



BASIC SKI MOUNTAINEERING COURSE

The basic course is designed for those who - maybe bored with on-piste skiing - wish to enlarge their horizons by approaching ski mountaineering with a mountain professional.

Course contents:

- Presentation of the climbing technique;
- Presentation of the descent technique;
- Avalanche safety basics;
- Preparation of a ski mountaineering tour basics;
- Weather report analysis;
- Snow science basics.

Equipment:

- Ski mountaineering equipment
- Safety kit (arva, shovel and probe)
- Ice axe, crampons and harness if needed
- Crampons
- Rampant
- Ski mountaineering pants
- Windstopper winter pants
- Tights
- Undershirt (1st layer)
- Long-sleeve shirt (2nd layer)
- Polartec jacket (3rd layer)
- Padded jacket (4th layer)

Duration:

- 5 days
- 3 single days on a week end;
 - 2 day trip with overnight in a mountain hut.

Period:

December / March

Number of participants:

Minimum: 1
Maximum: 6

Meeting point:

To be set with the Guide.

Skills required:

It is required to be able to ski on "red" slopes with parallel skis and a perfect control of each turning. Skiers must be used to any kind of snow.

- GORE TEX jacket (5th layer)
- 2 pairs of gloves, a thick and a light one
- Woolen hat and buff headwear
- Sunglasses
- Ski goggles
- Sun cream

Fees:

to be defined according to the number of participants

Included:

- Mountain Guide fee

Not included:

- Transfer to the meeting point;
- Overnight and half board in mountain huts, for the participants and the Guide;
- Other expenses in the mountain hut not included in the half board, for the participants and the Guide;
- Technical equipment rental;
- Anything not mentioned in the section "Included".

Insurance:

It is possible and advisable to subscribe the rescue service insurance policy for mountain guides clients

<https://www.larcasrl.it/page.asp?ID=45>

Physical skills:

The itineraries will have about 800 /1,000 m of positive difference in height