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SPRING SKI TOURS IN THE SWISS ALPS

After the great boom on the downhill and cross-country runs, ski touring is coming into fashion again. People want to get away from the crowded *pistes* and rediscover the experience of nature. The glacier slopes at 3,000 metres above sea level can of course be reached much less laboriously by helicopter.

But anyone who has climbed a mountain under his own power, in four or five hours of effort in the setting of the Alpine world, knows what inward satisfaction such an achievement can give. Ski touring and finding one's way around in the mountains are, however, things that have first to be learnt. The best plan is to begin by joining a guided tour in the

spring snow.

The "Haute Route of Uri", offered by the Gotthard Alpine Sport School in Andermatt, for instance, is a good ski tour of medium difficulty. It leads in one week from Realp over the Lochberg, the Sustenhorn, the Fünffingerstock and the Grassen to Engelberg.

Several of the 12 climbing schools attached to the Swiss national association conduct one-week training courses in ski touring in February in addition to their high-altitude touring weeks later in spring. Some local tourist offices in the winter sport centres also organise guided one-week ski tours in spring.

SNTO



The group follows an experienced leader, usually a mountain guide. Picture by courtesy of SNTO.

SCHWEIZERBUND SWISS CLUB

CENTENARY DINNER

SATURDAY, 24th FEBRUARY 1979

at the

CAFE ROYAL, REGENT STREET, LONDON W.1



RECEPTION 19.00 DINNER 19.30

Entertainment with Swissair Yodelling Group, Zürich

ACCOMMODATION LIMITED

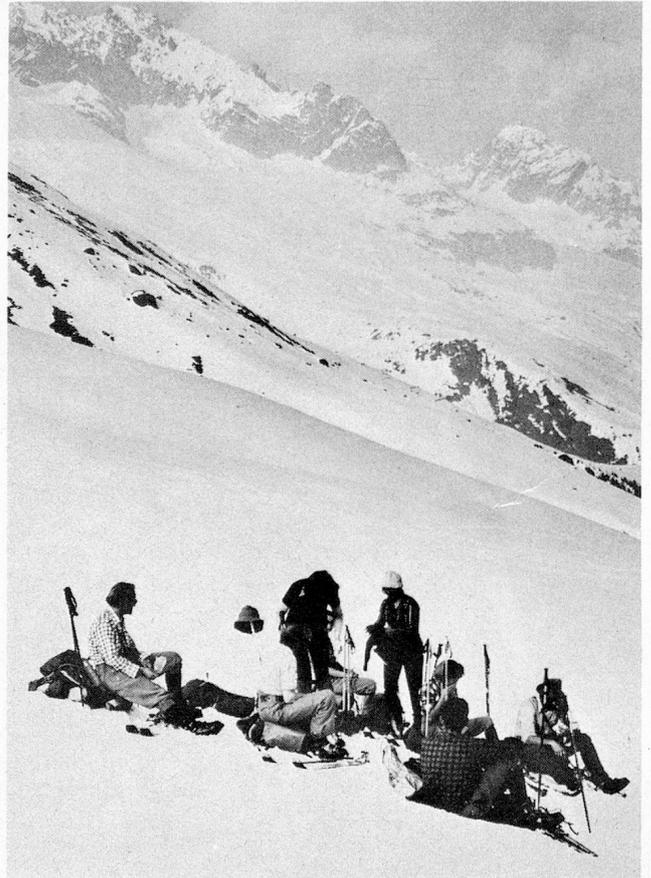
LOUNGE SUIT

TICKETS at £10.00 are available from

Mr. J. Schmid, Swiss National Tourist Office,
Swiss Centre, 1 New Coventry Street, London W1V 3HG



Bad weather and fog may literally appear "out of the blue". A good compass and maps are indispensable items in everybody's equipment. Photo by courtesy of SNTO.



Rests and snacks at regular intervals give time to look at the beautiful scenery and plan the next stage.



From Realp it takes four hours to reach the Albert Heim at 8,380 ft. After a good night's sleep participants are ready for an early start to the second leg of the tour. Picture by courtesy of SNTO.