



Chamonix Off-Piste & Touring Skills Progression Course

Course 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. All times are approximate.

Before the Course

Arrive in Chamonix; enjoy at least 1 day's pre-course warm up skiing & check all off piste & touring gear is working well.

Pre-Course Gathering 1730 till 1815

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 0830 till 1630 – IFMGA Mountain Guide

Ski touring day: with the aim of completing a mid-length, middle altitude tour in interesting and varied terrain. This will involve practicing touring skills on ascents, route planning and finding, efficient transitions & ski skills in descent, all as part of a journey. Possible venues: Les Contamines Valley, Ski Touring Italian Val Ferret, Ski Touring in the Chamonix Aiguilles Rouges

Day 2 0900 till 1600 – Ski instructor

Introduction to steeper off-piste skiing with ski instructor looking at the fundamental skills needed for being effective on steep and / or more technical terrain. Feedback will be specific to the individual so that you have personal top tips to take forward into the week. Possible venues : Le Tour, Brévent / Flégère, Les Grands Montets

Day 3 0800 till 1700 – IFMGA Mountain Guide

Ski Mountaineering Day: with the aim of completing a high alpine journey in steeper and / or glacial terrain necessitating the use of ski mountaineering skills and equipment like crampons, ice-axe and rope. Judgments of prevailing conditions and subsequent route / terrain choice will be discussed and the aim will be to plan and complete an excellent high alpine ski journey in good style. Possible venues: Col de Passon from Argentièrre Glacier, variations on the Vallée Blanche / Glacier de Toule from Midi / Helbronner

Day 4 0900 till 1600 – Ski instructor

During this day you will apply the skills learnt on day 3 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: Le Tour, Brévent / Flégère, Les Grands Montets

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.