Compagnie des Guides de Chamonix

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SKI TOURING - AUTONOMY & SAFETY COURSE - LEVEL 1

Duration: 3 | Fitness: ▲▲▲△△ | Technique: ▲▲▲△△ | Price from: 710 €

UNDERSTAND AND MANAGE AVALANCHE RISK

Our "Autonomy & Safety in Ski Touring" program is designed to teach you how to manage avalanche risk and progressively become more independent when ski touring in the mountains. With small groups of 3 to 4 participants per guide, we provide personalized coaching and a program tailored to your needs. The progression combines **theoretical knowledge with practical exercises in the field**, as close as possible to real mountain conditions.

Our Autonomy & Safety Level 1 course is the first step in this program. It provides you with the essential foundations for understanding and assessing avalanche risk when ski touring. It is intended for participants who have already completed basic avalanche rescue training (avalanche beacon, shovel and probe) or have equivalent skills. If you haven't yet, we recommend our Avalanche Rescue Day course, ideal for learning or refreshing these essential skills before tackling avalanche risk management. The course takes place through daily outings in various areas of the Chamonix Valley.

⚠ **English-speaking sessions: January 15-17, February 19-21 and March 05-07. All other sessions are in French**

Course objectives - Level 1
- Understand snow fundamentals and how the snowpack evolves
- Identify risk factors: weather, topography and human factors
- Recognize typical avalanche situations
- Read and understand the avalanche forecast
- Introduction to winter map reading: contour lines, slope angles and apps
- Observe and analyze conditions in the field
- Use simple tools for overall risk management and decision-making
- Lead a structured and effective briefing

ITINERARY

Day 1

Ski tour in one of the areas of the Chamonix Valley
On the agenda: theoretical fundamentals of snow (crystals, metamorphism...), typical avalanche situations, and field condition observations.

Day 2

Ski tour in one of the areas of the Chamonix Valley
On the agenda: identifying risk factors, introduction to winter map reading, avalanche forecast interpretation, and field condition observations.

Day 3

Ski tour in one of the areas of the Chamonix Valley
On the agenda: pre-tour briefing, use of basic risk management and decision-making tools, and field condition observations.

GROUP BOOKING

The group option brings together participants who may not know each other. It is ideal for those looking for the friendly atmosphere of a group and an attractive price.

Group dates
See the group booking module below

2027 group price
710€ per person based on a minimum of 3 participants
Registration possible from age 18

This price includes
- IFMGA English-speaking mountain guide
- Lift access as per programme

This price does not include
- Accommodation in the valley during the course
- Picnic lunches and daily snacks
- Transport to the meeting points
- Personal technical equipment

PRIVATE BOOKING

The private option allows you to ski with a group of your choice, accompanied by a mountain guide. More flexible, it allows you to choose your departure date according to availability and adapt the programme to your level, expectations and objectives.

2027 private prices
2 people: 1245€ per person
3 people: 885€ per person
4 people: 710€ per person

This price includes
- IFMGA English-speaking mountain guide
- Lift access as per programme

This price does not include
- Accommodation in the valley during the course
- Picnic lunches and daily snacks
- Transport to the meeting points
- Personal technical equipment

FURTHER INFORMATION

In this section, you will find all the practical information about this activity. To prepare for your trip, refer to the guides' tips, where our guides share their expertise and recommendations.

Meeting point
Meet at 8.30am on the first day at the Compagnie des Guides de Chamonix, 190 place de l'Église, Chamonix.

Technical level
Suitable for skiers who are confident skiing off-piste in all snow conditions and have previous ski touring experience. Wide slopes with occasional narrow sections and inclines of up to 35°.

Fitness level
For participants who engage in regular physical activity. Up to 600 m of ascent.

Prerequisites
Previous avalanche rescue training (transceiver - shovel - probe) or proficiency in these techniques is required.

Group size
3 to 4 participants per guide. Small groups allow for more personalised guidance and a programme adapted to the group.
Registration possible from age 18

Accommodation
No accommodation included.

⚠ **Formalities**

Mountain sports insurance with repatriation cover is mandatory. We strongly recommend cancellation cover. Insurance can be purchased when you register.
Valid ID is mandatory.

EQUIPMENT

We recommend that you take particular care when choosing your equipment, as it contributes greatly to the quality of your experience. In general, it is better to wear several thin layers rather than one thick garment.

Equipment
- A pair of ski touring skis and boots
- A pair of skins and ski crampons adapted to your skis
- A pair of ski poles with large baskets
- A backpack
- A safety kit: avalanche transceiver, shovel and probe in working order

Clothing
- Clothing suitable for ski touring
- Warm clothing for static phases during the exercises

Accessories
- Sunglasses
- Ski goggles
- Sunscreen
- Energy bars
- A water bottle of at least 1 L

Our Rental Partners
You can rent your equipment at preferential rates from our partner rental shops: Millet, Sanglard Sports, Ravanel & Co & Concept Pro Shop

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