



Compagnie des Guides de Chamonix

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SKI TOURING - AUTONOMY & SAFETY COURSE - LEVEL 1

Duration: 3

Fitness: ▲▲▲▲▲ Technique: ▲▲▲▲▲

Our "Autonomy & Safety in Ski Touring" program is designed to teach you how to manage avalanche risk and ski safely and independently in the mountains. With small groups of 3 to 4 participants per guide, we provide personalized coaching and tailored programs to meet your specific needs. These courses are ideal for ski tourers who want to gain confidence and autonomy through structured progression and practical, real-world exercises.

Level 1 Objective: Understand Avalanche Risk

Our Autonomy & Safety Level 1 course covers the essential foundations of avalanche risk management for ski touring. It is intended for participants who have already completed basic avalanche rescue training (avalanche beacon, shovel, probe) or have equivalent skills. If you haven't yet, we recommend our Avalanche Rescue Day course, perfect for building these essential skills before tackling risk management. The course takes place through daily outings in various areas of the Chamonix Valley. **We offer English-speaking sessions on the following dates : xxx. All remaining sessions are in French.**

► Level 1 Course Content

- Understand snow fundamentals and its evolution
- Identify risk factors: weather, topography, human factors
- Recognize typical avalanche situations
- Read the Avalanche Risk Forecast (ARF)
- Introduction to winter map reading: contour lines, slope angles, apps
- Observe and analyze on-site conditions
- Use simple tools for overall risk management and decision-making
- Lead structured and effective briefings

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

Group session associates several people who don't know each other. It allows for a planned program to benefit from an attractive price on fixed dates. This formula is ideal for people looking for the friendliness of a group.

Dates : See below for the group booking module

Price 2025 : 685€ per person based on minimum of 3 participants
Registration possible from age 18

Included in the package :

- IFMGA English speaking mountain guiding service
- lift access as per programme

Not included in the package :

- accommodation in the valley during the course
- take out lunches and daily snacks
- cost of getting to meeting point
- personal technical equipment including your mountaineering shoes

PRIVATE BOOKING

Private guiding is the historical relationship that binds a guide to his/her client. It allows you to be alone, or in a constituted group, with your guide that meets your specific needs. It is undoubtedly the ideal formula to realize your projects because it guarantees you a maximum of comfort. You are free to choose your departure date and the itinerary can be adjusted, according to your specific expectations.

Prices 2025 :

2 people: 1215€ per person

3 people: 860€ per person

4 people: 685€ per person

Included in the package :

- IFMGA English speaking mountain guiding service
- lift access as per programme

Not included in the package :

- accommodation in the valley during the course
- take out lunches and daily snacks
- cost of getting to meeting point
- personal technical equipment including your mountaineering shoes

FURTHER INFORMATION

In this section, find all the information about this activity. To prepare your trip effectively, refer to the [guides' tips](#). They share their expertise and recommendations, ensuring you have a great experience.

Meeting point : Meet at 8.30am at the Chamonix Guides Company: 190 place de l'église

Physical level : For individuals who engage in regular physical activity, positive elevation gain up to 600m

Technical Level : Suitable for skiers skilled in off-piste skiing across various snow conditions and with prior experience in ski touring. The terrain features wide slopes with occasional narrow sections and inclines of up to 35°

Required Prerequisites : I have already completed avalanche rescue training (beacon - shovel - probe) or I have mastered these techniques

Guiding policy : 3 to 4 people. The Compagnie des Guides de Chamonix's guiding policy guarantees the most balanced groups as possible as well as high-quality personalised advice. *Registration possible from age 18*

Accommodation : no accomodation included

Documentation : Participants must have mountain sports insurance with repatriation cover. We strongly recommend that this also includes cancellation cover. You can take out insurance when you sign up. Participants must also take valid ID with them.

EQUIPMENT

We recommend that you take special care in choosing your equipment because it contributes greatly to the success of your trip. Weight is decisive; you must always evaluate the weight / comfort ratio in order to find a good compromise. In general, it is better to stack thin layers rather than having one big garment and it is essential to stay dry in all circumstances.

Equipment

- Backpack
- A pair of skis, mounted with ski-touring bindings and Ski Touring Ski Boots
- Touring skins and « ski crampons » specially adapted for your skis
- Ski poles with a large disc at the bottom
- A safety kit: functioning beacon, shovel, and probe

Clothing

- Clothes suitable for ski touring
- Warm clothes for the exercises

Accessories

- 1 pair of good quality UV protection sunglasses (level 4)
- Google
- Water bottle (at least 1 liters)
- Sunscreen protection
- Snacks

Our Rental Partners : You can rent your equipment with our rental shops partners and benefit from special price [Millet](#), [Sanglard Sports](#), [Ravanel & Co](#) & [Concept Pro Shop](#)

Our Equipment Partners : [Millet](#), [Dynastar](#), [Julbo](#), [Grivel](#) & [Monnet](#)