

CHAMONIX EXPERIENCE

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SKI TOURING COURSE CHAMONIX INTRODUCTION

Duration 5 days Physical level 3/5 Technical Level 2/4 Price from 1190€

Our introduction to ski touring course covers the essential techniques of uphill skinning, kick-turns, transitions, route-planning, avalanche awareness, and crevasse safety - everything you need to start exploring some of the great backcountry ski tours in Chamonix.

ITINERARY

This is simply an example of a typical ski touring course – your week will very likely differ from what is listed below depending on weather and snow conditions. Your mountain guide will plan your course to give you the best possible experience of ski touring in Chamonix.

ARRIVAL DAY - WELCOME MEETING

You will meet in the evening with your group and mountain guide at the Chamonix Experience office for a chat and to discuss plans for the upcoming week. We can check that you have everything you need and answer any questions you might have.

DAY 1 – LES GRANDS MONTETS

Start the day with some warm-up runs to check everyone's skiing ability and run through the basics of mountain safety and avalanche awareness at the famous ski area of Les Grands Montets. From the top of the lift station you will have your first introduction to skiing on glaciated terrain. Your mountain guide will assess the ability of everyone in the group and teach you all the correct techniques for using the ski touring equipment. A possible Grands Montets ski touring route is to put your skins on at the Argentière glacier and skin up the Glacier des Améthystes to the Col du Tour Noir.

DAY 2 – VALLEE BLANCHE SKI TOUR

An exploration of the Chamonix Valley has to include a visit to the Aiguille du Midi and a ski tour of some of the most famous off-piste terrain in the world. You will cross the Vallée Blanche into Italy to reach Pointe Helbronner on the Italian side of Mont Blanc. Here your mountain guide will teach you some more glacier travel techniques before the fantastic off-piste descent down the Vallée Blanche back to Chamonix.

DAY 3 – AIGUILLES ROUGES SKI TOUR

Today you will discover one of Europe's best ski touring areas, the Aiguilles Rouges. It offers so many ski touring possibilities, allowing your mountain guide to choose an excellent itinerary taking the snow conditions and ability of the group into account. Easily accessible from Flegere ski area, you will be in the Chamonix backcountry in no time. If this is your first experience of ski touring then you've already ticked off one of the dream routes by ski touring in the Aiguilles Rouges!

DAY 4 – OVERNIGHT SKI TOUR

This is where ski touring really comes into its own – skinning up to a remote refuge and spending the night in the mountains, then getting up bright and early the next day to ski off-piste before the rest of the world wakes up. Your mountain guide will choose the best mountain hut in Chamonix or nearby based on the weather, the snow conditions and the ability of the group. There may be a short drive to the start of the ski tour, depending on which route we take.

DAY 5 – FULL DAY SKI TOUR & RETURN TO CHAMONIX

After waking up to breakfast in a mountain refuge, today brings an early start and a full day's ski touring – an excellent introduction to multi-day ski touring. By this point you should be feeling confident both in your ski touring skills and your mountain experience. This last day will be a fantastic adventure far from the crowds found in lift-served areas. The course ends with debriefing in our office at the end of the final day, and maybe a few drinks with your new riding buddies to celebrate a fantastic week.

As with all mountain activities, this itinerary is dependent on weather and mountain conditions and therefore may change. It may also be adapted to the group level.

PRICE DETAILS

2026: From 1190€ per person for groups of minimum 4 people.

Private groups: contact us for personalised program and pricing

Included in trip package:

- 5 days of guiding & tuition by a UIAGM qualified mountain guide
- 1 night in a mountain hut with breakfast & dinner
- Avalanche awareness & safety training
- Local transport as per the itinerary
- Office based support

Not Included in the trip package:

- Equipment rental
- Lift passes
- Food & drink
- Accommodation in Chamonix
- Travel to Chamonix
- Mountain rescue and travel insurance (covering course cancellation for any reason)

DATES

This course runs from January to April, please see our [website](#) for dates and availability.

Private groups: contact us for personalised program and pricing

PHYSICAL & TECHNICAL REQUIREMENTS

You do not need any prior ski touring experience to join this introductory ski touring course in Chamonix. However, you should be a competent off-piste skier, confident skiing in a variety of snow conditions (powder, crust, spring snow) and able to descend slopes of up to 35° with control and fluidity.

MINIMUM SKIING ABILITY:

- Strong parallel turns off-piste
- Comfortable skiing in variable terrain and snow types
- Confident on steep sections (up to 35°)

FITNESS REQUIREMENTS:

Participants should have a good level of cardiovascular fitness and be capable of sustained physical activity in a mountain environment. You will be expected to undertake uphill climbs of 2 to 4 hours per day on touring skis while carrying a backpack with your personal gear.

Previous experience using skins, ski crampons, or avalanche safety equipment is not required—we'll teach you all the basics during the course.

Not sure if this course is right for you?

Feel free to email us at info@chamex.com—our team will be happy to assess your experience and help you choose the right course.

OUR GUIDES

On this course, we take a maximum of 6 clients per guide. All the guides for this course are UIAGM qualified and English speaking.

EQUIPMENT

- **Warm hat**
- **Sun hat**
- **Neck gaiter** (Buff)
- **Light down jacket**
- **Thermal layers** (better to carry several thin layers than thick bulky ones, to allow you to adjust your clothing according to temperature, weather and activity)
- **Wind & waterproof jacket** (Gore-Tex or similar breathable material with a hood)
- **Wind & waterproof trouser** (Gore-Tex or similar breathable material)
- **Warm gloves**
- **Thin gloves with reinforced palms for better grip**
- **Ice axe**
- **Climbing harness**
- **Ski goggles**
- **Touring skis (with poles, skins, and ski crampons)**
- **Touring boots**
- **Crampons**
- **30-40 litre rucksack** (with attachment loops for skis)
- **Ski helmet**
- **Avalanche transceiver, shovel & probe**
- **Sunglasses**
- **Water bottle** (ideally 2 x 1 litre bottles)
- **Sun cream** (high factor for lips and face)
- **Headtorch** (with fresh batteries)
- **Sleeping bag liner**

ACCOMMODATION

This trip includes 1 night in a mountain hut, with breakfast and dinner. This can be on any night of the course and can be rescheduled or cancelled due to unfavourable weather or mountain conditions, so we recommend that you book accommodation for the duration of your course.

Other than the night in the mountain hut, we do not include accommodation but we can organise it for you on request.

LIFT PASSES

Lift passes are not included. Some days you may not need them, other days you might only need one cable car rather than the whole ski area. For this reason we recommend that you purchase them on a daily basis depending on where your guide takes you.

SPENDING MONEY

You will need to allow a daily amount for lunches, drinks and snacks. Some days you might take a packed lunch with you and others you can eat at a mountain restaurants. Your guide can advise you on the best option for each day. We advise that you bring cash, especially when staying in the hut as it may not be possible to pay by card.

TRANSPORT DURING THE COURSE

Local transport during the course is included in the price. When travelling around the Chamonix valley we use public transport as much as possible.

DOCUMENTS

Mountain search and rescue and repatriation insurance is mandatory on all our trips, we can organise this for you on request.

We highly advise you to also have a travel insurance policy covering the cost of medical treatment and to protect the value of your trip in the event of cancellation or curtailment. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

You will need to bring your ID and/or passport with you, as we may ski in different countries during the course.

BAD WEATHER AND CONDITIONS

If the weather forecast is poor or the conditions are not favourable, your instructor will propose an alternative plan. We have France, Italy, and Switzerland within reasonable driving distance and many ski areas to choose from. Please note that additional transport costs may apply if we go further afield.

Weather and mountain conditions are variables which sometimes force skiers to change their itinerary – this is normal in the world of mountain activities - we do not offer reschedule or refund in these cases.

BOOKING AND CANCELLATION

Please send us an enquiry stating your preferred dates and your previous mountaineering experience. We will require 30% deposit to confirm your booking. The remaining balance is due 12 weeks prior to the start of the trip.

Please read our complete [TERMS & CONDITIONS](#) carefully before booking your trip.