

CHAMONIX EXPERIENCE

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PHYSICAL & TECHNICAL REQUIREMENTS AND ADVISE

Our **ADVANCED LEVEL** Hut to hut ski tours are suitable for experienced skiers. Please see the individual trip description for more detailed level requirements.

TECHNICAL LEVEL

You must be an advanced off-piste skier who skis regularly throughout the winter. You should feel comfortable and confident when making solid turns in various snow conditions (powder, spring snow, wind-packed, or crust) and in all light conditions, on slopes of up to 35°. If you need to improve your level, check out our [off-piste ski courses](#).

You should have advanced ski touring experience and be confident performing kick turns on all types of terrain and in all snow conditions. You're familiar with using ski crampons and know how to use boot crampons and an ice axe to ascend steeper snow slopes. Ideally, you've already completed a hut-to-hut tour—if not, we recommend checking out our [intermediate-level options](#).

PHYSICAL LEVEL

You have to be ready to ski tour for up to 8 hours with 800 - 1200m elevation gain for multiple consecutive days. All this carrying 10 - 12 kilos backpack and possibly in high altitude. Therefore very good physical fitness and stamina is needed.

PHYSICAL PREPARATION FOR THE SKI TOUR

Regular off-piste skiing and ski touring are the best ways to prepare, helping you build ski-specific strength and stamina.

If you don't have frequent access to the slopes, you can still train effectively with the following program:

1. Build Ski Touring Endurance

Even if you can't ski, you can train for long days of ascents and descents:

Hiking with weight: Do long hikes (4–6 hours) with a backpack (10–12kg). Aim for 800–1200m elevation gain to simulate a day on the Haute Route.

Stair climbing or treadmill incline hikes: Add a weighted pack and increase duration weekly.

Uphill-focused cardio: Trail running, stair intervals, or cycling (especially uphill rides) are excellent.

Progress slowly to avoid injury and mimic day-after-day fatigue.

2. Leg & Core Strength

Your legs will be working hard for multiple days — both on the uphills and downhills.

Key exercises:

- Squats (bodyweight or weighted) - builds overall leg strength and mimics ski stance.
- Lunges (forward, reverse, lateral) - targets quads, glutes, and improves stability and knee control.
- Step-ups
- Deadlifts - strengthen hamstrings and lower back—key for skinning and downhill control.
- Wall sits - excellent for ski endurance—hold for 30–60 seconds and repeat.
- Jump squats or box jumps - build power for quick movements, essential for moguls or variable terrain.

Core: Planks, side planks, Russian twists, and hanging leg raises.

Train 2–3x per week with focus on stability and endurance reps (12–20 reps, 3–4 sets).

4. Cardiovascular Base

You need to be comfortable sustaining effort for 6–8 hours per day.

Zone 2 cardio: Long, low-intensity sessions (running, biking, hiking) are great.

5. Recovery & Mobility

Essential for multi-day tours.

Stretch daily: Focus on hips, hamstrings, calves, and lower back.

Add yoga or mobility flows to improve joint health and prevent overuse injuries.

UPHILL ATHELETE

If you prefer a professional training assistance, we recommend you reach out to our partner, the Uphill Athlete company, which specialises in training and physical preparation for various sports including high altitude alpinism. Uphill Athlete was founded by Steve House who is fully qualified mountain guide and accomplished alpinist himself. Steve and his team use their experience and expertise to provide advice and instruction for specific training programmes. There are links below to learn more.

Training Groups

Training Groups provide:

- Training apps with full integration across IOS and Android devices.
- Guidance to the right training plan for your fitness and experience.
- Choose from one of 50+ training plans.
- Monthly coach review of your training with actionable, personalised feedback.
- On-demand access to their strength and recovery programs like Chamonix Fit and Yoga for Recovery
- Connect with a training-accountability partner to ensure your training - and your support - is done your way.

Use the code *ChamEx* to get 15% off of their Training Groups.

[Discover the Training Groups](#)

Training Plans

We recommend either their 16 or 24 week Mountaineering Training plans. You can use the code *ChamEx* to receive your 15% discount.

[Discover the Haute Route ski training plan](#)

[Discover the Hut to Hut ski tour training plan](#)

Not sure?

If you are not sure or if you have a particular goal in mind (recovery from an injury, a summit, weight lose, etc), you can sign up for a 30 minute call with an Uphill Athlete coach, dietitian or physio therapist and their professionals will answer your questions:

[Uphill Athlete Consultation](#)