



The guides' tips

Ski tours

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CHOOSE THE RIGHT BOOKING OPTION

Group booking brings together individuals who may not know each other. While our booking process aims to create as uniform groups as possible, you may find yourself with people who have varying needs and expectations. In the private booking option, you'll be with a group you've formed, and we'll tailor your trip to align perfectly with your preferences.

HAVE A PROPER PREPARATION

To make the most of your trip, we recommend engaging in regular physical activity throughout the year. Consider undergoing specific training a few months before your departure, but avoid last-minute training to reduce the risk of injury. Don't overestimate your abilities, and keep in mind that factors like the weight of your backpack, high altitude, and variable snow conditions can impact your skiing performance.

SKI WITH THE RIGHT GEAR

For ski tours, the ideal width for your skis falls within the range of 85mm to 95mm, depending on your height and weight. Skis narrower than 85mm can make skiing in powder snow challenging, while skis wider than 95mm can increase weight and make ascents more challenging, causing you to slide more easily. Ensure your skis are well-maintained for good gliding and grip, and make sure your bindings are properly adjusted for safe release.

PACK JUST WHAT YOU NEED

The weight of your backpack is crucial, so always consider the weight-to-comfort ratio to find the best compromise. High mountain refuges generally do not have water and showers so expect minimal hygiene compared to your daily life.

STAY DRY AT ALL TIMES

In general, layering multiple lightweight coats is better than wearing one heavy piece of clothing to regulate your body temperature effectively. Staying dry at all times is crucial, especially after a long day when you're resting at the hut.

GET A GOOD NIGHT'S SLEEP

Earplugs are essential for blocking out noise. To minimize the effects of altitude, ensure you're well-rested before embarking on your trip. While at the hut, opt for water over alcohol. Leave a window slightly open in your dormitory to allow fresh air in and prevent overheating.

PREPARE FOR THE UNEXPECTED

No matter what you expect, your trip will have surprises in store for you! We are here to help you experience the extraordinary in a world of unpredictability. The mountains are like that; you must embrace the unknown and prepare for the unexpected.