

Long-distance Hiking in Tirol



Emergency app *Tirolean
Mountain Rescue Service*



alpenverein
österreich



österreichisches Kuratorium für
alpine Sicherheit



There is a lot to learn about mountain climbing and that takes time!

Just like skiing, initial climbing experiences should be made in flatter terrain. First steps should be taken on hiking trails.

Hiking trail: easy, wide, in valley areas and adjacent forests

For: beginners and walkers

Requirements: sports shoes and weather appropriate clothing

Only after establishing adequate fitness levels, should you go one-step further and attempt red-rated mountain trails. You should bear in mind that physical fitness, sureness of foot and a good head for heights is not something that can be achieved from one day to the next, but is developed with time and practise along various mountain trails.

Moderately difficult mountain trail: often narrow, steep, exposed in places, you may need to use your hands to help balance in some sections.

For: surefooted and experienced hikers

Requirements: good physical condition, alpine experience and mountain equipment
There is also a lot to learn about hiking a



blackrated mountain trail, and this too takes time. The same applies here: practise makes perfect.

Difficult mountain trail: mostly narrow, steep, very exposed, long sections secured with rope or cable, climbing passages.

For: those with a good head for heights, surefooted and experienced alpine climbers

Requirements: very good physical condition, alpine experience and mountain equipment, including alpine safety gear, good weather conditions. This terrain is not suitable for everyone.

Alpine route: Exposed, unmarked trails and unsecured terrain, or on glaciers



For: those with a good head for heights, surefooted and experienced alpine climbers

Requirements: excellent physical condition, comprehensive alpine experience, alpine climbing gear, safety and orienteering aids, good weather conditions

Take your time and make sure you come home safe and sound.

Source: *Österreichischer Alpenverein*



Keep in mind

Planning a hike

- Is the route/section appropriate to my skills? Groups should always base their planning on the abilities of the weakest member.
- Allow for possibilities to leave the route or abort the hike
- Check the weather forecast for the following days
- Check where you can stock up with food when planning a tour. This will prevent you from dragging around the food for several days.

Equipment

- Breathable outdoor clothing which is also suitable for the weather conditions of the following days
- Plan enough food for all days (check availability at mountain huts)
- First-aid kit
- Mobile phone with fully charged battery and charger
- Hiking map and guide
- Sun protection (sun cream and glasses, hat)
- Overnight kit, sleeping bag liner etc.
- Rain protection
- Cash

Tips and information

- Continuously check your position
- When planning a hike, take into account that your body cannot achieve top performance every day. Increase the strain slowly rather than starting off with the hardest stage.
- Bring along flip-flops or other comfortable shoes. After a day's hiking releasing your feet from the hiking shoes is a real treat, and sometimes hiking shoes are a no-no in the sleeping areas of mountain huts.
- Plan exit strategies: Which place allows you to abort the tour as quickly as possible?
- Weather: Ask the proprietors of the huts for advice. They are familiar with the local conditions and know the forecast. It is better to stop a hike early than to get caught in a sudden thunderstorm in high Alpine terrain.
- Be aware of Alpine dangers.
- Equipment: bivouac sack, telescopic umbrella, hiking sticks, bonnet and gloves

First aid

- First-aid kit
- Mobile phone with fully charged battery and charger

Emergency numbers

- ☎ 140: Mountain rescue service – Alpine emergency
- ☎ 112: European emergency number (*works with any mobile phone & all available networks*)

No coverage?

If there is no reception and in dead spots, no emergency calls can be made. → Go to an area with better reception and dial 112 regularly. Euro emergency: Access to all available networks if 112 is dialled after switching on the phone instead of entering the PIN or by using the SOS emergency function.

Reporting an accident

- Who is reporting / call-back number?
- What is the exact location of the accident?
- What has happened?
- How many people are injured?

Emergency app Tirolean Mountain Rescue Service

Smart phone users can install the new emergency app provided by the Tirolean Mountain Rescue Service. It helps making an emergency call and transmits one's location.

Packing Checklist for multi-day hikes



Top pocket

- Hiking map
- Blister plasters
- Fully charged mobile phone and charger (emergency phone numbers: mountain rescue 140, European emergency service 112)
- Pocket knife
- Cash
- Alpine club membership card

Front

- Small snack (e.g. musli bar, etc.)
- Drink bottle
- Sun protection (sun cream, sunglasses, cap, etc.)

Centre/back

- Functional shirt
- Rain jacket
- Fleece jacket
- Optional (depending on weather): waterproof trousers and small umbrella
- First aid kit
- Warm jacket

Bottom

- Bivouac sack
- Gloves and warm hat
- Headlamp
- Toilettenartikel
- Waterproof bag for valuables
- Underwear
- Sleeping bag liner
- Towel
- Hiking socks



General recommendations

from the Alpine associations

1. Getting fit in the mountains

Hiking is an endurance sport. It makes the heart and circulation work, which requires you to be healthy and to realistically assess your fitness. Try not to rush and walk at a tempo where nobody in the group gets out of breath.

2. Careful planning

Hiking maps, guide books, the internet and experts can inform you about the length, height difference, difficulty and current conditions of a hike. You should always choose which hiking trails you will take according to the skills of the group. Pay particular attention to the weather forecast because wind, rain and cold increase the risk of an accident.

3. Complete equipment

Make sure you have the right equipment for the hike you are taking and that your rucksack is not too heavy. Protection from the rain, cold and sun should always be packed in your rucksack, as should a first-aid kit and a mobile phone (European emergency number 112). Maps and GPS will help you find your way.

4. Appropriate footwear

Good hiking boots protect and provide relief to your feet and improve your footing. When choosing a pair of shoes, make sure that they fit perfectly, have non-slip soles, are waterproof, and that they are light.

5. Sure footing is key

Falls as a result of slipping or tripping are the most common cause of accidents. Make sure that you do not lose your footing or concentration because you are going too fast or are tired. Also watch out for falling rocks: by walking carefully you avoid loosening rocks.

6. Stay on marked paths

In areas without any signs there is an increased risk that hikers will lose their way, will fall or that rocks will fall. Avoid short cuts and go back to the last point you recognise if you stray from the path. Steep old snow fields are often underestimated and very dangerous as one can easily slip.

7. Regular breaks

Regular rest helps hikers to recover, enjoy the landscape, and makes the hike more social. You need to eat and drink to sustain your

concentration and energy levels. Energy drinks are ideal for quenching your thirst. Cereal bars, dried fruit and biscuits will satisfy your hunger while walking.

8. Responsibility for children

Discovering the landscape in a fun and varied way is very important for children. In passages where there is a risk of falling, an adult can only look after one child. Very difficult hikes, which require long periods of concentration, are not suitable for children.

9. Small groups

Small groups are more flexible and allow members to help each other. Tell everyone in your group your end destination, route, and return route. Stay together in your group. Attention to those hiking alone: even minor incidents can require serious emergency assistance.

10. Respect for nature and the environment

To protect the natural mountain areas, do not leave rubbish behind, stay on the paths, do not disturb wild animals or livestock, do not touch the plants, and respect protected areas. Take public transport or use carpooling to get to your destination. © Club Arc Alpin, 2012