



Chamonix Off-Piste and Ski Mountain Skills

Course Outline

This suggested itinerary may vary considerably according to weather and snow conditions.

Day 1

Introduction to Off-Piste Skiing with Alison looking at the fundamental skills needed for being effective in the off-piste. Feedback will be specific to the individual so that you have personal top tips to take forward into the week.

Day 2

Off-Piste Ski decision making in 'avalanche terrain', use of avalanche equipment and Emergency procedures. Efficient use of skins for ascending on skis.

Day 3

During this day you will apply the skills learnt on day 1 to whatever the off-piste conditions are. Whether it is powder, icy or bumpy (or a mixture of all of the above!) you will have plenty of time to put the skills into practice.

Day 4

Weather permitting; this day will be a glacial ski journey covering aspects of safe travel in crevassed terrain. Roping up, route finding and basic crevasse rescue techniques can all be covered whilst enjoying a magnificent journey down one of Chamonix's famous glaciers like the Mer de Glace / Vallee Blanche.

Day 5

A full days ski touring in the Chamonix Valley or over in the Valle d'Aoste on the Italian side of Mont Blanc. This is an opportunity to combine all the skills developed throughout the week and quiz Rob & Alison together on any final burning issues.