Compagnie des Guides de Chamonix

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STEEP SKIING - BASICS COURSE

Duration: 3 | Fitness: ▲▲△△△ | Technique: ▲▲▲▲△ | Price from: 870 €

INTRODUCTION TO STEEP SKIING

Thanks to the expertise of our steep skiing team, composed of exceptional riders, we support you from your first steps to the legendary lines of the Mont Blanc massif. Our steep skiing basics and steep skiing advanced courses allow you to progress step by step towards the routes of your dreams. Steep skiing, or ski mountaineering, is a discipline in its own right that requires solid skiing and mountaineering skills. This introductory course is designed for ski tourers and backcountry skiers who want to develop the skills needed to progress safely into steeper terrain. Over three days, you will benefit from structured training and personalized advice.

Course objectives

- Avalanche risk management: basic assessment of conditions and use of avalanche transceiver, shovel and probe
- Mastery of the fundamentals of jump turns
- Basic mountaineering techniques applied to skiing: crampons and ice axe
- Basic rope techniques: belaying

ITINERARY

Day 1

Ski Technique - On-Piste | Off-Piste

The first day focuses on perfecting your skiing technique, both on-piste and off-piste, in the Flégère - Brévent area. The primary goal is to make your skiing more secure, enabling you to approach the fundamentals of steep skiing with greater ease. In the afternoon, a DVA (avalanche rescue) workshop will help you learn or consolidate your skills in managing avalanche rescue situations.

Day 2

Fundamentals of Steep Skiing - Off-Piste

This day is dedicated to learning the basics of turn on steep slope. Specific exercises will be conducted on training slopes before you venture into your first couloirs, using a rope for counter-anchoring. Examples of couloirs include the Couloirs du Brévent and Aiguille Pourrie.

Day 3

Outing in the Aiguilles Rouges Massif - Ski Touring

On the final day, you will have the opportunity to apply the skills acquired during the previous days. You will embark on a ski tour in the Aiguilles Rouges Massif, including a descent with a steep skiing profile. Examples of outings include the Col du Belvédère and Pointe Alphonse Favre.

GROUP BOOKING

The group option allows you to join this course on fixed dates, share the experience with other participants and benefit from an attractive price.

Dates for group bookings
Find all available dates in the drop-down list below

Price 2027 for group bookings
870€ per person, based on a minimum of 3 participants

This price includes
- Mountain guide services
- Ski lifts mentioned in the programme
- Safety equipment if required (avalanche transceiver, shovel, probe and harness)

This price does not include
- Accommodation in the valley
- Picnic lunches
- Transport to the meeting point
- Personal technical equipment

PRIVATE BOOKING

The private option allows you to create your own group and tailor the course to your needs. You can choose your departure date depending on our availability, and the programme can be adjusted to suit your expectations.

Dates for private bookings
Depending on availability

Guiding policy for private bookings
Groups of 2 to 4 people per mountain guide

Prices 2027 for private bookings
2 people: 1410€ per person
3 people: 1050€ per person
4 people: 870€ per person

This price includes
- Mountain guide services
- Ski lifts mentioned in the programme
- Safety equipment if required (avalanche transceiver, shovel, probe and harness)

This price does not include
- Accommodation in the valley
- Picnic lunches
- Transport to the meeting point
- Personal technical equipment

FURTHER INFORMATION

Find all the information about this activity in this section. To prepare for your course, please read our guides' tips, which provide useful advice and recommendations.

Meeting point
8:00 am at the Flégère gondola in Les Praz de Chamonix. To help reduce traffic in the valley, we recommend using public transport (bus or train)

Technical level
Good ski touring skills in all snow conditions required. Slopes up to 40° (technical difficulty: 3.3)

Fitness level
Up to 700 m of ascent per day. 4 to 6 hours of physical activity per day. You will carry a backpack with mountaineering equipment (crampons and ice axe) and may need to carry your skis

Itinerary
Steep skiing requires constant adaptation to mountain and snow conditions. The itinerary is therefore provided as a guideline and may be modified by your guide. In all cases, the final itinerary will be chosen to meet the objectives of the course

Guiding policy
Groups of 3 to 4 participants per mountain guide. Our guiding ratios are specific to the Compagnie des Guides de Chamonix and help ensure groups are as well matched as possible

Accommodation
No accommodation is included during the course. Preferential rates are available with our hotel partners in Chamonix

⚠ **Formalities**
Mountain sports insurance including assistance and repatriation cover is mandatory. If you are not already insured, you can purchase repatriation and cancellation insurance when booking. A valid ID is also required

EQUIPMENT

We recommend paying particular attention to your equipment, as it contributes greatly to the success of your course. Weight is an important consideration, so aim for the right balance between weight and comfort.

Equipment
- A 35 L backpack with attachments for carrying skis and an ice axe
- Ski touring skis and boots, *available to rent*
- Climbing skins and ski crampons compatible with your skis, *available to rent*
- A pair of ski poles with large baskets, *available to rent*
- A pair of steel crampons and a lightweight ice axe, *available to rent*
- A ski helmet
- An avalanche safety pack: harness, avalanche transceiver, shovel and probe (provided by your guide under your responsibility)

Clothing
- A warm hat
- A sun hat or cap
- A neck warmer such as a Buff
- A long-sleeved base layer
- A fleece
- A waterproof hooded jacket such as Gore-Tex, *available to rent*
- A lightweight down jacket
- Thermal leggings
- Trousers suitable for ski touring, *available to rent*
- A pair of ski socks
- A pair of lightweight gloves
- A pair of warm ski gloves or mittens
- Spare clothing as required

Accessories
- Category 4 sunglasses
- Ski goggles
- A headlamp with spare batteries
- A water bottle of at least 1.5 L
- An insulated bottle
- A small personal first-aid kit including sunscreen, lip balm, blister treatment, headache medication and toilet paper
- A waterproof pouch containing your ID and some euros

Our Rental Partners
You can rent your equipment at preferential rates from our partner shops: Millet (excluding crampons, ice axes and helmets), Sanglard Sports, Ravanel & Co & Concept Pro Shop

Our Equipment Partners
Millet, Dynastar, Julbo, Grivel & Monnet