

# Youth Alpine Initiative 2015



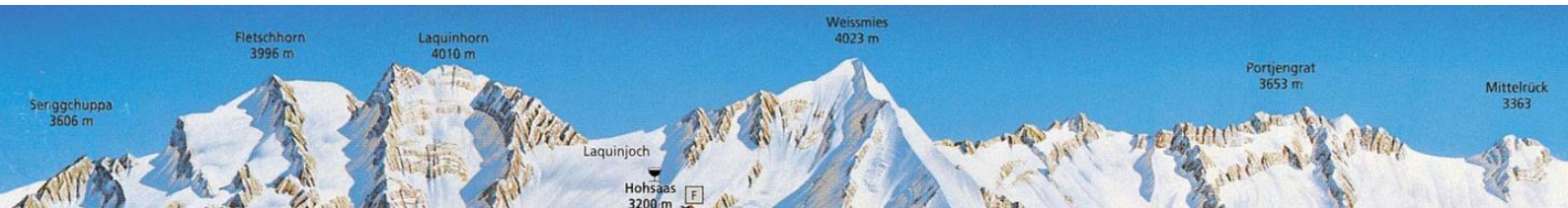
Mountaineering Ireland

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National Sports Campus  
Blanchardstown, Dublin 15

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## Introduction

If you are between 16 and 19 years of age and have a passion for the outdoors, you have the chance to become part of this exciting initiative which aims enable 50 young people to prepare and then partake in a trip to the Swiss Alps.

Lots of good work is happening in many clubs and other organisations helping to introduce young people to our sport. Mountaineering Ireland is eager to support young people to make the next step from the Irish mountain environment to the Alpine environment.

Over the coming month, Mountaineering Ireland will 'recruit' 50 young people into two development pathways and provide them with a series of development days and mentoring, which will prepare them to participate with confidence at Mountaineering Ireland's Summer Alpine Meet 2015.

Concurrently, Mountaineering Ireland will be recruiting volunteers to support this initiative and the other volunteers already committed to it. If you wish to volunteer please email your details to [volunteer@mountaineering.ie](mailto:volunteer@mountaineering.ie) and we will be in touch.

## Saas Grund / Saas Fee

Saas-Grund is a municipality in the district of Visp in the canton of Valais in Switzerland. It lies east of Lenzspitze and Dom and close to Saas Fee. Saas Grund is an excellent base for a week of classic alpine mountaineering, as there are options on both sides of the valley with various cable cars to get up high, some of which are just a short walk away from our campsite. If the weather is poor, there are more options than in some other Alpine bases. For example, the South Ridge of the Weissmies can often be tackled even in snowy conditions.

After an initial day of glacier instruction, covering the basics of ice axe and crampon technique, we will climb to a mountain hut and learn ropework for glacier travel, before an ascent to an Alpine summit and descent back to the valley. The following day we will have a technical rock climbing day, before heading back into the high mountains to learn more skills and to put these into practice on the ascent of another peak.

## What will you learn?

- To consider factors affecting route selection (for example, team composition, weather and snow conditions).
- To recognise and avoid hazards in the alpine environment.
- To contribute to decision-making in the alpine environment and in an expedition context.
- To select appropriate clothing and equipment (crampons, ice axes, boots).
- To be a competent member of a rope team for travelling across a glacier.
- To take coils and move together as a roped team in a variety of terrain.
- To use ice axe and crampons.
- To identify and place reliable snow, ice and rock anchors.
- To participate in a crevasse rescue scenario.
- To use Alpine huts.
- To experience alpine routes from alpine treks to routes graded Alpine F to PD



## Sample Objectives in the area

- Jegihorn (3,206m) - SE face. The Jegihorn is an ideal way to start our week. It is a quick ride on the Hohass from Saas Grund to 3,100m. From here we approach the Jegihorn, a rocky peak which will provide a good starting point for training and acclimatisation. Following a rope skills session, we climb the SE face, which has been equipped with a 'via ferrata'. From the summit there are superb views across the valley to the big peaks of the Mischabel and Nadelgrat, as well as south towards the Weissmies.
- Allalinhorn (4,027m) - traverse via Hohlaubgrat. The East-North-East-Ridge (Hohlaubgrat) provides the most direct route up the Allalinhorn from the Britannia Hut and involves a glacier approach and long snow ridge, leading to a short rock barrier just below the summit (PD+). The comfort of the Britannia Hut is reached in a 30-minute walk from the Metro Alpin lift station. The following day starts with a 10-minute descent to the Hohlaub Glacier and this is followed to gain the NE ridge which steepens at a 30m rock step. This soon leads to the summit and spectacular views of the surrounding peaks. The descent follows the 'voie normal' (WNW ridge) back to the Mittel Allalin station.
- Following a drive up the valley to Saas Almagell, there is a pleasant 3-hour walk to the Almageller Hut, initially through delightful forest and then open meadows and moraine. Climbers leave the hut by torchlight to gain the SSE ridge which is followed on rock and snow slopes to a steepening in the ridge where scrambling remains to the summit and fantastic views. The descent via the WNW flank is not without interest and passes through some impressive crevasses and seracs to the Hoshass. From here we may descend to the Weissmies Hut to be positioned below the Lagginhorn.
- Lagginhorn (4,010m) - WSW ridge. A striking mountain situated above the Weissmies Hut. The standard route follows the West-South-West Ridge mostly on rock, although the upper section is normally mixed (PD). The ascent is predominantly on rock although the final third can be a mixture of snow and rock or entirely on snow, particularly early in the season. After ascending open slopes, the summit has a very exposed feel which adds to the grandeur of the peak. The descent follows the route of ascent.
- Weissmies (4,017m) - traverse via the SSE and SW ridge. The ascent is made from the Almageller hut via the South-South East (SSE) ridge and descent by the South West ridge and West North West flank. The climb involves sections of up to 45° angled slopes and provides an excellent outing on snow and glaciated terrain (PD).
- Alphubel (4,206m) - SE ridge. The most southerly peak of the Mischabel chain. The South-East ridge (PD) can be easily accessed from Saas Fee via the Langflue cablecar or the Metro railway to Mittel Allalin. This is a snow climb, with a delicate summit ridge, which can be tricky if icy. Alternatively, we may climb the East Flank (PD-). It takes between 2 and 3 hours to reach the Alphubeljoch (3,773m), depending on whether we start from Langflue or Mittel Allalin. From the pass the route climbs up onto the SE ridge and follows a narrow crest, before the ridge broadens and we reach the Eisnase (ice-nose). Normally, with good snow cover, the route zig zags up a 40 degree slope on this crux section at 4,100m. It's another 100m to the summit from here, which provides glorious views across the Zermatt skyline.



- Nadelhorn (4,327m) - NE ridge. The Nadelhorn forms the centrepiece of the Nadelgrat and its NE ridge provides a varied and interesting climb, mostly on snow, from the Mischabel Hut (PD). This is a climb of contrasts that packs a lot into the ascent. It starts with a 4-5 hour ascent to the superbly positioned Mischabel Hut up an improbable rock ridge which is equipped with cables, steel rungs and a ladder. The route the next day is relatively short and direct. It climbs the ridge behind the hut for about 250m and then traverses across the Hohbalm Glacier to the Windjoch (3,850m). From the Windjoch, the NE ridge is followed on snow and rock to the tiny summit block, where space is at a premium. Descent is by the ascent route.

## Outline Programme

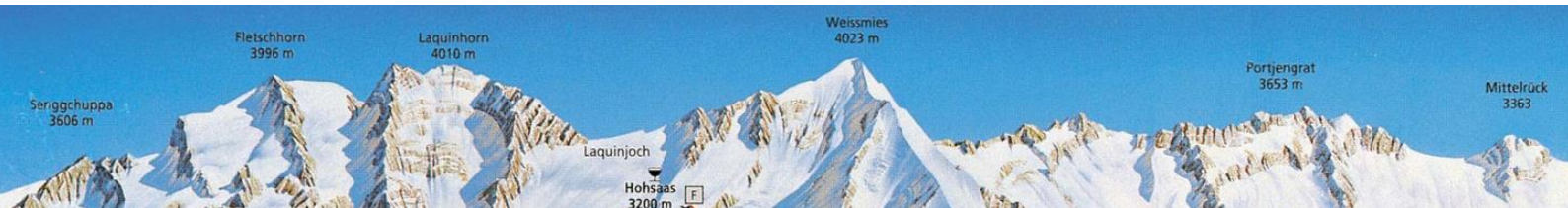
- Participants and volunteers to arrive to the campsite on Saturday, 04 July 2015.
- Day 1: Sunday, 05 July 2015  
Briefing for all participants and volunteers  
Crevasse rescue workshop
- Day 2: Monday.  
On the mountains (preceded by an Alpine rope-work revision workshop)
- Day 3 - 6: Tuesday - Friday  
Expedition to various alpine routes and peaks
- Day 7: Saturday  
Breakfast, debrief and departure.

## Fundraising

To participate in this programme you will be required to commit to a contribution of €300 and also pay the cost of your trip to Saas Grund / Saas Fee. This is a significant commitment and a challenge but, hopefully, through some simple fundraising ideas you will be able to raise the money required.

Equally, some participants will have all the necessary equipment already while others may have to get some pieces of kit – this does not mean anyone should go ahead and purchase expensive equipment.

At the first training weekend we will provide some fundraising training and ideas that you can use. We will also assess the kit that all participants have and make plans to equip the group for the Alps.



## Entry Criteria

### Pathway 1 - (40 participants)

Are you a keen hillwalker?

- To apply to participate in the programme, you must have Parental Consent if under 18 on 01 January 2015 (see appendix 1)
- You must complete the application form (see appendix 2)
- You must provide a Log (see appendix 3) of 10 hikes, which must include overnight(s) camping in various mountain areas
- You must express, in no more than 500 words, your genuine interest in hillwalking and why you should be selected
- You must commit to a contribution of €300
- You must commit to saving for / fundraising for your travel<sup>1</sup> to and from the Alps in July 2015

### Pathway 2 (10 participants)

Have you climbed outdoors on real rock?

- You must climb consistently at Font 6a or above?
- To apply to participate in the programme, you must have Parental Consent if under 18 on 01 September 2015 (see appendix 1)
- You must complete the application form (see appendix 2)
- You must provide a Log (see appendix 4) of at least 15 routes that you have climbed outdoors
- You must express, in no more than 500 words, your genuine interest in climbing and why you should be selected
- You must commit to a contribution of €300
- You must commit to planning and making your arrangements for travel to and from the Alps in July 2015.

## Apply By

All applications, including parental consent and Log book must be **received BY POST** no later than **Friday, 12 December 2014**. Applications should be marked 'Youth Alpine Initiative' and addressed to 'Mountaineering Ireland, Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15'.

## Selection Process

Selection will be based on the following;

- Completed Application Form
- Evidence of a commitment to hillwalking / climbing (Log)
- Parental Consent
- Should the initiative be over-subscribed, age (with those younger having the opportunity to participate in future years) and length of membership of Mountaineering Ireland will be the determining factors.


<sup>1</sup> Participants will be required to plan, save / fundraise, book and pay for their travel costs to and from the Alps. Planning is a key competence of expeditionary activity! Participants will have to present their travel plan at workshop 2.

## Pathway 1 - Key Collective Dates

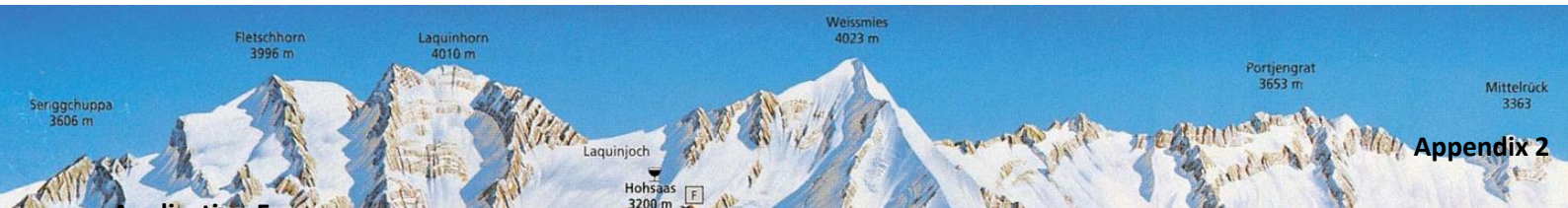
Work-shop	Dates	Location / Base	Objectives	Personal Equipment required	Notes
1	7-8 Feb	Tollymore National Outdoor Centre, Bryansford, Co. Down	Introduction and Mountain Skills	Waterproof clothing, hiking boots, back pack, compass, map	There will be personal challenges set following each workshop.
2	20-22 Mar	Larch Hill International Scout Centre, Tibbradden, Dublin 16	Rock Climbing Skills	Waterproof clothing, hiking boots, back pack, compass, map, rock shoes	
3	1 – 4 May	Gartan Outdoor Education Centre	Camping Expedition	Waterproof clothing, hiking boots, back pack, compass, map	
4	20-21 June	Glendalough, Co. Wicklow	Alpine Preparation	Waterproof clothing, hiking boots, back pack, compass, map, rock shoes	
Alpine Meet	5 – 11 July	Mountaineering Ireland Summer Alpine Meet, Saas Grund	Alpine Peaks	Personal kit list as provided during workshops	Collective equipment will be provided

## Pathway 2 - Key Collective Dates

Work-shop	Dates	Location	Objectives	Personal Equipment required	Notes
1	7-8 Feb	Tollymore National Outdoor Centre, Bryansford, Co. Down	Introduction and route selection, route location, route finding, descent	Personal climbing equipment to climb self-sufficiently.	Participants will be expected to arrange climbing sessions with mentors between meets.
3	Mar - May	Various, Dalkey Quarry, Colmcille Climbfest / Gap of Dunloe Meet	Climbing with mentors	Personal climbing equipment to climb self-sufficiently	
4	5 – 7 June	Fair Head Meet	Dealing with crisis scenarios	Personal climbing equipment to climb self-sufficiently	
5	20-21 June	Glendalough, Co. Wicklow	Alpine Preparation	Waterproof clothing, hiking boots, back pack, compass, map, rock shoes	
Alpine Meet	5 – 11 July	Mountaineering Ireland Summer Alpine Meet, Saas Grund	Alpine Peaks	Personal kit list as provided during workshops	Collective equipment will be provided

	<h2 style="text-align: center;">Parental Consent Form<sup>2</sup></h2> <p style="text-align: center;"><i>To be completed by a parent/guardian for participants who are under the age of 18 and are taking part in Mountaineering Ireland activities and events.</i></p>		
<b>Personal details (of under 18 participant)</b>			
Name		Date of birth	
Address			
Home Tel.		Mobile Tel.	
E-mail			
<b>Parent / Guardian Personal Details</b>			
Name			
Address			
Home Tel.		Mobile Tel.	
E-mail			
<b>Emergency contact details</b>			
Name			
Home Tel.		Mobile Tel.	
E-mail			
<b>Health &amp; medical details</b>			
Allergies			
Medical conditions			
Medications			
G.P. name		G.P. Tel.	
<b>Participation Statement</b>			
<p><i>Mountaineering Ireland recognises that climbing, hillwalking and mountaineering are activities with a danger of personal injury or death. Participants in these activities and their parents / guardians should be aware of and accept these risks and be responsible for their own actions and involvement.</i></p>			
<b>Media Consent</b>			
<p>I give consent for the above named child to be photographed, videoed, interviewed or recorded during the course of Mountaineering Ireland events and used by Mountaineering Ireland for feedback and analysis; media opportunities; publicity of the sport; in print, on radio, television and on Mountaineering Ireland's website, social media and social networking pages.</p>			
<b>Child</b>			<b>Yes / No</b>
I have read and understand the Participation Statement			
I commit to this programme and I will respect all participants			
<b>Child's Signature</b>		<b>Date</b>	
<b>Declaration of Consent (to be signed by Parent / Guardian)</b>			<b>Yes / No</b>
I am the Parent / Guardian of the above named child			
I have read the Participation Statement			
I consent for the above named child to participate			
<b>Parent Signature</b>		<b>Date</b>	

<sup>2</sup> This consent form refers to all Mountaineering Ireland organised events. This declaration of consent will be kept on file by Mountaineering Ireland. We shall not ask for this information again for each event but any application will ask for changes of circumstances to be notified at the time.



## Application Form

## Appendix 2

I wish to be considered for Pathway (1 or 2)		1 <input type="checkbox"/>	2 <input type="checkbox"/>
		YES	NO
I am between 16 and 19 years of age?		<input type="checkbox"/>	<input type="checkbox"/>
I have discussed this with my parents and they are supportive of this application?		<input type="checkbox"/>	<input type="checkbox"/>
<b>Personal Details</b>			
Surname		Forename	
Address		Date of Birth	
		Telephone No.	
		Home	
		Mobile	
Email Address			
<b>Parental Contact Details</b>			
Name		Address	
Mobile Number			
Email Address			
<b>Referee 1 Contact Details (e.g. Club contact, school teacher, Scout Leader, etc.)</b>			
Name		Address	
Mobile Number			
Email Address			
<b>Referee 2 Contact Details (e.g. Club contact, school teacher, Scout Leader, etc.)</b>			
Name		Address	
Mobile Number			
Email Address			
SIGNATURE:		Date	



Appendix 3 – Pathway 1 Log Book

Walk number	Date	Leader
Area	Maps used	
Weather		
Route description, skills practiced and duration		
Camping: Yes/No (if Yes, please describe)		
Walk number	Date	Leader
Area	Maps used	
Weather		
Route description, skills practiced and duration		
Camping: Yes/No (if Yes, please describe)		

<sup>3</sup> A word version is available on [www.mountaineering.ie](http://www.mountaineering.ie) in order for you to type up your log of 10 hikes.



Walk number	Date	Leader
Area	Maps used	
Weather		
Route description, skills practiced and duration		
Camping: Yes/No (if Yes, please describe)		
Walk number	Date	Leader
Area	Maps used	
Weather		
Route description, skills practiced and duration		
Camping: Yes/No (if Yes, please describe)		

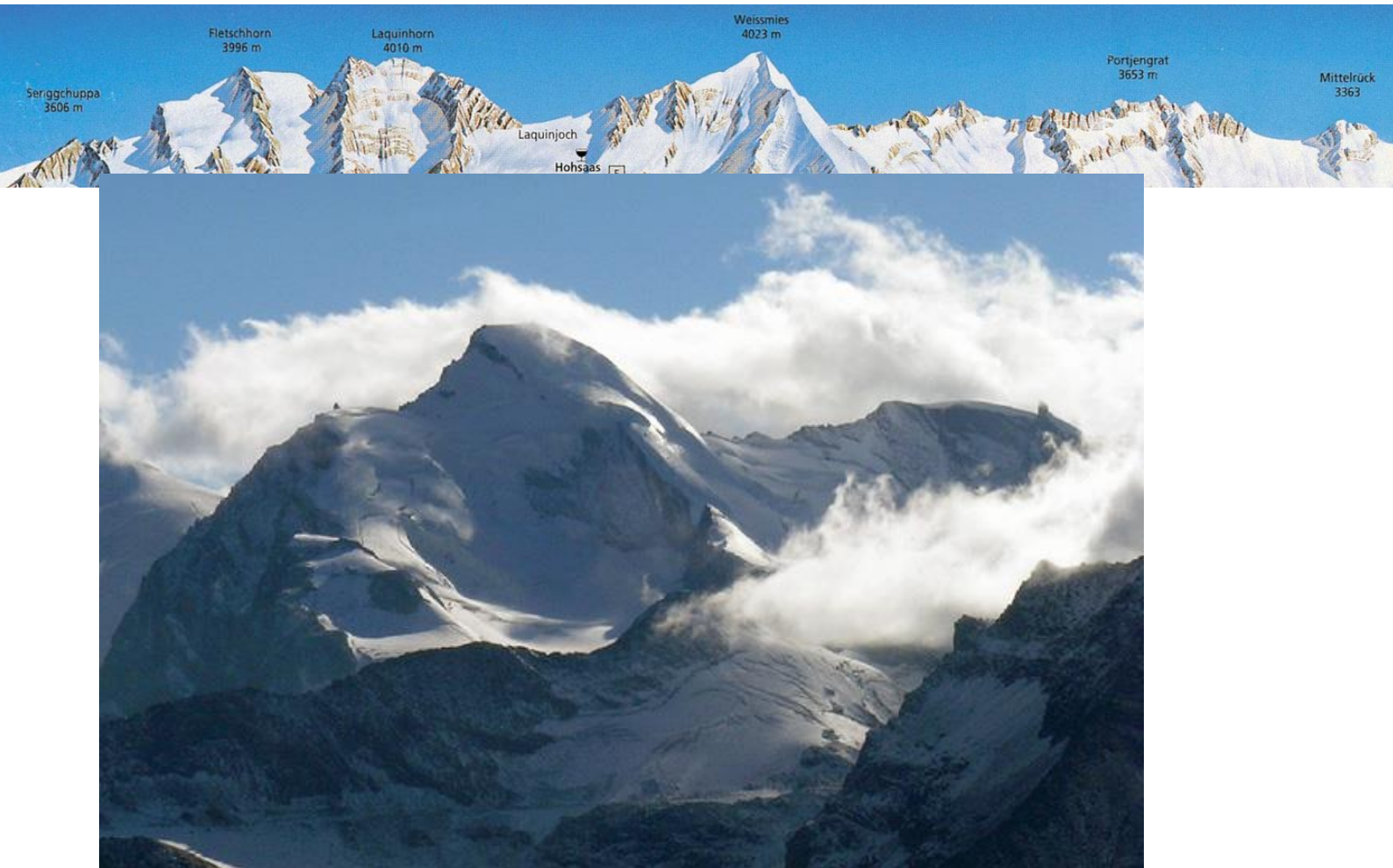


Figure 1: Allalinhorn (4,027m) from the east

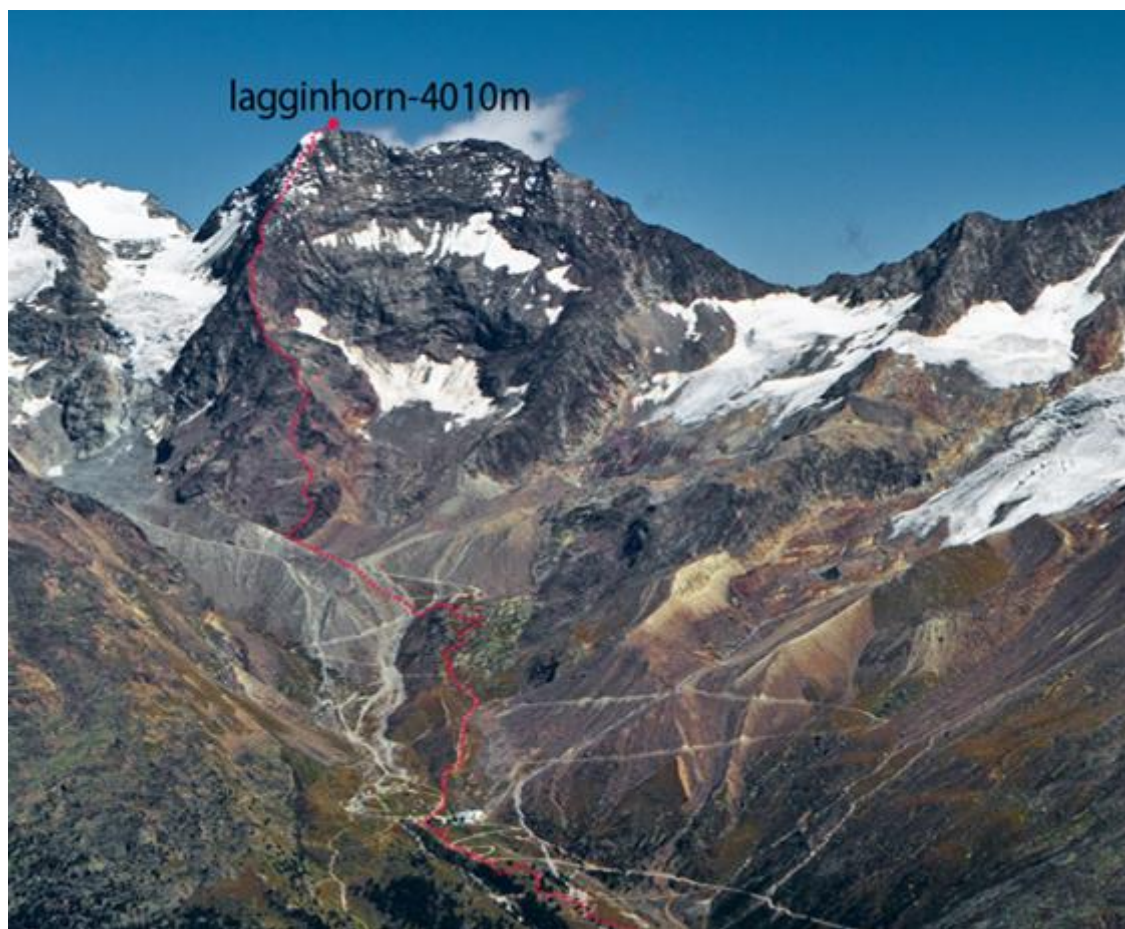


Figure 2: Lagginhorn (4010m)

## Appendix 4 – Pathway 2 Log Book

No.	Date:	Crag & Guidebook:	Route Name:	Grade:	Category: LP/LB/TR/Se	Comments/Skills Learnt:
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						

Category: LP = led, placing protection, LB = led, bolt protection, TR = top roped, Se = seconded

## Supporters / Partners



[www.mountaineering.ie](http://www.mountaineering.ie)