

Technische fiche beginnersstage bergbeklimmen 2021

This week of internship takes place around the DACHSTEIN Group. The peak of Dachstein is 2995 meters high and is located in the Dachstein massif on the border of upper Austria and Styria. It is a great area for trainings at the glacier and in the rock. There are several villages around the mountain, such as Hallstatt and Ramsau.

TARGET AUDIENCE

This internship week is intended for beginners, who want to learn a lot this week to become an independent mountaineer.

PURPOSE OF THE INTERNSHIP

- Progress in alpine terrain of difficulty level F-PD (in Austria: Einfach und etwas schwierig)
- Mastering the techniques required for this
- Insight into safety and making basic decisions

During this week, learning by doing is paramount. Practical teaching moments and a daily debriefing of "lessons learned" and sometimes short theoretical sessions. The knowledge is immediately put into practice via a few climbs.

We choose climbs of different character (both rock and mix / snow / ice are covered) and the alpine level is maximum "Little Schwierig".

CONTENT

The following basic competences are taught:

- Stepping technique in off-track terrain, on snow, on ice, crampon and basic pickling techniques for ascent, descent and diagonal traverse
- Snow terrain: braking exercises on snow 30-35 ° and securing techniques
- Rock terrain: progress in 2nd and 3rd degree terrain, mainly ridge climbing and securing techniques
- Binding in cordée and knots knowledge
- Evacuation techniques on glacier
- Orientation with map and compass
- Tour preparation including meteo, 3x3 model, topo and material
- Alpine hazards, observation and recognition

DAILY SCHEDULE

- Arrival: always on Saturday
- First day of internship: always on Sunday
- Last internship day: always on Friday

- Return journey: to be determined by yourself, at the earliest Friday evening after the end of the internship

CAMPING PLACES: Camping Obertraun Camping am See www.camping-park-am-see.at
Camping Hallstatt: Campingplatz Klausner-Höll www.camping.hallstatt.net

MEETING POINT: Sunday, 11.00 Krippensteinbahn (cabellift) in Obertraun

Due the ascent with the Krippensteinbahn (3 cabelcars) you reach the hut in around 3 h.

COURSE OF THE INTERNSHIP

The internship starts at a campsite in the valley. The first day of the internship we go up and from then on we stay in a mountain hut. Depending on further planning and circumstances, it is possible that we will partially extend to a second mountain hut. The location can possibly change depending on weather or conditions.

SIMONYHÜTTE: www.simonyhuette.com

WIESBERGHAUS: www.wiesberghaus.at

For the hut you need: (Corona rules Oct. 2020)

- Warm sleeping bag (no blankets at the hut)
- Pillow cover
- Mouth and nose guard

Friday is the last internship day, from the late afternoon you can travel on or leave home, or spend another night in the mountains ...

LAST REGISTRATION DATE

There is room for 6 participants in each internship period. The registrations per internship period are closed after 6 registrations (full). It is also possible to leave someone on a reserve list.

TERMS OF PARTICIPATION

- Good physical condition is necessary, as is being free from vertigo.
- Previous climbing experience is not necessary, but recommended: through climbing school or internships you can obtain climbing skills certificate 3 - outdoor lead climbing.
- Be in good physical and mental condition. Mountain tours with more than 1000 ascents are no problem for you, nor do 8 hours of physical exertion
- It is important that you have good walking technique and already have some mountain hiking experience.
- Be at least 18 years old before the start of the internship, or at least 16 years old if accompanied by an adult family member and after telephone consultation with the internship management.
- KBF membership for 2021 (must be in order by the time of preparation at the latest)

- We also require a social and flexible attitude.

The conditions of participation are checked at the preparation moment.

GUIDANCE

These internships are guided by international Mountainguides (UIAGM). Wolfgang Hackel is an international mountain guide and at the age of 59 has loads of experience in the mountains. His base camp is Kaprun where he lives with his wife and daughter. "Wolfi" is also a Ski Instructor, "Hüttenwirt", Trainer-Ski, Cook and Helicopter Pilot. Wolfgang can also speak Dutch and English well. With his experience, he can not only teach you the techniques of mountaineering, but also give you an insight into life in the mountains. www.alpinsport.at

INSURANCE

As a KBF member you benefit from the UNIQA insurance package. The UNIQA package is a full travel assistance insurance that, in addition to your mountaineering activities, also insures all your leisure activities. It is one of the very best mountain sports insurance in Europe.

The full policy can be found at www.klimenbergssportfederatie.be. If you have any questions about the policy, please contact the KBF secretariat at info@klimenbergssportfederatie.be or on 03/830 75 00.

WHAT DO YOU TAKE WITH YOU?

A few weeks before the start of the internship, we invite all internship participants for a preparation moment in climbing hall Bleau in Ghent (or during a preparation weekend: 29 and 30 mai 2021 in the Chaveehut). We will let you know this date in good time after registration. During the preparation moment we go through all the equipment and clothing. If you still have doubts about purchasing or renting, wait until after the preparation moment. As a trainee, you can rent or purchase the helmet, piolet, crampons, ice-creams or the rope cheaply through the climbing hall Bleau in Ghent (to which Bleau Climbing Team is affiliated). Reservations and orders can be made at the time of preparation.

Technical equipment:

- helmet
- 3 auxiliary ropes (5 mm) 2 X 5 Meter, 1x 1 Meter
- climbing harness
- 4 screw cargos of which 1 safebiner (trilock)
- 3 regular carabiners
- minimum 4 sets, you can bring more if you have some
- 1 ice screw of minimum 19 cm
- Bandschlinge (Linten): 2 long (120 cm), 2 short (60 cm)
- 1 fuse device eg Reverso 3, ATC Guide

- mountain boots: preferably a leather type D, but a sturdy and crampon-resistant type C is also good. Type B or plastic D shoes are not okay. To avoid blisters, it is best to walk in the shoes beforehand with two long walks.

- 1 piolet of the 'T' type (so no 'B' piolet)
- crampons with antibot
- gotten
- a single rope (30-50-60 m) per two people
- small backpack (30-40 L)
- Via Ferrata Set

Clothing during the tours:

- 2 sets of stockings (1 set on at the start, 1 set as a spare) (test your personal, ideal combination of stockings in your hiking boots and make sure you have 2 sets)
- climbing / trekking pants and rain pants, or wind and rain resistant climbing pants
- synthetic or woolen thermal t-shirt pullover (no cotton t-shirt because it dries slowly and keeps the moisture on your body)
- warm fleece (preferably with a zipper that can be opened completely)
- solid and breathable rain jacket (also as protection against the wind)
- 2 pairs of gloves or mittens (of which at least 1 pair is water-repellent / windproof)
- hat and possibly scarf
- glacier goggles (UV protection factor 4), possibly a spare pair of sunglasses
- sun cap

Others:

- sun cream (sufficiently high factor)
- lip cream
- frontal lamp (a light model that does not shine far away is sufficient)
- pocket knife
- possibly a camera
- toiletry

FIRST AID:

- disinfection supplies, plasters, sports tape ...
- something against blisters (Compeed...)

- after-sun
- painkiller (Paracetamol ...)
- rescue blanket
- possibly personal medication

Miscellaneous:

- compass
- pencil and some paper
- card Alpenvereinskarte Dachsteingebirge NR. 14
- identity card, KBF membership card (for discount in the cabins)
- Money: Cash, but you can pay with card in both huts, money for the cablelift and your personal expenses.

Provisions:

In the huts we get breakfast in the morning and a warm meal in the evening. So you only have to provide some food for during the daytime tours. This ration can, for example, consist of one or more of the suggestions below:

- bread
- a piece of "hard", "aged" cheese
- chocolate, Twix, Lion, Mars, Snickers ...
- Granny, Sultana ...
- nut mix, dried fruits, raisins, dried tomatoes ...

Beverage:

Drinking bottle, water bag or thermos bottle.

With regard to the drink supply for the day, you can choose between the following options every day:

- have your drinking bottle filled with hot tea (half board)
- have your drinking bottle filled with hot water (for a fee) and make your own tea
- fill your drinking bottle with water and any powdered sports drink you brought with you

For the cabin: It is not really cold in the cabins. You need little or no extra clothing in the cabins.

- possibly extra, very light pants
- possibly a maximum of 1 t-shirt
- possibly a maximum of 1 (thinner) fleece

- possibly a mini towel
- sheet bag (there are only blankets in the cabins, and in some cabins it is mandatory)

earplugs (not necessary, but we all sleep together in one room ...)

TRANSPORT TO AND BACK AND ON SITE All participants are responsible for their own transport to the internship location. Count on at least a 10-hour drive from Brussels. Of course, during the preparation moment and in advance, it can be mutually agreed to drive together via carpooling.