



# Compagnie des Guides de Chamonix

190 place de l'église - 74400 Chamonix – France - Tél : + 33 (0)4 50 53 00 88

[www.chamonix-guides.com](http://www.chamonix-guides.com) - e-mail : [info@chamonix-guides.com](mailto:info@chamonix-guides.com)

## STEEP SKIING - BASICS COURSE

Duration: 3

Level: ▲▲▲▲▲

Price from: 785 €

Thanks to the collective experience of its steep skiing team, which comprises the talented riders Vivian Bruchez, Doud's Charlet and Alex Pittin... the Compagnie des Guides de Chamonix offers you two courses: steep skiing basics & [steep skiing perfect turn](#) to take you from your first turns on steep slope right up to the legendary slopes of the Mont Blanc Massif. Progressing from course to course gives you the opportunity to acquire the essential skills and techniques with a maximum of safety.

The steep skiing basics course is aimed at ski tourers looking to learn turns on steep slope and mountaineering techniques adapted to skiing. Personalised tips and advice from your guide together with great flexibility are your guarantee of a high quality trip.

### Aims of the steep skiing basics course

- Avalanche safety: basic evaluation of snow conditions
- Basics turn on steep slope techniques.
- Basic mountaineering techniques used in skiing : crampons & ice axe.
- Basic roping techniques used in skiing: back up belays.

## ITINERARY

### Day 1

Technical and physical assessment in the Aiguilles Rouges (Brévent or Flégère). The morning is devoted to skiing techniques, both on-piste and off-piste. A short hike is also scheduled for the morning. The afternoon is dedicated to rope techniques and putting on/taking off skis on steep slopes. Throughout the day, your guide will provide technical advice to make your skiing safer.

### Day 2

Ski itinerary through couloirs by gravity or ski touring. You will have the pleasure of calmly applying the techniques acquired the day before. Examples of outings: Couloirs du Brévent, Aiguille Pourrie.

### Day 3

A descent of magnitude will be offered to let the thrill start to take over. Examples of outings: Col du Belvédère, Grands Envers.

## 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** : Find all the dates available in the drop-down list below

**Price 2024** : 785€ per person based on 3 participants minimum

Included in the package:

- IFMGA English speaking mountain guiding service
- ski lift access as per programme
- rental of full safety kit (avalanche transceiver/DVA, shovel, probe)

Not included in the package :

- take out lunches and daily snacks
- transportation during the trip
- personal drinks in huts and other personal expenses (we recommend you bring Swiss Francs)
- cost of getting to meeting point and cost of getting back to Chamonix
- personal technical equipment

## PRIVATE BOOKING

A private booking 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 (depending on our availabilities) and the itinerary can be adjusted, according to your specific expectations.

### Prices 2024 :

2 people : 1290€ per person

3 people : 960€ per person

4 people : 795€ per person

Included in the package :

- IFMGA English speaking mountain guiding service
- ski lift access as per programme
- rental of full safety kit (avalanche transceiver/DVA, shovel, probe)

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- take out lunches and daily snacks
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## FURTHER INFORMATION

In this section, find all the information about this activity. For further information, please contact our advisor (contact details above).

**Meeting point :** Meet at 08.00 am in front of the ski lift of la Flégère, les Praz. In order to limit traffic in the valley, we recommend using public transport (bus or train).

**Fitness level :** Vertical ascent of up to 700m per day. Four to six hours of exercise per day. Backpack includes mountaineering equipment (crampons and ice axe). Carrying skis.

**Technical level :** Solid technique in all snow conditions; slope up to 40° (technical difficulty 3.3).

**Itinerary :** Steep slopes skiing is an activity that requires constant adaptation to conditions. The itinerary is provided as an indication as your guide may modify it. In any case, the final itinerary will meet the set objectives.

**Guiding policy :** Minimum 3 and maximum 4 people per guide. The Compagnie des Guides de Chamonix's guiding policy is one of the strictest in the mountain guiding business. It guarantees the most balanced groups as possible as well as high-quality personalised advice.

**Accommodation :** No accommodation planned. We have some hotel partners in Chamonix with special prices for our customers.

**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 you to pay particular attention to the choice of your equipment. It contributes greatly to the success of your stay. Weight is decisive: you always have to evaluate the ratio weight/comfort, to find the best compromise.

### Equipment

- Comfortable frameless rucksack of 35l on which you could fix your skis & ice-axe,
- Ski touring skis & shoes, *rentable*
- Adhesive climbing skins & ski knives adapted to your skis, *rentable*
- A pair of poles with large discs, *rentable*
- A pair of crampons & an ice-axe, *rentable*
- An helmet, *rentable*
- A security pack including harness, DVA, shovel & probe - *this pack will be lend by your guide.*

### Clothing

- Waterproof and windproof, non-insulated parka with hood (Gore-tex or equivalent), *rentable*
- Waterproof and windproof, non-insulated pants, *rentable*
- Thick polar-pile fleece jacket or equivalent,
- A light down jacket,
- 1 long-sleeve shirt,
- Medium weight thermal underwear (top + bottoms, silk or polypro, double as pyjamas),
- Warm ski socks,
- Warm ski hat and light sun hat with brim,
- Warm ski gloves or mittens,
- A pair of adjusted gloves (in leather or fleece),
- Neck protection,
- Spare thermal underwear (for sleeping and change).

### Accessories

- High-altitude sunglasses (grade 4 is recommended),
- A goggle,
- 1.5 quart water bottle,
- An isotherm bottle,
- A mini toilet bag including: sun block for face and lips, aspirin, elastoplast, 2nd skin kit, earplug, toilet paper,
- A headlamp with spare batteries,
- A cotton or silk sleeping sheet: compulsory in every hut. - Hut provide blankets, slippers or clogs
- A plastic bag contains your ID card & Euros for extras.

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

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