

Performance Course for Mountaineers Course Details

Location

The course will be run at any of the ski resorts in The Chamonix Valley. We will make a decision the night before as to which resort will give the best conditions for the following day and you will be notified accordingly. Please provide details of a phone number that you can be contacted on in resort.

In December the snow conditions can be quite variable. It is often uncertain which lifts will open and when. For this reason we may choose to run days of the course in resorts just outside the valley (Courmayeur / Verbier) if this means we will find more suitable conditions. Please be prepared for this.

Timings

Each week there will be 2 courses running. One from 9 – 12 and the other from 1 – 4. We would ask everybody to arrive at 9am on the first morning and then we will have a quick ski together, and then separate into 2 groups depending on ability. This ensures that everybody will get the most out of the course.

Kit List

Skis

To get the most out of the course it would be best to use alpine carving skis, as opposed to light weight touring skis. It is far easier to feel the movements that we will be aiming to achieve as the skis are more responsive. Improvements will be made much quicker. However, this could involve hiring / borrowing a pair for a few days. Once you have acquired the correct feelings it will be easier to reproduce this on your touring kit. Please get in touch if you have any further questions about which skis to use.

Boots

Similarly it will be easier to feel the movements in well fitting alpine boots. Some touring boots are the equivalent to learning to ski in wellies! Ideally any movements you make with your feet should be directly transmitted to your skis. This is something we can discuss further on the course. One of the aims of the course is to make you perform effectively on the kit that you will use for touring, but progress will be made quicker to exchange this for some alpine kit for a few days.

Poles

Any sort of poles will do.

Transceiver / shovel / probe

We may well use these on the course, depending on where we go and snow conditions. Please have them with you each day and you will be briefed on whether you need to take them. Ideally we will ski without rucksacks for the majority of the course. Again this will make it far easier to make rapid improvements.

Helmet

Helmets are recommended but not compulsory.

Lift pass

You will need to purchase a lift pass for the resort that we are working in. In the Chamonix valley it is possible to buy a 4 hour day ticket which would cover the duration of the course (but limited extra practice time!)