/medical/repatriation/legal insurance cover, but does not cover losses on cancellation/curtailment of the holiday or baggage. AAC membership also gives discounts on the cost of hut stays

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### *Mountain Hut Discounts*

In order to receive discounts on mountain hut accommodation you need a membership of the Austrian Alpine Club. The membership cards must be presented at hut.

\*\*\*You must bring their insurance certificates with you\*\*\*

If you have any questions, get in touch: [info@moran-mountain.co.uk](mailto:info@moran-mountain.co.uk).

*We look forward to seeing you in the Alps!*