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ALPINE ADVENTURES

tours are appropriate for people looking for their first touring experience. The pace is relaxed and typically we skin for 2-4hrs per day so asce m vertical. You need to be a reasonable off-piste skier (at our Off-Piste Performance Intermediate level), able to link controlled parallel turns rough trees in control. You need to be prepared to hike short sections on foot carrying your skis on your rucksack (though you won't need any knowledge, so crampons and an ice axe are usually not required).

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involve around 3-5hrs of skinning per day, achieving around 800 - 1000m of vertical ascent. We would expect you to be able skin to a pace o er hour. You need to be able to execute good uphill kick turns on steeper slopes and have some familiarity with use of crampons and ice axe oly strong off-piste skier able to deal with a variety of snow conditions (powder, crust, slush) and able to ski on steeper and narrower slopes w and confidence for exposed sections.

ance Advanced level you should be an excellent piste skier and have years of experience of skiing off piste. You should be able to ski off pist g controlled parallel turns, ski bumpy terrain, trees, narrow gullies and enjoy pushing yourself to achieve new things. Your skiing should be re mous i.e. you can already adapt your turn radius and speed to the terrain and snow off piste. This course will focus on the technical and tacti-, jump turns, line choice as well as refreshing your avalanche skills and mountain safety. Your skiing should become more dynamic and react

tours are for experienced ski tourers who've previously completed another hut-to-hut trip or multiple day tours. You will be expected to ascent and be able to skin for at least 5hrs with up to 1000m to 1300m of ascent per day. A large proportion of the terrain may be steep and expose our uphill kick turns on 35+ degree slopes is a must, as is your ability to ski slopes of 40 degrees. You will be a strong, fluid off-piste skier able ou will be confident of using crampons and an ice axe and happy climbing on snow and rock on short climbs to summits, and in gullies to gain