



Off Piste Rover – La Grave Sample Programme

This is a sample itinerary, which may vary considerably. The exact itinerary will depend on the prevailing weather and snow conditions, and the group experience and aspirations.

Pre-Course

Arrive in La Grave and meet at the Hotel Edelweiss. Pre-course meeting to plan the week.

Day 1

Introduction to off-piste skiing at La Grave with two half-day sessions one with Alison looking at the fundamental skills needed for being effective off-piste skiing. Second session with James skiing some of the classic La Grave runs. Refresher in avalanche rescue procedure etc.

Day 2

Off Piste Skiing at La Grave. Ski coaching with Alison, with the aim of gaining confidence on more challenging terrain. This is an opportunity to ski some of the longer runs and/or glacier skiing with James.

Day 3

Ski touring day: with the aim of completing a short tour in interesting and varied terrain in the area surrounding La Grave. With two of us there is the opportunity to offer a couple of different tours should aspirations dictate. Possible venues: Col du Galibier, Vallon du Fontenil, Trois Evêchés

Day 4

Off-Piste Skiing La Grave. Ski Coaching/Guiding, perhaps the day to build on those skills and try some of the steeper couloir variations that La Grave offers. Or simply ski some powder on the Glacier de la Girose...

Day 5

Ski touring day: with the aim of completing a mid length, medium altitude tour in interesting and varied terrain in the area surrounding La Grave. This will involve practicing touring skills on ascents, efficient transitions & ski skills in descent. Possible venues: Queyras, Les Chazalets