



# 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

Fitness: ▲▲▲▲▲ Technique: ▲▲▲▲▲

Price from: 795 €

Thanks to the expertise of its steep skiing division, composed of exceptional riders, the Compagnie des Guides de Chamonix supports you from your initial steps to the legendary lines of the Mont Blanc massif. The steep skiing basics & [steep skiing perfect turn](#) courses will equip you with the essential skills needed to tackle the routes of your dreams. Steep skiing, or alpine skiing, is a discipline that demands perfect mastery of both skiing and mountaineering techniques. The initiation course is specifically designed for backcountry skiers who wish to develop these skills. It includes three days of training, offering comprehensive educational content and personalized advice.

### Aims of the steep skiing basics course

- Avalanche safety: basic evaluation of snow conditions
- Fundamental steep-slope skiing techniques
- Basic mountaineering techniques applied to skiing: crampons and ice axe
- Basic roping techniques used in skiing: 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

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 2025** : 795€ 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 2025 :

2 people : 1315€ per person

3 people : 970€ per person

4 people : 800€ 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)

Not included in the package :

- take out lunches and daily snacks
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## 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 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 [Millet](#), [Sanglard Sports](#), [Ravanel & Co](#) & [Concept Pro Shop](#)

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