



HIKING-MAP



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Station Realp.....	+41 27 927 76 76
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Post Bus Service Göschenalp.....	+41 79 343 01 09
Traffic Information.....	163
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Emergencies.....	144
Air rescue.....	1414
Dr. med. Michael Schmid, Andermatt.....	+41 41 887 19 77
Police.....	117
Fire Service.....	118

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www.andermtt.ch



The Four Headwaters Trail

Experience the peaks and glaciers of Europe's greatest watershed. The Four Headwaters Trail will take you into the fabled Gotthard Massif to the sources of the four great rivers: the Rhine, Reuss, Ticino and Rhone, flowing to all four quarters of the compass. Revitalise yourself in the heart of the Swiss Alps.
www.vier-quellen-weg.ch



Mountain Guides

Alpina Sport AG
6490 Andermatt
Tel. +41 41 887 17 88
www.alpina-sport.ch

Andermatt Guides
6490 Andermatt
Tel. +41 76 452 99 39
www.andermtt-guides.ch

Mammut Alpine School
5703 Seon
Tel. +41 62 769 81 83
www.alpineschool.ch
mammut.ch

Montanara Bergerlebnisse AG
6460 Altdorf
Tel. +41 41 878 12 59
www.bergerlebnisse.ch

Oswald Tschümperlin
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Peak Dreams
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Tel. +41 79 341 66 58
www.peakdreams.ch

Levels of difficulty

Easy - Hiking Trail



Hiking trails are often wide but may also be narrow and uneven. Steps are provided to assist with steep sections and safety rails are present to prevent falls. Apart from the ordinary need for care and attention, there are no special requirements for users. Appropriate clothing, including solid, slip-resistant shoes and topographic maps, are recommended.

Medium - Mountain Trail



Mountain trails are hiking trails which partly access difficult terrain. They are mostly steep and narrow and are exposed in places. Particularly difficult sections are secured with ropes or chains. Users must be sure-footed, have a head for heights, be physically fit, and have knowledge of dangers in the mountains (rock falls, danger of slipping/falling, sudden changes in the weather). They should have all the appropriate hiking equipment with them.

Difficult - Alpine Routes



Alpine routes sometimes lead over snowfields, glaciers and scree and through rocks with short climbing sections and where there is no path. It cannot be assumed that structural precautions have been undertaken. Users must be sure-footed, have a head for heights, be physically very fit and have a good knowledge of dangers in the mountains. In addition to the equipment needed for mountain trails, a compass, rope, pick axe and crampons may also be needed.



Explanation of pictogrammes

- Hiking time
- Level of difficulty
- Elevation gain
- Route
- Distance
- Fitness level required
- Elevation loss
- Suitable for prams

Free map printing: www.wanderland.ch

Huts

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Huts

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Huts

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