



Eiger Guided Ascent 2012 Mittellegi Ridge

Ex Lauterbrun, Switzerland

Eiger 13,025ft / 3,970m

Trip Notes

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The Eiger, a dramatic mountain. It is steeped in a colourful history, not because of its first ascent via the west flank in 1858, but more-so because of the attempts to climb the formidable Nordwand (north face) in the 1930's that saw prospective ascensionists perish.

We climb the Eiger by the long and exposed Mittellegi Ridge that is the east ridge of the mountain overlooking the famous north face. The first few days of the program involve warming up on some of the other fantastic peaks in the region. These ascents are very good for getting your mind and body prepared for the intensity of climbing a big alpine route like the Eiger's Mittellegi ridge.

The climbing on the Mittellegi is predominantly on rock with a very exposed snow crest near the top. Initially you will climb in the dark making use of the headtorch and as dawn breaks you will be suitably impressed with the exposure on both sides of the ridge! The route stays near the ridgeline, moving from side to side of the ridge to get around obstacles and over and around towers. In the steeper sections we are aided by a thick handline that is fixed in place on the mountain.

In order to get up this long route, prospective climbers must be confident in rock climbing in alpine boots to grade US5.7/ Aus 15/ UK HS and be capable of moving at a steady pace for extended periods in technical terrain. We descend from the summit via the West Flank or the South Ridge, depending on conditions.

History

The Eiger was first climbed via the West Flank in 1858 by [Charles Barrington](#), [Christian Almer](#) and Peter Bohren. The first ascent of the Mittellegi ridge was made by Fritz Amatter, Samuel Brawand, Yuko Maki and Fritz Steuri on 10 September 1921. Note: Don't let the date of the first ascent fool you into thinking



the climb is easy! The route is long, difficult and serious. That the ascent was done in that era is more a reflection of the skills of the first ascentionists than an indication of it being easy.

About the Climb

Forming the left edge of the North Face, the Mittellegi Ridge rises in imposing steps and towers to a knife-edge snow crest leading to the summit. More technical than the Matterhorn, even with sections of fixed rope, it was the last of the great Oberland ridges to be climbed (1921).

As you climb the ridge looking down to your left you see majestic glaciers and on the right you see the green meadows of Grindelwald. On the descent we get to look into the famous North Face, climbed by four talented Austrian/German mountaineers in 1938.

During the ascent, we follow the very exposed ridge crest, turning and ascending rock towers along the way. We are assisted by a rather fat fixed rope that will assist us through the steeper sections. Near the top we climb a steep and airy snow arête with significant exposure on both sides, not for the feint hearted!

The summit day will start well before dawn around 3am and you will be encouraged by your guide to move consistently to ensure you reach the summit in a reasonable timeframe. Depending on conditions the ascent will take between 5-7 hours and an equal length of time to descend. We usually descend via the West Flank or the South Ridge.

This ascent rewards those who are well prepared you will really enjoy this climb for it's intensity and technical challenges.

How the program works

Your guide will meet with you on the evening of your arrival in Lauterbrun (Switzerland) for equipment check and a briefing about the upcoming program and anticipated weather conditions. You will start the training the following morning and take a lift to a high mountain region close to Lauterbrun where you will make ascents of interesting and challenging training routes. This is the time where you get to practice climbing skills and become acclimatised for the ascent of the Eiger in the final days of the program.



We have purposely included some classic ascents in your training program, not only to help you focus on the skills for the climb ahead, but to enable you to get some other fantastic routes under your belt as well!

Once training has been completed you will ascend by train to the Eismeer station and from there you rappel onto the glacier and climb via steep rock to the Mittellegi hut.

First and foremost, weather and conditions have to be favourable for a safe ascent of this serious peak. Although success cannot be guaranteed, we have developed our approach to give you a serious chance of attaining an ascent of this classic route.

The ascent is based entirely on a 1:1 guiding ratio. While some operators will clump you together with large groups during the early acclimatisation phase we feel there is much to be gained on warm-up routes that get you prepared for the upcoming rigours and technical challenges that you will face.

We programme the trip over 5 days/6 nights to include the necessary period of acclimatisation before making an ascent at this altitude. We consider it vital that you work closely with your guide throughout the week to develop the appropriate level of communication and trust to collectively make the ascent as a partnership of two people on a rope. Extra days can be added to the programme for additional acclimatisation and preparation days by signing up for our [2 day Europe Pre-Course and Acclimatisation program](#)

Itinerary:

Please note, itinerary may change due to weather or climbing conditions

Mittellegi Ridge – Lauterbrun start

- Day 0. Arrive Lauterbrun. Meet your guide in the evening for briefing and equipment check. Hotel night. Note: Due to guide commitments, in some instances the guide will meet you morning of day 1.
- Day 1. Training and revision rock climbing. Telepherique from Isenfluh and trek 2hrs to Lohhörner hut (1955m), training climbs nearby. Hut night.
- Day 2. Traverse of Lohhörner (2566m) return to Lauterbrun. Hotel night.
- Day 3. Train to Jungfrauoch (2 hrs) climb Mönch en route to the Mönchjoch hut. The South East Ridge (AD) of the Mönch is a delightful scramble, with an exposed knife edge crest to finish. Fine views extend out to both the Eiger and the Jungfrau from the top. Mönchjoch hut.
- Day 4. Train to Eismeer station (1.5hrs). Short rappel from window, cross glacier and climb (AD, 4 hrs) to Mittellegi hut (3355m). Mittellegi hut.
- Day 5. Climb Mittellegi Ridge, (6 hrs, D) and descend South Ridge to Jungfrau and then return to Lauterbrun
- Day 6. Depart Lauterbrun after breakfast

Note: We also initiate the program from Chamonix in France where we acclimatise on appropriate local peaks prior to climbing the Eiger. Please enquire for costs and itinerary. In addition to the Mittellegi Ridge, we have a South Ridge option for climbers wanting to attempt a challenging, yet more accessible route.

The level of experience required

To climb the Eiger's Mittellegi Ridge you need to be physically fit, have strong mental stamina and be capable of strenuous exercise for several days duration. Prospective climbers must be competent in rock and alpine climbing practices and be aware that your ability to succeed will be determined, more by your current condition and capability, than previous ascents you may have made in the past.



In order to get up this long route, prospective climbers must be confident in rock climbing in alpine boots to grade US 5.7/ Aus 15/ UK HVS and be capable of moving at a steady pace for extended periods in technical terrain on snow and rock. It is imperative you have a high degree of cardiovascular fitness to cope with the strains of the climb and the altitude.

In your build-up to the climb it would be appropriate to be rock climbing regularly as well as training on hills for overall fitness. Your climbing history will include ascents of technical alpine routes and you will be current with use of rope skills and snow and ice climbing techniques.

Even climbing at the moderate altitudes in Europe has a definite physical affect on people. Most climbers notice a lower performance rate than normal. Summit day is physically demanding and a dedicated training program is essential to enhance your chance of success.

Costs for Eiger Mittellegi Ridge Guided Ascent

5 days / 6 nights

The cost for the five day 1:1 **Eiger** Guided Ascent ex Lauterbrun is **EUR€4,300**.

This includes: all expenses for the guide and yourself – meals (except dinners while in hotels) lodging for 6 nights, lifts, hut fees, transport ex Lauterbrun, Switzerland.

Guided Ascent Dates

Eiger: By arrangement between July and September

Equipment List

Climbers will be sent a list detailing all necessary individual clothing and equipment to be provided.

Payments

In order to confirm a guide and your trip, we require a completed Registration Form and a non-refundable deposit of EUR €500. The balance of payment is then due 90 days prior to the start date.

Download the registration form from our website or use our online booking form at: <http://www.adventureconsultants.com/adventure/BookingForm/>

Following is the EURO bank information for **Adventure Consultants Ltd.**, 58 McDougall Street, Wanaka, New Zealand, Ph +64 3 443 8711. All deposits and final payments for European trips should be sent by telegraphic transfer to this account unless advised otherwise.

Bank Name and Address:

Bank of New Zealand - Offshore Branch
1 Willis Street, Wellington, New Zealand

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|--------------------------------------|------------------------------------------|
| Swift Address: | BKNZNZ22 |
| Beneficiary's Account Number: | 1000-594771-0002 |
| Beneficiary's Account Name: | Adventure Consultants Limited |
| Beneficiary's Address: | 58 McDougall Street, Wanaka, New Zealand |
| Account Type: | Euro Dollars |

Please request that all charges are for the remitter's account.

Please contact us if you have any problems sending moneys to this account.

We can accept your deposit and balance payment by credit card – **Visa, Mastercard, Amex.**

****Please note: In order to reserve a guide we recommend that you book well in advance. This especially applies to the high season period (mid July to end of August).**

Cancellation & Refund Policy

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 90 days prior to your trip commencement date. A climber may then cancel his/her participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 89-60 days of the trip commencement date we reserve the right to retain 50% of the full fee.
- For cancellations within 59 days of the departure date a cancellation fee of 100% of the full fee applies.
- We strongly recommend you take out trip cancellation insurance via your travel agent.

The advantages of climbing with us

Adventure Consultants is renowned for the quality of its service and strategy applied to expedition and ascent climbing. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our climbers the best possible chance of success.

We employ strong and specialised IFMGA Mountain Guides, who are some of the most pre-eminent in the industry.

Many of our expedition members and climbers come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions and guided ascents safe and successful.

How to book a European Alps Guided Ascent

If you would like to book a Guided Ascent of the Eiger please request an Application Form and forward it along with your climbing résumé and the deposit for the trip. You can also use our online booking form at

<http://www.adventureconsultants.com/adventure/BookingForm/>

If you require more information please contact us at;

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