



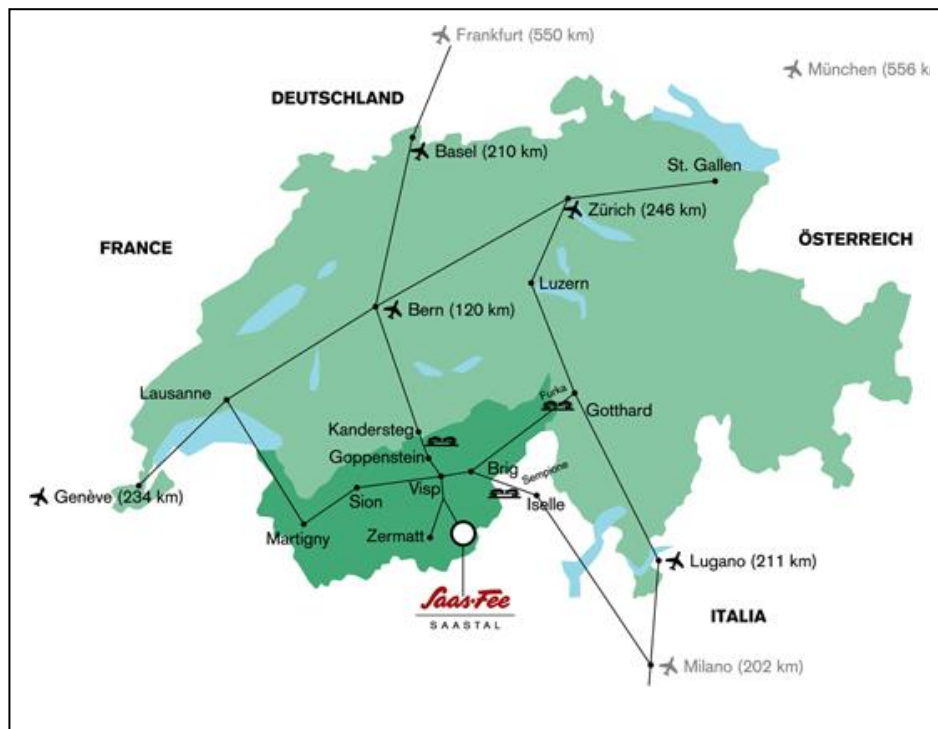
**MOUNTAINEERING IRELAND**  
**SUMMER ALPINE MEET 2022**  
**SAAS GRUND, SWITZERLAND**

**10%discount for bookings before May 1<sup>st</sup>**

# Location for the meet

The 2022 Mountaineering Ireland Summer Alpine Meet will take place in Saas Grund, Switzerland. Nestled below the imposing Matterhorn mountain, this valley provides excellent climbing and walking opportunities on our doorstep. The surrounding area is ideal for training purposes with plenty of routes of varying degrees of difficulty – something to suit everyone.

Saas Grund village is the starting point for the famous “Eighteen 4,000 metre peaks” trail, and the Almagelleralp and Gspon high Alpine trails. The Hohsaas (3,200 m a.s.l.) has one of the best views of the 18 mountain giants of the Saas Valley. Sister village Saas Fee is just down the valley.





## **Walking:**

The Saas valley offers hikes and treks for all levels from easy lower level walks to alpine trekking for more ambitious and experienced walkers. There are also several themed or educational trails such as the Glacier Trail and Alpine Flower Trail – a perfect option for a more leisurely hike.

Longer hut to hut options in the area include the Monte Rosa Tour. The whole circuit takes 8 or 9 days but each of the 9 stages is a great hike in its own right.

## **Climbing and Alpinism:**

The Saas Grund area offers a variety of peaks through the 4000m contour and is an ideal base for multi day excursions using the network of mountain huts or one day trips. There are climbing options on both sides of the Saas valley and several cable cars allow access to the start points of many of the climbs. This is also the home of classic ridge lines such as the Hohlaubgrat on the Allalinhorn. The area also offers poor weather opportunities such as the South Ridge of the Weissmeis.

One of the big pulls of the Saas valley is the nearby Matterhorn (4478m). Although climbing the Matterhorn isn't on our list of courses and walks, you can hire a guide to bring you on this climb which will take approximately 6 days.

## **Other Activities:**

Apart from numerous hiking, trekking and climbing routes in the area, there are plenty of other activities on offer including: via ferrata, high ropes, gorge walking and toboggan runs.

For recovery days or if the weather is not great, there are also a range of activities you can check out from a local bouldering wall to saunas and spas, cinemas and bowling. There are also plenty of opportunities to enjoy tasting sessions for local beers, wines and food.

## Who is the Meet aimed at?



That's simple – The Meet is for everyone - walkers, rock climbers, and mountaineers of all ages and abilities. This is a wonderful opportunity for all Mountaineering Ireland members, new and old to meet established friends and make new ones, and go walking, mountaineering and climbing in some of Switzerland's most beautiful scenery. The purpose is to gather like-minded people together in an alpine area where they can walk, rock climb, boulder and climb snow covered and rocky alpine peaks. The main emphasis of the meet is to have fun!

The Meet is a wonderful opportunity to share information, learn techniques and develop skills, meet new climbing partners, join walking groups and generally share in the exploration of an alpine area. Many people return to the Meet every year whilst others may be visiting the Alps for the first time, joining more experienced friends or taking part in one of the Mountaineering Ireland courses that supplement the Meet. The Meet has a huge, informal, social aspect and musicians, dancers and singers are encouraged to bring their voices, legs and musical instruments to the legendary parties.

The formal courses are designed to introduce you to the skills required for walking and climbing, but with the long-term aim of enabling you to walk and climb independently in alpine areas. There are also courses for people who want to refresh or upgrade the skills learnt on previous meets. A natural progression is for people to participate in a course in the first few years and then return to the Meet as an independent walker/climber.

The IFMGA Mountain Guides and IML Walking Leaders are at the Meet not only to run formal training courses, but also to give advice and share information with everyone on mountain conditions and recommended routes in the area.

*Families are welcome!*

Families are particularly welcome at the Summer Alpine Meet and Saas Grund is a great base for a wide range of activities for younger people.

## Free Information Evening

Join us at the Summer Meet information evening which will take place via Zoom this year in 24th January 2022 at 7.00pm-8:00pm. Mountaineering Ireland Training Officer, Jane Carney, will go through the various courses and activities on offer at the Meet and will give an overview of everything Saas Grund has to offer. It's a great opportunity to ask questions and gain first-hand knowledge of the area. Staff from the shop will be present to give an insight into the gear you will need for the Meet.

## How to get to Saas Grund

The Saas Valley is not difficult to get to but may need a bit of forward planning. As you would expect in Switzerland, the transport infrastructure is extremely good and reliable. If you are thinking of flying, Geneva, Zurich, Milan and Basel airports are accessible via public transport to the Saas Valley.

### Transferring to Saas Grund:

You can get the train from most of the main airports to either **Visp** or **Brig**. Go to [www.sbb.ch](http://www.sbb.ch) for train timetables, routes and online booking. The train journey takes approximately 2.5 hours from either Geneva or Zurich airport with a regular service. Transfer on to the Postauto bus ([www.postauto.ch](http://www.postauto.ch)) which will bring you directly to Saas Fee or Saas Grund. The journey takes between 1 hour and 1.5 hours from Brig.

# Camping

## Camping

Camping Schönblick

Innere Saastalstrasse 216, 3910 Saas Grund

Téléphone:

+41 27 957 22 67

**Website:** [www.campingschweiz.ch](http://www.campingschweiz.ch)

**Email:** [schoenblick@campingschweiz.ch](mailto:schoenblick@campingschweiz.ch)

Arrival: Saas Grund direction Saas Almagell after 1,5km turn right over the wooden bridge (Camping entrance).

In the heart of the Saas Valley, between Saas-Grund and Saas-Almagell is the camping Schönblick. The camp site is located in a sunny spot with wavy grass meadow with various shady spots under trees, near a quiet stream with fantastic views of the Mischabel.

Facilities include new sanitary facilities, showers and hot water, Jacuzzi, Washer and dryer, Daily fresh bread from bakery, Playground (small pool), BBQ facilities, Rental of caravans up to 4 people (price upon request)

Good local bus service

We will have a central Mountaineering Ireland tent which will act as a meeting and information point.

## Maps & Guidebooks

There are a number of guidebooks covering the area including the following from Cicerone:

- Walking in the Valais – Kev Reynolds
- Tour of Monte Rosa – Hilary Sharp

Also check out the Mountaineering Ireland library online.

## Mountain Huts in the Saas Valley area

### Saas- Almagell

**Almageller Hut (Almagellerhut: +41 27 957 11 79 )**

**At an altitude of 2,894 metres, you'll have a spectacular view of nine peaks over 4,000 metres in height.**

The Almageller Hut opened in 1984 and has been guaranteeing wonderful views and hospitality ever since. It has two cosy common rooms and 120 beds on two storeys.

#### Useful Information

The hut and its guests are well looked after by the welcoming warden and his team. The hut is equipped with its own electricity and water supply. Groups of up to 28 people can also lodge separately in the pavillon 25 metres from the hut.

### Saas Fee

**Britannia Hut (Tel. +41 (0)27 957 22 88). [www.britannia.ch](http://www.britannia.ch)**

**The Britannia Hut is the most popular SAC mountain hut in the Alps and the start point of the Haute Route from Saas-Fee to Chamonix.**

#### Useful information

The Britannia hut was completely renovated in 1997 and is now a modern Valais mountain hut. It is equipped with 134 comfortable beds, three dining rooms and modern washrooms and technical facilities. All beds come with a duvet, pillow and blanket. The lights and telephone are powered by solar energy. The water comes

from the roof's meltwater and rainwater collection tanks. Waste is separated for recycling (paper, glass, PET, aluminium) and taken, together with the waste water, back down to the valley by helicopter.

**Mischabel Hut (+41 (0)27 957 13 17). <http://www.mischabelhütte.ch/>**

**The Mischabel Hut is the third highest SAC hut in Switzerland. Its buildings are situated 3,340 metres a.s.l. on a narrow rocky ridge between the Hohbalm and Fall glaciers.**

The incredible views are well worth the uphill climb! The Mischabel hut is the wonderful culmination of a four-hour hike from Saas-Fee (three hours from the Hannig). You will certainly need to wear a good pair of sturdy hiking boots. But we promise you, your exertions will be richly rewarded!

**The Dom Glacier (Tel. +41 (0)27 958 77 00) [www.thedom.ch](http://www.thedom.ch)**

A mountain hut with views of the highest mountains and most impressive glaciers in Switzerland

## **Saas Grund**

**Hohsaas Mountain Hut (+41 27 957 17 13). [www.bergrestaurant-hohsaas.ch](http://www.bergrestaurant-hohsaas.ch)**

Hohsaas mountain restaurant is a popular starting point for high-alpine tours to the Weissmies (including the Nordgrat), the Lagginhorn and the Fletschhorn. Hiking tours starting here take you to Kreuzboden via the Weissmies huts and on to the Almagellalp or to Gspon, the start and finish of incredible round trips to the Geissrück.

**Kreuzboden mountain restaurant (+41 027/957 29 45 ).**

**Located above Saas-Grund, the Kreuzboden is the starting point for many a scenic hike, and is also a popular day trip destination for kids and adults alike.**

In summer, the restaurant serves light snacks and offers daily and à la carte menus on its large terrace with panoramic views. In winter, a large cafeteria is available for guests. The restaurant boasts a sunny terrace with beautiful views of the Mischabel massif, and is an ideal meeting point for families, hikers, bikers and gourmets. On



request, it is also possible to stay overnight. There are enough beds and shower and toilet facilities to accommodate groups.

### **Weissmies mountain hut (+41 (0)62 216 0039 )**

**Weissmies hut offers unparalleled views of the 18 peaks over 4,000 metres in the Mischabel massif. It belongs to the Swiss Alpine Club (SAC) and comprises two adjacent alpine huts on the west face of the Lagginhorn.**

This hut is a hugely popular starting point for fantastic tours across rock faces and ice as well as for a range of different mountaineering treks.

The hut also offers small rooms family rooms. The couple who run the hut and their assistants provide friendly, competent service all year round.

# Summer Alpine Meet 2022

## Workshops & Courses

The workshops and courses have been designed to suit all tastes, budgets and interests. If you are more interested in independent walking, mountaineering or climbing you can also join us at the meet on a camping only option. If you are just booking a place on the campsite and you are not doing a course please complete a booking form and send the booking deposit of €10 per person. This goes towards the organisation of the Meet.

The below course fees cover **tuition only** and do not include insurance, food, cable car costs, camp fees, accommodation or local travel costs. Course dates are provisional and may be adjusted to meet demand. These will be finalised during May based on bookings received and participants will be advised of any changes.

Mountaineering Ireland reserves the rights to cancel any course should there be insufficient numbers. The closing date for receipt of applications is May 27<sup>th</sup> 2022.

Terms and conditions apply: see the Summer Meet booking form.

***Insurance - You must purchase specialist mountaineering insurance covering helicopter rescue, medical treatment, cancellation and repatriation. The BMC's Alpine & Ski policy is recommended or Austrian Alpine Club. You must bring all insurance documentation with you on the course.***

**Reciprocal rights card** - The Reciprocity Fund, managed by the Swiss Alpine Club, allows Mountaineering Ireland to supply its members with a card entitling the holder to discounts (normally between 20% and 50%) in the many huts owned by the organizations that are signatories to the agreement (the Alpine Clubs of France, Switzerland, Italy, Germany, Holland, South Tyrol, Austria and Spain). The Reciprocal Rights card is sometimes also recognised by organisations and countries that are not signatories to the charter. To get a reciprocal rights card, please contact Mountaineering Ireland.

- [Half day workshops](#)

Minimum ratio 1:4 - Maximum ratio 1:10.

€30pp

Start time: TBA at the meet

Mountaineering Ireland Training Officer (Jane Carney) will be organising a series of half-day workshops (weather permitting), based in the camp site, to refresh some of the skills needed to mountaineer safely. These are not meant to replace the full courses and will require previous knowledge and experience. Timings for these will be flexible but will last approximately 3 hours

- **Glacier Crossing & Crevasse Rescue.** 19 & 26 July (morning session)
- **Movement Skills for Rock Climbing** 19 & 26 July (afternoon session)

- [Private guiding/tuition](#)

If there is a group of you, private half or full day sessions can also be booked for a half day or full day. Local guides are available in the Valley and this can be arranged at the Meet.

- [Short duration rock climbing courses](#)

Each week there will be the following rock climbing courses on offer

Minimum ratio 1:4 for the introduction and 1:2 for learn to lead and multi-pitch

- **One Day Introduction to Rock Climbing** €60pp 1:4 ratio 20 & 27 July
- **One Day Learn to Lead Rock Climbing** €100pp 1:2 ratio 21 & 28 July
- **One Day Multi-Pitch Rock Climbing** €100pp 1:2 ratio 22 & 29 July

- [Longer 5 day courses](#)

The following courses are run over a six-day period with one rest day and five days activity. **Commencing with a pre-course meeting at 18:00hrs on Saturday 16th or Saturday 23th July.** The rest day will depend on the weather conditions.

### **Hut to Hut Walking Tour (5 days)**

**Route tbc – details to follow shortly**

Maximum ratio: 1:6.  
Dates: 17-22<sup>nd</sup> or 24-29<sup>th</sup> July  
Cost: €400pp

This multi day walk will be led by an International Mountain Leader or UIAGM Guide and will take you through truly spectacular terrain in Valais area.

### **Introduction to Alpine Mountaineering (5 day)**

Ratio: 1:4  
Dates: 17-22<sup>nd</sup> or 24-29<sup>th</sup> July  
Cost 5 day €700pp **Youth Rate: €400**

The aim is to introduce the basics of Alpine mountaineering. By the end of the week you will be familiar with how to safely travel through glaciers, rocky ridges, rock faces and steep snow slopes. Weather permitting you will climb several Alpine peaks and spend at least one night in a Mountain Hut. All those booking on to this course must be have a good level of fitness. Some climbing experience is helpful, but not essential.

### **Intermediate Alpine Mountaineering (5 day)**

Ratio 1:2 **1:3**  
Dates: 17-22<sup>nd</sup> and 24-29<sup>th</sup> July  
Cost: €900pp **Youth Rate: €520**

This course is run at a ratio of 1:2 to allow participants undertake more technical routes. The aim is to improve your existing mountaineering skills, focusing on safety, efficiency and independence in the mountains. The course will include; efficient rope work, quick movement on alpine terrain and navigation. All participants must have experience with crampons, ice-axe and a basic knowledge of rope work. Some rock climbing experience and a high level of fitness level are essential.



### **Advanced Alpine Mountaineering (5 day)**

Ratio: 1:2

Dates: 17-22<sup>nd</sup> and 24<sup>th</sup> -29<sup>th</sup> July

Cost: €900pp

**Youth Rate: €700**

This course is run at a ratio of 1:2 to allow participants undertake more technical routes. It is essential that participants have previous Alpine experience and sound knowledge of rope work and belays. Scottish winter mountaineering experience would also be an advantage. We would hope to progress onto multi-pitch climbs on snow and ice at grades of AD to TD.

- **Shorter 3 day courses**

The following courses are run over a 3-day period. **Commencing with a pre-course meeting at 18:00hrs on the evening before your course starts.**

### **Introduction to Alpine Mountaineering (3 day)**

Ratio: 1:4

Dates: 17-19<sup>th</sup>, 20-22<sup>rd</sup>, 24-26<sup>th</sup>, 27-29<sup>th</sup> July

Cost 5 day €420pp

**Youth Rate: €220**

### **Intermediate Alpine Mountaineering (3 day)**

Ratio 1:2

**1:3**

Dates: 17-19<sup>th</sup>, 20-22<sup>rd</sup>, 24-26<sup>th</sup>, 27-29<sup>th</sup> July

Cost: €520pp

**Youth Rate: €260**

### **Advanced Alpine Mountaineering (3 day)**

Ratio: 1:2

Dates: 17-19<sup>th</sup>, 20-22<sup>rd</sup>, 24-26<sup>th</sup>, 27-29<sup>th</sup> July

Cost: €520pp

**Youth Rate: €400**

### **5 day Bespoke Alpinism**

Ratio: 1:4

Dates: 17-22<sup>rd</sup> July, 24-29<sup>th</sup> July

Cost: €700pp

An opportunity to take some time in the mountains together with a mountain guide, walking, climbing and mountaineering. The pace and objectives will be decided amongst the participants.

Whatever you do in the alps the fitter you are the more enjoyment you will have. You should aim to do some cardiovascular exercise 2/3 times per week.



## How to apply & further information

Booking forms are available to download from the web site. Book as soon as possible to ensure a place on the course, and to allow us to warn the campsite of the numbers arriving. If you are just booking a place on the campsite only and you are not doing a course, please complete the form and send the booking deposit of €10 per person. This covers the discounted camp fees at the camp-site.

Please contact the training administrator Laura on [laura@mountaineering.ie](mailto:laura@mountaineering.ie) or Training Officer Jane on [jane@mountaineering.ie](mailto:jane@mountaineering.ie) before making any course booking or booking your flights.