

## Mountain Skills for Ski Touring

### Overview:

This course is designed for competent off-piste skiers wishing to develop their mountain safety skills for ski touring. No previous experience of ski touring is required, the course focuses on the safety & navigational skills necessary for ski touring, rather than specifically developing technical off-piste ski skills, for which we offer separate courses. If conditions allow, we will cover some techniques for difficult snow and steeper slopes.

Over the course of 3 days, we will take an in-depth look at the skills necessary for safely planning and executing your own ski tours. Mornings will be spent on the Les Deux Alpes glacier, with practical sessions off the snow in the afternoon designed to complement and reinforce the on-snow techniques learned. This will be followed by a short classroom seminar each evening.



### Course Outline:

*The following course outline should be used as a guide only. We tailor each day according to group requirements, weather and snow conditions at the time. In the event that the weather forces the glacier to be closed on any one day, we will transfer the activities to a hike where we will cover the same skills off the snow.*

**Day 0:** There will be an informal welcome meeting on the evening prior to the first day, for those already in the resort.

**Day 1:** The course starts at 8am on the first morning, we meet and take the lift to the glacier. The morning session will cover ascent on skins (depending on group requirements), and an introduction to on-snow navigation. After lunch, we will be discussing the use of avalanche transceivers, this will include a set of practical exercises in their operation. The final session of the day will be a seminar on avalanche awareness and mountain hazards.



**Day 2:** Today starts again at 8am, with a lift to the glacier. This morning we will be learning about snow-pits and other tests for assessing snow stability. We will also be practicing our transceiver skills with a set of on-snow exercises. In the afternoon we will be working further on our navigation during a short hike close to the resort. The final session of the day is again classroom based, with a seminar on safely planning your

own ski tour. We will cover such aspects as choosing a route according to conditions, timings and emergency procedures.

**Day 3:** We meet as usual at 8am. This morning we will look at leadership and group management in the mountains. If summer snow conditions allow, we will do this on a ski tour. The morning also gives us the chance to consolidate the information from the last two days, and go over any further points of interest. After lunch, we will have a final seminar on mountain weather, followed by an open session for asking any remaining questions. We will end the day with a well-deserved drink in a local pub!

## *Practical Information:*

**Course Dates:** The course will run for 3 days 28<sup>th</sup> – 30<sup>th</sup> June. Further dates are available on request. Participants need to be at the resort for 8am on the first morning, and the course concludes late afternoon on third day.

**Costs:** Cost of the course will be €200 per person. This is for instruction only, and does not include food&accommodation (see below), lift-pass and transport costs.



**Group Size:** Maximum group size of 6 participants per group.

**Accommodation:** There is no shortage of quality hotels and apartments in Les Deux Alpes during the summer months. The resort caters for anything from budget to luxury accommodation. However, if you are having trouble finding something suitable, please get in touch.

**Do I Need Previous Experience?:** No! You do not need previous experience of ski touring, although you do need to be a confident skier in all conditions. Depending on the summer snow conditions, it may be possible to cover some techniques for skiing difficult snow, however this is not the main focus of the course. We do run separate courses and lessons for off-piste skiing, so please get in touch if you have any concerns, or are unsure of which would be most appropriate!

**How Long Will I Be Skiing For?:** The lift system at the top of the Les Deux Alpes glacier runs from 7am – 12:30pm daily, while the lifts to the glacier run until 5pm. Since the snow quality tends to deteriorate during the course of the day, we will generally finish our on-snow work around lunch-time, with afternoon sessions taking place either on the hill off the snow, or in the classroom.

## *Kit List:*

### Essential:

- Ski touring skis and skins
- Transceiver, shovel and probe

- Suitable clothing & footwear for summer hiking in the Alps

*We can arrange for hire of any essential equipment you require, please get in touch if you need anything.*

## Recommended equipment

- Map (We will mainly use IGN 3336 Les Deux Alpes).
- Compass
- Altimeter
- Smartphone

**Getting to Les Deux Alpes:** The easiest way to get to Les Deux Alpes is by car. If flying, Lyon and Geneva airports offer a good selection of reasonably priced car hire options. Turin airport is also an option, but flights here are often fairly limited. Drive time from Lyon Airport is roughly 1hr45 and from Geneva Airport around 2hr45.

It is possible to take a shuttle bus from both Lyon and Geneva Airports to Grenoble Bus station. They run roughly hourly and cost between €10-30. From Grenoble there is a very cheap local bus service to the resort. However, this service only runs once or twice a day. For more information see <https://www.transisere.fr>.

If you are having difficulty organising transport, please get in touch!

