



Courses taught in english language

Avalanche Rescue Management Frein an der Mürz

Sun. 10.01.2010

Aktiv-Nr.: n100014

For Ski mountaineers - Snowboarders - Snowshoe hikers

When did you practice with your avalanche beacon the last time? Do you know how to organize your group to dig out your comrade(s) fast? Did you ever dig out a body from snow?

For one evening and a day at an „avalanche debris“ you learn efficient rescue management after an avalanche accident.

Costs: 70,- for leading fee, presentation

Guide: Merstallinger Michael

Requirements: ST1, KI-2, some experience in ski mountaineering or snowshoeing, interest in improving independent and self-assured actions

Last date for registration: Tue. 29.12.2009

Preliminary meeting: Thu. 07.01.2010 6.30 p.m.

Presentation: theory and basics

Snowshoeing - Basic Education Dachstein / Gjaidalm

Thu. 04.02.2010 - Sun. 07.02.2010

Aktiv-Nr.: n100102

Walking on silken paws, in the untouched winter wonder land, apart of skiers and tourist tracks, is an exceptional adventure - not only for Non-Skiers. You are going to learn how to independently plan and accomplish wonderful snow shoe tracks. You learn how to enjoy the deep winter powder in the high mountains wheather you are with friends, family or alone. This is a course full of theory and exercise at a rustic afield mountain hut still with 100% organic meals and sauna!

Costs: 229,- for leading fee, 3x Ü/HP on Gjaid Alm

Guide: Haid Michael

Requirements: T1,K2,

Last date for registration: Fr. 22.01.2010

Preliminary meeting: Information post/email

„Stop or Go“ - Avalanche awareness

Mountains near Vienna

Sat. 13.02.2010

Aktiv-Nr.: n100013

„Recognize and Avoid Avalanches“

For Ski mountaineers - Snowboarders - Snowshoe hikers

In this course, you will learn the basics of modern avalanche theory developed by Werner Munter („3x3“) and used as the basis for the Alpenverein system „Stop or Go“. The theory of basic avalanche awareness and risk-management (i.e. standard operating procedures) to utilize while planning and touring will be presented on Wednesday evening and again on the scheduled day in the mountains.

Costs: 70,- for leading fee, presentation

Guide: Merstallinger Michael

Requirements: ST2, KI-2, some experience in ski mountaineering or snowshoeing, interest in improving independent and self-assured actions

Last date for registration: Fri. 05.02.2010

Preliminary meeting: Wed. 10.02.2010 6.30 p.m.

Presentation: theory and basics

From Piste to Powder Skiing-technique for skitourists

Fri. 19.02.2010 - Sun. 21.02.2010

Aktiv-Nr.: n100015

Learn how to enjoy skiing in the backcountry!

These 2,5 days on and off piste will improve your skiing skills on skitour. The ski-area where we practice with the help of ski-lifts depends on the snow conditions and will be announced at the preliminary meeting. (We plan to visit Obertauern)

This course starts friday at 12 p.m.!

Costs: 95,- for leading fee

Guide: Nowak Nikolaus

Requirements: ST1, KI, some experience in

Skitouring - NOT for ski-beginners!

Last date for registration: Wed. 03.02.2010

Preliminary meeting: Thu. 11.02.2010 7 p.m.

Basic education on rock and ice Dachstein

Sat. 26.06.2010 - Sun. 27.06.2010

Aktiv-Nr.: n100656

Dachsteins mountainous region offers perfect terrain to train your skills on both rock and ice. You will learn the basics of mountaineering: hiking in high-mountain regions, walking on glaciers, climbing via ferrata, navigation, and much more. We meet on Saturday morning at the top station of the Dachstein Südwand cable car.

Costs: 120,- for leading fee, gear rental

Guide: Scherr Martin

Requirements: T2, K2 (free from dizziness, fit for tour length up to 7 hours)

Last date for registration: Mon. 14.06.2010

Preliminary meeting: Mon. 21.06.2010 6 p.m.