



Fact sheet

Here are a few useful tips from our certified mountain guides.

Alphubel 4206 meters (via Feechopf and ice nose)

Ascent: 4 hours

Descent: 2.5 hours

vertical meters: 700 meters up/ 1300 meters down

specifications condition: medium heavy ++

specifications technic: medium heavy ++

The starting point of the tour is the top station of Mittelallalin on 3500 meters above sea level. The first part of the ascent leads us via the classic route on the Allalin till we reach the Feejoch on about 3800 meters above sea level. The first part is followed by a short, easy rock climbing ascent to the Feechopf. The way up to the summit of Alphubel leads over a aesthetic shaped ice nose. Here you need condition and be able to put your steps safely. The descent leads over a medium heavy, majestic snow face with a lot of crevasses down to Längflueh on 2870 meters above sea level. In the Längfluh Restaurant a cool drink awaits you. After that, the Spielboden gondola brings you back down to Saas-Fee.

The mountain guide has a lot of experience. That allows him to adapt his speed to the guests. A few may think at the beginning, that this speed is too slow. But the thin air in this altitude takes revenge quickly if you move too hurriedly. This is why we relax and enjoy the ascent. Try to breathe in deep and avoid unnecessary stops, which brings you out of the rhythm.

For a successful and enjoyable ascent you need a good personal fitness and good equipment. If you do not own the required gear, you can rent it at one of Saas-Fee's sport shops (for example at César Sport or Olympia Sport). For renting the proper crampons/climbing iron, bring your own alpine hiking boots to the sport shop. Take your time and let the expert staff in the shop explain to you, how to put the material on and how it is used. That saves a lot of time and hectic rush during the tour

This gear is necessary for the tour:

A high, stable **alpine hiking boot** (ideal with Gore-Tex or similar.) oder **mountain boots** (allows to put crampons on).

Harness/climbing harness: Important is, that you choose the right size. Possibly, you need to put on an extra or less layer of clothes on. A well suitable waist belt is absolutely sufficient and much better for the handling.

Crampon/climbing iron: There are a lot of different models. Most important is that the one you choose, has antibott. This is necessary, that wet snow does not stick on the bottom. The crampons also must have 12 spikes. For further informations ask the staff in the sport shop. They will help you to find the right one.

Hiking pole/ telescopic pole or ski pole: A hiking pole helps you to stabilize your balance, helps you to breathe and relieves your joints during the descent.

Pickaxe: A light pickaxe is necessary for additional safety and stability on the snow ridge.

Headlight: We start really early in the morning. So we need some good additional light.

Clothes:

The tour goes through high alpine terrain. **Good clothes and weather/sun protection** are irremissible. You need a wind breaker jacket, good touring pants (maybe gaiters), gloves and headdress. Really important as well: **Sunglasses** with a high UV-protection factor. To protect your skin and lips from the UV radiation, you need good **sunscreen** (at least protective factor 30). Choose your clothes the way, you do not freeze – but also not sweat. When you pack, plan for possible weather changes: Strong winds are usual on high alpin terrain. So pack an extra layer in your backpack (

Other:

A **25 to 30 liters backpack** is big enough for this day trip. Additional to all the gear and clothes, you need to bring also some food/snacks: For example cheese, bacon, bread, fruits or cereal bars. Take a stable 1 liter bottle with tea with you (remember: Carbonated liquids are not really useful in the thin high air).

The stay in the alpine hut:

Most alpine huts are quite comfortable and modern. If you book a tour with one of our mountain guides, we organize the accommodation for you and your guide. You do not have to take care of anything! We reserve you a bed and demi-pension. Please tell us in advance, if you have any allergies or if you are vegetarian or any other special needs, so that we can inform the guide or/and the manager of the hut. The costs of your stay in the alpine hut and the demi-pension of your guide, you can pay directly on the hut. So do not forget to take the necessary cash with you. In a few huts it is possible to pay with payment cards – but not everywhere. For your stay in the hut, you just have to bring the most necessary things (for example sanitary articles). Do not forget to bring a light sleeping bag (silk or cotton). If you need, it is also recommended to bring earplugs for a better sleep (big rooms). Due the most alpine huts have to save water, it is mostly not possible to wash any clothes. If you need to wash yourself there are cold water showers. In the huts there are slippers waiting for you.

Organisational instruction:

All necessary dates you will get after your application. This includes the name of your guide, the contact informations, meeting point and time. Save the phone number of your guide on your smartphone. Contact your guide already on the day before or/and make sure that you know, where the meeting point is. In case of an emergency save also the contact of your accommodation in the Saas valley, the business number of **Saas-Fee Guides (+41 27 957 44 64)** and the **local air rescue (144)** on your smartphone. We recommend all our guests a membership of the local air rescue (Air Zermatt, or similar like REGA or Air Glaciers). With this membership you benefit in the case of an air rescue in case of an emergency.

If you need **tickets** for any cable cars/ means of transport on the mountain, take the necessary amount of money or payment cards with you (If possible, you can get your tickets already the day before). To get discounts, bring your Saas-Fee citizen pass (you will get it at your accommodation in the Saas valley) with you. To find out, which discounts you get, check the website saas-fee.ch, or ask at your hotel/ accommodation.

Enjoy your tour and trust our professional mountain guides, which do everything that you feel comfortable during your trip. Then your day with Saas-Fee Guides will become an unforgettable experience.

I wish you a good time and a wonderful tour in our magnificent mountains.

Peter/Saas-Fee Guides