



Trip Factsheet: Klosters – Andermatt Ski Safari

Klosters well known for its British Royal connections is a pretty traditionally Swiss village close to the glitzy resort of Davos. Andermatt is sandwiched between 2 of the great mountain passes in Switzerland, the Furka and the Oberalp. This charming, 800 yrs old, unspoilt Swiss village has an excellent snow record and superb off piste terrain which remains uncrowded allowing for plenty of fresh tracks and quiet skiing.

Travel to and from Klosters

You want to arrange to arrive in Klosters by early evening on the first Saturday. At the end of the week you will stay for 2 nights in Andermatt. We recommend you arrange your return/onward flight for mid/late afternoon on the following Saturday to give yourself plenty of time to get to the airport without having to rush!

The nearest airport to Klosters is Zurich. To get to Klosters you can take the train from Zurich airport this will take approximately 2hrs 15 mins. To search train connections use www.sbb.ch/en.

Swiss Transfer Ticket - this is a return ticket from the Swiss border or one of Switzerland's airports to your destination. The ticket is valid for 1 month, but each journey must be completed in one day and on the most direct route. The transfer ticket cannot be brought in Switzerland you must do it in advance from a sales point like the Switzerland Travel Centre in London.

There are other options to purchase a Swiss Travel Pass if you are planning a longer holiday in Switzerland.

You can purchase a transfer ticket from the Switzerland Travel Centre www.stc.co.uk Tel: 0207 420 4934. They need 10 days to process and post the card to you but you cannot get one more than 2 months in advance of your travel. Their website contains all the information about all the Swiss Travel Passes available.

Luggage not required on the tour

On the first morning of the tour we will make use of the Swiss Luggage transfer option on the trains. You can check your bag in at Klosters station and it will be sent to Andermatt for collection when you arrive. This cost is 12CHF per item. You can read more about it [HERE](#).

Please note that in addition to the train journey to/from the airport, we do have several other train and bus journeys during this tour in order to link the ski areas. The total cost of travel can be 350-400 CHF. We recommend you purchase in advance of your trip, the **Swiss Card** which will give you tickets at half price for any train journey and also incorporates a number of mountain top cable cars and trains and gives you a return train journey from any Swiss airport to your destination. It is valid for 1 month from the first day of use and you have unlimited travel at half price fares during this time.

You can purchase this from the Switzerland Travel Centre www.stc.co.uk Tel: 0207 420 4934. They need 10 days to process and post the card to you but you cannot get one more than 2 months in advance of your travel. It is not possible to purchase the transfer ticket once you are in Switzerland.

Rendezvous in Klosters

The tour begins with a welcome meeting in your hotel in Klosters at about 7pm on Saturday evening. Your guide will brief you on the itinerary, update you on the prevailing weather and snow conditions for the week and do an equipment check. It is also an opportunity for you to ask any last minute questions.

Accommodation

You will stay the first night in a hotel in/near Klosters and the last 2 nights at the end of the trip in Andermatt.

Details of the accommodation used on your tour will be sent to you in the joining instructions

The other nights are spent in traditional Swiss hotels and guesthouses on a half board basis. All rooms are on a twin share basis unless you specifically want a single room for which there will be a surcharge and are subject to availability.

Guides and Group Sizes

All our ski touring trips are run by our team of IFMGA Mountain Guides. The team is led by Olly Allen, Matt Dickinson and Nick Parks. The maximum ratio for this trip is 6 skiers with 1 guide and may run with up to 12 skiers and 2 guides.

Itinerary

You set off from Klosters on the morning of the 2nd day and have a warm up ski around the Weissfluh ski area before crossing over to Langwiess, where you will spend the night. On the 3rd day you use the lift systems of Langwiss, Arosa and Lenzerheide for most of the day, a night is spent in Lenzerheide. Day 4 takes you via Parpaner Rothorn, Brambruesch to Domat Ems.

Day 5 is spent traversing the Flims Vorab ski area to Suselva before taking the train to Disentis, where you spend the night. The following day you use the lifts to the Oberalpstock and cross to Andermatt. The last morning is spent skiing in the Andermatt area.

Typical Day

Each morning you will head off to ski around 0830 -0845 and will ski all day only stopping for lunch and coffee breaks (as required!) You can normally expect to be the next hotel around 5pm each afternoon.

Preparation for the Klosters – Andermatt Safari

It is essential that you prepare yourself well in advance by taking regular aerobic exercise so you arrive on the trip as fit as you can. Ski touring and off piste skiing are physically demanding and with the big ascents, varied snow conditions and the rucksack you need to carry on this tour, you'll soon be found out if you're not in tip-top condition!

Doing sports that increase your aerobic fitness and leg strength are key. So when preparing for this trip nothing beats activities that increase your heart rate and build your aerobic levels e.g. running, cycling and swimming.

Movement skills - agility, balance, flexibility - which allow you to turn your skis and adjust to uneven terrain - are also very relevant. If time permits try to include some yoga or pilates into your training schedule.

Frames of reference:

- If you are a long distance runner, half marathon or more or do similar endurance sports and you're training or competing within 4 -5 months of doing this trip, then you can stop reading now, just keep up the good work!
- If you have run a few 10ks, are a regular mountain or road biker riding 2 or 3 times a week for up to 4-5hrs train for other similar sporting events then you will be fine too but focus on some long slow walking or running to build your endurance levels a little.
- If you have done very little apart from the occasional 30 minute jog, short cycle ride (mountain bike or road) or you occasionally go to the gym after work – then you have some work to do but fear not you can attain the fitness levels you need but you do need to increase the amount of exercise you do each week and do this well in advance of your trip (ideally 3-4 months out).

For any trip involving off piste skiing and ski touring you will be doing exercise that requires you to operate for long periods of time at a relatively low intensity. You will be carrying a rucksack which will mean you may have to adapt your skiing but it's a lot easier if you have strong core muscles (stomach and back).

It's best to get prepared in plenty of time, not by trying to pack in as much training in the last 2-3 weeks as it takes about this length of time for the body to adapt to an increase in exercise. Don't think that you will get fit during the programme you won't and don't think that simply going to the gym to run on the treadmill for 40mins twice a week will be enough – it won't! In the last 2 weeks you can decrease the amount and intensity of the exercise you do; so you arrive fresh and ready for the challenge.

Good fitness will make your trip overall much more enjoyable and you will get more out of it! For more information contact us and we'll send you our 12 week training guide.

Snow Conditions and Climate

Skiing and touring in the high mountains is very dependent on the weather and snow conditions. You are likely to encounter lots of different snow types during the route, everything from fresh powder to crusty, wind-blown snow. If you encounter poor weather (heavy snow, high winds and high avalanche risk) the tour can be delayed or the route changed and you need to accept this as part of being in the mountains and trust your guide to do the best he or she can with the conditions at the time.

During the ski touring season, typically the mornings will be cold and in fine weather the days can be hot. Sometimes the temperature change can be in the region of 20°C through the course of the day, so it's essential that you have a good clothing layering system.

What's included in the price of your holiday?

6 full days guiding

Hotel accommodation with 2 nights on B&B and 5 nights on half board (twin room sharing)

Scheduled expenses

International travel to and from the Klosters/Andermatt

Uplift and local transfers (you should budget around £350per person for local expenses)

Lunches and drinks

2 evening meals
Equipment hire
Personal Insurance
Single room occupancy if required in hotels

Equipment and Kit Hire

A copy of our recommended ski kit list can be found on our website or you can call or email us and we will send you a copy.

Essential items you need to have:

- Ski's with ski touring bindings (Diamir Fritchie or similar)
- Skins that are cut to fit your ski's and couteaux (crampons for your ski's)

NOTE You cannot hire skins or couteaux on their own! If you are bringing your own ski's you must purchase skins that are cut to fit and couteaux that work with your bindings.

- Ski touring boots
- Ski poles
- 30 - 40 litre rucksack with straps on the side for carrying your skis
- Avalanche transceiver, shovel and probe
- Harness with karabiner.

If you need to rent skis or boots then you must arrange this with a hire shop in Klosters and you'll need to arrive in time to collect this kit from the store and be able to return it at the end of the week.

Other items can usually be hired from our guides – if you need to hire kit please contact our office with the details and we can reserve the necessary equipment for you.

Food

You need to bring enough snack type food (energy bars, chocolate, dried fruit and nuts, savoury snacks) for each days skiing. When you passing though the ski areas you may use the mountain restaurants for lunch, but you may also be asked to buy a sandwich each morning to take with you.

Insurance

You need to have personal insurance that covers you for off piste skiing and the cover must include helicopter rescue.

For UK & European residents we recommend the Ski Club's insurance. For more details and to purchase a policy online visit <http://www.skiclubinsurance.co.uk/>. If you need assistance with arranging insurance please let us know.

You should bring a copy of your insurance certificate with you to the Alps.

For EU residents we recommend that you also obtain the European Health Insurance Card (EHIC) prior to travel and take this with you in addition to your personal insurance.

See <https://www.gov.uk/european-health-insurance-card>

What happens next?

We will contact you 8 weeks before your arrival date to request the final balance payment. Around 2-3 weeks before your arrival date we will email you final joining instructions with relevant contact details for your guide(s), hotels, etc.

More information

If you have any questions or need further details don't hesitate to contact us:

Email: info@mountaintracks.co.uk

Phone: +44 20 8123 2978

Skype: mountaintracks