

How to do
Easy Climbs in the Euro Alps

by Rossclimbing

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5 Dec 2011



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What / When

- June:
 - glacier routes (crevasses closed) and
 - couloir routes (snow, not ice)
- July:
 - crowded (book!!)
- August:
 - very crowded (book!!!)
- September (early):
 - rock routes (dry)
 - snow routes (consolidated snow)



Gear

- Light weight (about 12-15kg incl. pack while climbing).
- 50L climbing pack (1.2-2.0kg) not a trekking pack (too heavy)
- Flexible crampons (eg. Grivel G12)
- Lightweight ice axe (one will do)...new ones are much lighter than 10+ year old ones
- Boots (ice: stiff, rock: slightly flexible). Wear them in before you leave. You will be rock scrambling in them.
- Beanie/balaclava that can go under helmet.
- Gloves: liner gloves + insulated/waterproof gloves



Gear (cont.)

- Rain jacket (eVent, Goretex): helmet-compatible hood
- Headlamp (powerful)
- No cotton, use synthetics/wool
- Very light weight down sleeping bag is optional (no more than 800g)...huts have blankets
- Ear plugs!!...snoring, huts, dorms in hostels.....
- Trekking poles: save knees, increase speed
- Half rope (30-60m x 9mm), 6x2ft slings, 2x4ft slings, 3 ice screws, 3 small friends, 5 nuts, ultra-lightweight carabiners)
- Water purification tablets to save \$\$ on hut water
- Category 3 or 4 sunnies (glare, UV), sunscreen...

Where to stay

	New Zealand (for comparison)	Euro Alps
Mountain Hut facilities	Wooden bunks, no mattress, food or drinks	Mattress, blanket, pillow, food, beer provided, water is expensive: \$4-8 / litre
Mountain Hut operators	NZAC	(1) clubs (CAF, SAC, AAC) (2) Private
Mountain Hut fees	None /cheap	Moderate to expensive, 50% discount for AAC
Food carrying	Multi-day	Buy dinner



Getting around

- Airports: Geneva, Milan, Munich
- 30 day Swiss Half Fare pass: 50% discount on all public transport in Switzerland (trains, cog railways, cable cars)
- Car:
 - Expensive parking
 - Zermatt is not accessible by car



Insurance

Options	Austrian Alpine Club (UK Section) http://www.aacuk.org.uk/membership.aspx	Insure4Less (Lloyds) http://www.insure4less.com.au/?action=getPageFromName&page=Travel-Insurance-Rock-Climbing/
Type	Annual membership	Excel Plus Travel Insurance + Alpine Rock Climbing Plan
Cost	AUD 70 (annual)	AUD 188 (2-3 weeks)
Search & Rescue	AUD 35,000	AUD 50,000
Medical	AUD 14,000	AUD 10 mil.
Travel insurance	-	AUD 7,500 baggage
Hut fee discounts	50% for club huts 0% in private huts	-



Planning/Navigation/Comms

- Web sites
- Maps (buy locally)
- Handheld GPS (Garmin eTrex) + Google Earth
- Guidebooks:
 - The Alpine 4000 Peaks (R.Goedeke)
 - The 100 Finest Routes, Mont Blanc Massif (G. Rebuffat)
- 2 x mobile + Euro sim card (forget roaming)
- Weather forecasts: meteofrance, meteoswiss,
not weather.com, weatherchannel etc....rubbish.



Training

- Start 3-4 months before, careful for last 4 weeks, injury.
- Gym:
 - Stairmaster
 - Treadmill (max incline)
- Climbing gym: endurance, not power
- Jacob's Ladder at Kings Park
- Perth Hills (Greenmount Hill): hill runs, long circuit walks
- Mountain bike
- Swim (lungs, altitude)
- Walk to work
- Don't train with a heavy pack....good way to knacker knees. Max. 10kg....don't run downhill.



My Mountains over 4000m

Toclaraju (6032m) Normal Route, with guide	3000m elev diff	Cordillera Blanca	Peru	1996	up to 80°
Copa (6173m) Normal Route, solo to summit	3000m elev diff	Cordillera Blanca	Peru	1996	up to 45°
Mt Rainier (4390m) Fuhrer Finger couloir, 12hr	2800m elev diff	Pacific Northwest	USA	1999	II/III
Monch (4099m) SE Ridge in 4hr, solo	600m elev diff	Swiss Alps	Switz.	2010	PD-/II
Dufourspitze (4634m) West Ridge traverse in 15hr, solo to summit	1800m elev diff	Swiss Alps	Switz.	2010	PD+/II+
Eiger (3970m) <i>failed attempt on Mittelegi Integrale from Alpighen, due to sleet/rain, retreat via Eismeer</i>			Switz.	2011	D+/V
Jungfrau (4158m) SE Ridge in 7hr	850m elev diff	Swiss Alps	Switz.	2011	PD+/II
Matterhorn (4478m) Hornli Ridge in 10hr	1900m elev diff	Swiss Alps	Switz.	2011	AD-/III-
Mont Blanc (4810m) Tete Rousse Hut to Cosmiques Hut in 10hr	2800m elev diff	French Alps	France	2011	PD / II

Alpine Grade Scale: F....AD....D....TD....ED.....

Main 4000m Peak Areas



Bernese Alps: Jungfrau, Eiger, Finsteraarhorn...

Valais: Dufourspitze, Dom, Weisshorn, Matterhorn....

Chamonix: Mont Blanc, Grandes Jorasses, Aiguille Verte