
Welcome to the Swiss Mountaineering School grindelwaldSPORTS.

▶ Via Ferrata Mürren – Gimmelwald following in the footsteps of James Bond 007...

▶ The programme:

Day 1 Guided Via Ferrata trip from Mürren to Gimmelwald

The Mürren Via Ferrata is absolutely unique in the world and is situated right below the picturesque mountain village of Mürren. Come and taste some special agent James Bond 007 air...

Our mountain guide will meet you in Mürren at the Stäger Sport in Mürren where you receive the technical equipment necessary. At the start of the Via Ferrata there will be some instructions on how to use the technical equipment as well as a thorough safety briefing.

And off we are! The initial part is easy but soon we come up to the „Hammerecke“ (hammer corner) where we will have lots of thin air under our feet. We continue past the base jumping platform and negotiate the next part gliding along on a zip line (flying fox, Tyrolean traverse). Finally an airy suspension bridge takes us across the void of the Mürrenbach gorge - a 400m drop below our feet.... Congratulations, you did it! From Gimmelwald we take the cable car either back up to Mürren or down to Stechelberg.

▶ What you need to know...

Meeting point: Trip 1: 9.10am at Intersport Stägersport Mürren
Trip 2: 2.10pm at Intersport Stägersport Mürren

Requirements: ↑ 0m elevation gain
↓ 300m elevation loss
↔ 2 kilometre
Technical difficulty: easy
Walking time: around 3-4 hours

Equipment: See equipment list in the appendix. In our Outdoorshop, we sell technical equipment, mountaineering clothing, shoes and backpacks. You can also rent the technical equipment, just let us know.

Price per person: CHF 135.00 4-8 participants per mountain guide

Private tour: You can also book a private mountain guide.
CHF 460.00 for 1-2 participants
CHF 480.00 for 3 participants
CHF 135.00 per person for 4-8 participants



▶ What you benefit from:

- Inclusive:**
- ✓ Guiding from a licenced mountain guide
 - ✓ His/her expenses
 - ✓ Via ferrata set, harness, helmet
- Not inclusive:**
- × Your expenses
 - × Snacks
- Security:** All our courses are conducted by licenced IFMGA mountain guides. For a continuous high standard, regular training and further education are compulsory. This way we can guarantee the best possible security measures. grindelwaldSPORTS has been certified over the last couple of years with the „Safety Label in Adventures“. Our security and emergency concepts are annually examined by this organization.
- General terms of contract:** Please read the general terms of contract.

▶ We help you to prepare:

- Clothing:** Choose functional clothing that is water resistant, comfortable and breathable. We suggest the several layer principle for best adaption in fluctuating temperatures. Our experts in the Outdoorshop are happy to help.
- Shoes:** For our via ferrata courses we recommend light mountain boots or sturdy trekking boots. If you are buying new boots we suggest you wear them in on a couple of walks beforehand to ensure they fit comfortably. Not qualified: trainers, sneakers, sandals, etc. It's possible to rent hiking boots by Stäger Sport in Mürren (Our meeting point...).



- Snacks:** The tour is only half a day, you do not need to bring a lot.
- Packing:** Do not pack too much. In the equipment list in the appendix you see the size of backpack we recommend. Do not forget, you need to carry everything by yourself.

Any questions: That is what we are here for. Do not hesitate to contact us, either by phone on +41 (0)33 854 12 80, by e-mail (info@grindelwaldsports.ch) or on spot at our Outdoorshop at Dorfstrasse 103 in Grindelwald.

The necessary equipment for this tour is marked with a .

▶ Equipment list

Listed below is the equipment we suggest bringing. Use it as a checklist to make sure you do not forget anything. Of course, you can always add to the list but remember everything you pack must also be carried ;-)

▶ Backpack

- | | |
|--|---|
| <input checked="" type="checkbox"/> <input type="checkbox"/> Backpack 20-25l | <input type="checkbox"/> <input type="checkbox"/> Backpack 30-35l |
| <input type="checkbox"/> <input type="checkbox"/> Backpack 25-30l | <input type="checkbox"/> <input type="checkbox"/> Backpack 35+l |

▶ Clothing

- | | |
|---|---|
| <input checked="" type="checkbox"/> <input type="checkbox"/> Warm, functional clothing | <input checked="" type="checkbox"/> <input type="checkbox"/> Sunhat |
| <input checked="" type="checkbox"/> <input type="checkbox"/> Windbreaker or GTX-jacket | <input checked="" type="checkbox"/> <input type="checkbox"/> Gloves |
| <input type="checkbox"/> <input type="checkbox"/> Light windbreaker pants or GTX-pants | <input checked="" type="checkbox"/> <input type="checkbox"/> Beanie or headband |
| <input checked="" type="checkbox"/> <input type="checkbox"/> Mountaineering or hiking pants | <input type="checkbox"/> <input type="checkbox"/> extra underwear and extra socks |

▶ Footwear

- | | |
|--|--|
| <input type="checkbox"/> <input type="checkbox"/> Slippers for the hut | <input checked="" type="checkbox"/> <input type="checkbox"/> Hiking boots |
| <input type="checkbox"/> <input type="checkbox"/> Trainers | <input type="checkbox"/> <input type="checkbox"/> Crampon proof mountaineering boots |

▶ The basics

- | | |
|---|--|
| <input checked="" type="checkbox"/> <input type="checkbox"/> Sun glasses (category 3 or 4) | <input checked="" type="checkbox"/> <input type="checkbox"/> Sunscreen lotion and lipstick (min. factor 30, better 50) |
| <input checked="" type="checkbox"/> <input type="checkbox"/> Thermos flask, drinking bottle | <input type="checkbox"/> <input type="checkbox"/> SAC/DAV permit (if holder) |
| <input type="checkbox"/> <input type="checkbox"/> Silk sleeping bag | <input checked="" type="checkbox"/> <input type="checkbox"/> Halbtaxabo/GA (if holder) |
| <input type="checkbox"/> <input type="checkbox"/> Headlamp | <input type="checkbox"/> <input type="checkbox"/> Maybe earplugs |
| <input type="checkbox"/> <input type="checkbox"/> Toiletries | <input checked="" type="checkbox"/> <input type="checkbox"/> Maybe camera and binoculars |
| <input type="checkbox"/> <input type="checkbox"/> Identity card | |

▶ Technical equipment

- | | |
|--|---|
| <input checked="" type="checkbox"/> <input type="checkbox"/> Harness | <input type="checkbox"/> <input type="checkbox"/> Descendeur |
| <input type="checkbox"/> <input type="checkbox"/> Crampons with anti-snow plates | <input type="checkbox"/> <input type="checkbox"/> Prusik and 4m accessory cord |
| <input type="checkbox"/> <input type="checkbox"/> Ice axe | <input type="checkbox"/> <input type="checkbox"/> Slings 120cm |
| <input checked="" type="checkbox"/> <input type="checkbox"/> Helmet | <input type="checkbox"/> <input type="checkbox"/> Locking carabiner |
| <input type="checkbox"/> <input type="checkbox"/> Hiking poles | <input type="checkbox"/> <input type="checkbox"/> Climbing shoes |
| <input checked="" type="checkbox"/> <input type="checkbox"/> Via Ferrata set | <input type="checkbox"/> <input type="checkbox"/> Ice axe for steep ice fall climbing |

