



Chamonix Off-Piste & Touring Skills

Course Programme

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

Pre-Course Gathering 1815 till 1900

We aim to have an informal pre-course meeting on the Sunday evening in Chamonix. This is optional. It's a good opportunity to meet the team and chat through objectives for the week.

Day 1 0900 till 1600 – Ski instructor

Introduction to Off-Piste Skiing with ski instructor 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. This will be based within the Chamonix Valley and is normally at Les Grand Montets or Le Tour, but may vary depending on snow conditions.

Day 2 0830 till 1630 – IFMGA Mountain Guide

Off-Piste Ski decision making in 'avalanche terrain', use of avalanche equipment and emergency procedures, with IFMGA Mountain Guide. Efficient use of skins for ascending on skis. This may take place outside of the Chamonix Valley, so be prepared for an earlier start than on day 1. Possible venues are Le Tour, St Gervais, Combloux, Les Houches or Le Contamines.

Day 3 0900 till 1600 – Ski instructor

During this day you the ski instructor, 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. Possible venues are Le Tour, Les Grand Montets, Flégère, Brévent or Les Houches.

Day 4 0800 till 1700 – IFMGA Mountain Guide

Be prepared for an early start. 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 / Vallée Blanche.

Day 5 0830 till 1630 – IFMGA Mountain Guide and Ski Instructor

A full day's ski touring or off-piste skiing in the Chamonix Valley, over in the Valle d'Aoste on the Italian side of Mont Blanc or in Evasion Mont Blanc. This is an opportunity to combine all the skills developed throughout the week and quiz the guide and instructor together on any final burning issues.

The mountain days with IFMGA Mountain Guide can start earlier and go on longer than the times stated above, particularly if travelling outside of the Chamonix Valley. Please communicate any time constraints that you may have in advance of the course.

The ski instructor days and mountain guide days may be switched around.