



INTRODUCTION TO SKI TOURING

COURSE OVERVIEW

This is the starting point for those looking to get into ski touring, the finest way to travel on a snow covered mountain.

This course compliments existing ski skills with essential backcountry techniques and equipment.

What's covered;

- Personal equipment and how ski touring equipment works
- Understanding weather and avalanche forecasts
- Skinning up-hill, kick turns & cramponing
- Off-piste ski coaching
- Winter navigation on skis and route planning
- Avalanche transceiver training
- Techniques & tactics for mountain journeying
- Winter mountaineering skills (self arrests, movement skills, ice axes). *covered on 5 day courses

This is a practical course and is ideal for those who have some ski experience on the piste and who are looking to venture into the mountains away from the resorts. Our courses run from one to five days, and as the course is progressive, it's only possible to attend days later in the course if you attend from day one. These courses are based out of Aviemore, which is in the Cairngorms National Park and a typical itinerary would be;

- Day 1. Introduction to equipment; skis, bindings, skins etc and weather and avalanche forecasts. Once you are happy with your personal equipment and ski set-up we take a ski tour coaching skinning uphill, kick turns and adapting your down hill ski technique to the backcountry.
- Day 2. Today we consolidate the skills developed on day 1 and refine transitions between ascent and descent. We would aim to tackle steeper terrain and have a longer ski tour whilst increasing our understanding of the winter environment. It's important for participants to be involved in the decision making process of a ski tour.
- Day 3. Our winter skills are refined today with practicing ice axe arrests, cramponing and avalanche awareness. Participants will learn how these essential skills could fit into the context of a ski tour. We'll also have time to enjoy some quality skiing!
- Day 4. Participants plan and execute a ski tour in a new mountain area. Your guide will be along side to assist, but this a great opportunity to develop the confidence and freedom for touring.

- Day 5. Our final day is great fun as we ascend multiple summits, tailoring coaching to specific needs. Each participant will complete the course with a clear pathway to achieving independent, safe and enjoyable ski tours.

HOW LONG SHOULD I GO FOR?

We offer a two day (weekend) or five day course. The longer you can attend for the more skiing you will do and the more you will learn. However, a shorter course may suit if you need a refresher or have limited time. If you are unsure, please get in touch and we'd be happy to discuss what would suit you best.

WILL I BE SAFE?

Ski mountaineering requires an acceptance of risk, as the mountains are a dynamic environment where serious risks and dangers do exist. Our guides are experienced and qualified and your safety is paramount. The course progresses with your skills and we use locations on the mountains that suit you. In this way we manage risks to make the course as safe as possible.

WHERE DO THE COURSES RUN?

We run most of our courses in the Cairngorms National Park, and Aviemore is the closest town. On occasions we will travel to where the conditions are best.

HOW MUCH DOES IT COST AND WHAT DOES THAT INCLUDE?

The course costs £75 per person per day, which includes instruction from a qualified and experienced guide. It does not include accommodation or equipment, however some equipment; skis, poles, skins, transceiver, ski crampons & boots can be rented locally in Aviemore from Mountain Spirit (01479 811788) . Complimentary transport from Aviemore is available.

There are lots of good local places to stay and eat which we're happy to recommend.

Cairngorm Adventure Guides clients get a 15% discount in Cotswold Outdoors and a 10% discount in the Aviemore Youth Hostel when booking.

If you have any queries please do not hesitate to contact us.

We look forward to meeting you,
The Cairngorm Adventure Guides Team

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