

Technical and Endurance levels

Technical level

- +** You enjoy being in nature and love exercise but you have no experience in the mountains. You want to experience something new.
- ++** You are a confident mountain hiker and already have experience in walking with crampons. You have experience on rock and ice as well as short steep sections.
- +++** You are capable of climbing in the 2nd degree of difficulty as well as on moderately steep terrain of rock and ice, also with crampons.
- ++++** You have already completed a few 4000 meter peaks and are very well acclimatized. You are confident in using an ice axe and crampons. Ridge climbing up to level 3, steep terrain on rock and ice should be of ease for you.
- +++++** You are very well acclimatized and have already climbed some 4000 meter peaks. You are very experienced in handling ice axes and crampons and can climb on levels 3 to 4. In addition, ridge climbing with exposed, steep sections is no problem for you.

Endurance level (Duration of the tour)

- *** 2 - 3 Hours ascent
- **** 4 - 5 Hours ascent
- ***** 6 - 7 Hours ascent
- ****** 8 – 9 Hours ascent
- ******* More than 10 hours