

DIFFICULTY RATING

Please note our difficulty rating and the conditional requirements for the touring weeks and ski touring weeks.

CONDITIONAL REQUIREMENTS	SUMMER	WINTER
Physical condition ★	A good physical condition is required for ascents of 3 – 4 hours, up to 1000 m in the ascent and to cope well with the descents.	A good condition is required to make ascents of 3-4 hours, up to 1000m in the ascent and to cope well with the descents.
Physical condition ★★	A very good condition is required to manage ascents of 4 - 6 hours, up to 1200m in ascent and the descents well.	A very good condition is required to manage ascents of 4 - 5 hours, up to 1500m in the ascent and the descents with backpack.
Physical condition ★★★	An excellent condition is required to cope well with ascents of 5 - 7 hours, up to 1500m in ascent and the descents well.	It is necessary to have an excellent condition to manage ascents of 5 - 7 hours, up to 1700m in ascent and correspondingly long descents with a heavy backpack.

TECHNICAL REQUIREMENTS	SUMMER	WINTER
Technique ★	Walking in rope teams, basic knowledge of walking with crampons.	Mastery of the plow turn (Stemmschwung) in deep snow and pointed turn in the ascent. You should also be able to ski safely in the track of the guide downhill.
Technique ★★	Safe walking with crampons, mastery of the Frontal Pike Technique, ridge climbing in rock and ice.	Safe mastery of the plow turn, possibly parallel turn in all snow conditions and in steeper terrain. Safe walking in the ascent and Pointed turns in steeper terrain. Summit ascents with easy ridge climbing possible.
Technique ★★★	Safe mastery of all climbing techniques on rock and ice, Rock climbing in difficulty level III - IV, firn and ice flanks up to 45°.	Safe control of the plow and parallel turn in all snow conditions and in steep terrain, possibly also in narrow, steep gullies. Steeper passages and ridge climbing with rope belay possible.