



## Rock Climbing / Ice Climbing

### Rock Climbing

Our mountaineering guides show you the technique in climbing, abseiling and how to use the rope. The region of Interlaken provides over many perfect areas for beginner and advanced climbers.

### Ice Climbing

Imagine yourself rappelling down crystalline blue ice cliffs surrounded by the most magnificent mountains of the world and ice climb back up. Our mountaineering guides will give you instructions on how to use the equipment, glaciers, climbing, trekking and safety.

	Rock Climbing	Ice Climbing
<b>Where</b>	Harder	Steingletscher
<b>Saison</b>	Mai to October	
<b>Duration</b>	ca. 4 h	9 am to 5 pm
<b>Equipment</b>	All equipment is provided	
<b>To bring</b>	Lunch, sunglasses, suncream	Lunch, sunglasses, suncream, warm clothes
<b>Price</b>	1/2 day CHF 95.- 1 day CHF 130.-	CHF 160.-

### Information and Bookings:

Alpin Center Interlaken | Adventures & Swiss Ski & Snowboard School | Beim Bahnhof CH-3812 Wilderswil  
 Tel. 0041 (0)33 823 55 23 • Fax 0041 (0)33 823 55 13 • E-Mail: [mail@alpincenter.ch](mailto:mail@alpincenter.ch) • Internet: [www.alpincenter.ch](http://www.alpincenter.ch)