



WIM HOF METHOD
CERTIFIED INSTRUCTOR

Wim Hof Week in the Aletscharena

incl. ascent Breithorn (4'164 m)

The trip will take place with a minimum of 20 participants. Prices are subject to change.

Saturday 28.10.23 – Saturday 04.11.23

CHF 2850.- all inclusive

The ascent of the Breithorn is one of the most popular mountain tours in the Alps. With the breathing exercises of the Wim Hof method, you learn to control your body better and deal better with the cold. The ice baths strengthen your immune system and help you concentrate fully on the task at hand. The challenges strengthen your self-confidence and make you braver.

With the Wim Hof Method you can face the challenges of life and expand your limits. This allows you to enjoy life even more and do things that you may have previously thought impossible. You are in best hands - accompanied by three certified Wim Hof Level 2 instructors and one of the most experienced mountain guides in Switzerland.

Registrations at

Back on Track
Dominique Andereggen
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Organizer



Instructor
Matthew Hua
Wim Hof Level 2



Instructor
Helena Hefti
Wim Hof Level 2



Instructor
Dominique Andereggen
Wim Hof Level 2



COURSE PROGRAM

Day
01

Saturday, 28th of October 2023

Arrival at the Aletscharena

You drive by car or train to Betten (VS) and take the gondola up to Bettmeralp. We will then pick you up in a taxi at the mountain station. Check-in at the property takes place between 1:00 p.m. and 2:30 p.m.

At 3 p.m., all participants meet in the conference room for the introduction and you get to know the other participants and course leaders. The weekly program is presented and the intentions and expectations are recorded.

At 4:00 p.m. you start with the first exercises (5 Tibetans) and then start the week with the first breathing meditation.

The joint dinner will then take place at 6 p.m. At 7.30 p.m. the program for Sunday will be discussed. After that you are free to dispose.







COURSE PROGRAM

Day
02

Sunday, 29th of October 2023

Initiation

After a yoga and breathing meditation at the lake, there is a balanced breakfast. After that, in a first theory block, you will learn more about the three pillars of the Wim Hof Method (breathing, cold and mindset) with a focus on exposure to cold, because the first cold exercise follows immediately.

After lunch you set off on the first hike to the Bettmerhorn. You focus on CO₂ tolerance. There is a guided meditation at an energy place above the Aletsch Glacier. Then you start your descent. At 4 p.m. you are back on the Bettmeralp and take your first ice bath!

The joint dinner will then take place at 6 p.m.







COURSE PROGRAM

Day
03

Monday, 30st of October 2023

Hike Aletsch Forest (Green Lake & suspension Bridge)

Early in the morning you hike in the direction of the Aletsch Forest and only with shorts at temperatures below 0 degrees. After a morning meditation at the historic Villa Cassel, there is a lunch break. Strengthened, it then goes down into the "Deep Forest". The Aletsch Forest is a nature reserve and is one of the UNESCO World Heritage Sites.

There will then be a theory block in the Aletsch Forest.

At the Grünsee you will be able to stop, have lunch and you will get a first contact with "Powerbreathing".

On the steep way back there will be a mindfulness exercise.

Around 3.30 p.m. you are back on the Riederfurka. The shared taxi will then take you back to Bettmeralp, where there will be a longer ice bath.

At 7 p.m. there is a fine dinner and at 8 p.m. another theory block.







COURSE PROGRAM

Day
04

Tuesday, 31st of October 2023

Borderline experiences & Integration

You get up early and after the 5 Tibetans you go into a breathing meditation (Power Breathing). Afterwards there is a bath in the Bettmersee.

Various challenges await you throughout the day!

You will return to your accommodation with the other participants at 2 p.m., where there will be a theory block (regarding cold). You will learn about the Brown Fat Activation exercise.

After another breathing meditation (Power of the Mind), a challenging ice bath takes place.

Dinner takes place at 7 p.m. Afterwards there will be an exchange and a meditation exercise.







COURSE PROGRAM

Day
05

Wednesday, 01st of November 2023

Glacier tour

Early in the morning you set off in the direction of the Aletsch Glacier with just shorts and a rucksack.

At a stop at the Blausee there is a short breathing meditation and a morning bath.

You can then have breakfast at the edge of the glacier and get ready for the glacier tour (crampons, ropes, etc.)

On the glacier there are various exercises and a theoretical outline with regard to the ascent of the Breithorn with our mountain guide Peter Stucky. You will also rappel down a crevasse and look for crystals.

After returning from the glacier, we will have lunch and you will have the opportunity to take an ice bath in a beautiful natural pool.

Back on the Bettmeralp there will be an exchange about what you have experienced and around 6 p.m. you will be able to have dinner.







COURSE PROGRAM

Day
06

Thursday, 02nd of November 2023

Hike at the Riederhorn

Today you can sleep a little longer. You start the day with the 5 elements exercises from Tantric Buddhism; after that there is a breathing meditation.

After breakfast you will receive important information regarding the next day's ascent of the Breithorn (breathing, material composition, security).

This is followed by an advanced cold exercise.

After lunch you set off on a short hike around the Riederhorn, wearing only shorts and a backpack.

During the hike there is another theory block and you lead the breathing meditation yourself in two groups.

After dinner there is a brief check of the equipment and the last information on climbing the Breithorn. Early night rest!







COURSE PROGRAM

Day
07

Friday, 03rd of November 2023

Ascent Breithorn

You take the first gondola to Betten and from there you are taken to Zermatt by bus. The first gondola then takes you to the Kleinmatterhorn (3,833 m) and you'll have breakfast there.

Before you start, there is a breathing exercise to acclimate you to the altitude.

In groups of 4 you will be roped up. The ascent to the Breithorn takes about 2.5 - 3 hours - led by one of the best and most experienced mountain guides in the canton of Valais.

Around 2.30 p.m. we are back at the Kleinmatterhorn station. There is then a 2-hours stay in Zermatt before heading back to Bettmeralp, where a last ice bath awaits you.

After dinner together, there is an exchange about the day and the week.







COURSE PROGRAM

Day
08

Saturday, 04th of November 2023

Consolidation

After breakfast and a last breathing meditation together, we close the circle that we opened at the beginning of the week. After breakfast, the course ends at 11 a.m.

