



Progression Course Outline

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

Day 1

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 2

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 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.

Possible venues: Le Tour, Brévent / Flégère, Les Grands Montets

Day 4

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 Argentière Glacier, variations on the Vallée Blanche / Glacier de Toule from Midi / Helbronner