



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
- Basic avalanche transceiver training
- Techniques & tactics for mountain journeying

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. 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. During this day we'll also begin to develop your route planning and navigation skills, as well as introduce avalanche awareness 'Be Aware' principles
- Day 2. We plan a ski tour that reflects the mountain and weather conditions. This is a great opportunity to learn how to plan a safe and fun ski tour. We'll also consolidate the skills developed on day 1 and refine transitions between ascent and descent. By the end of day 2 you'll have a good understanding of how to develop your ski touring skills for future trips

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 £160 per person, 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 Ellis Brighams (01479 810175) . Complimentary transport from Aviemore is available.

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

<https://www.cairngormadventureguides.co.uk/info/local-accommodation>

Cairngorm Adventure Guides clients receive a 15% discount in Cotswold Outdoors, 10% discount in the Aviemore Youth Hostel and 10% discount in Cairngorm Mountain Sports with their booking confirmation email.

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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