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Introduction to Off Piste & Ski Mountaineering – 5 Days

Is It For Me?

As the ski resorts become busier over the years, more and more people look toward the ungroomed slopes beyond the patrolled ski areas. This course is aimed at those wishing to progress beyond the bounds of the piste. Based from the Lodge, the course alternates between days spent more locally, in and around the ski area; and days touring. In this way you will be exposed to the skills and the thrills of these growing sports. Pre-requisites: 2 weeks downhill skiing, such that you are comfortable on blue/red runs.

Aim

The aim is to start by using the uplift to provide mileage and aid coaching in off piste skiing. As the group becomes more comfortable with this it is likely that a short tour will be undertaken on day one. As the course progresses your coach will lead you through a range of varied days to allow you to experience the broad range of possibilities for the backcountry adventurer. During the week we would aim to also show the core skills required to travel independently on skis in the Scottish hills. The beauty of a five day course being that it gives time to become proficient at a range of these skills pertinent to this wonderful sport. The detail of the programme will of course vary to take account of individual needs, aims, the weather and snow conditions etc.

Your coach will be able to answer all your technical queries and offer you individualised coaching. The ski area will be used and therefore you will need to buy a ticket if you do not already have a pass.

Course Detail

Likely content to be chosen from:

- skiing technique (hard snow, powder snow, crud)
- route selection (map work, ground navigation, skinning technique and routes)
- Avalanche awareness, including the use of transceivers
- Sourcing pre skiing information (weather forecasts, avalanche forecasts, route selection and planning)

The course returns to the Lodge each evening

What will I need?

Glenmore Lodge has a large, comprehensive store of up-to-date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity. If you are thinking about buying equipment (things like ice axe, boots and crampons) but are not too sure what to get we would advise you to come and try our equipment and then make your purchases after the course.

What we can supply?

- ✓ Basic waterproof jackets and trousers
- ✓ Plastic Boots
- ✓ Gaiters
- ✓ Crampons
- ✓ Ice Axes
- ✓ Helmets
- ✓ Day Sac
- ✓ Any technical equipment if applicable such as ropes



For Ski Mountaineering courses

- ✓ Skis with touring bindings
- ✓ Skins and harshiesen
- ✓ Boots
- ✓ Poles
- ✓ Transceiver
- ✓ All winter mountaineering gear as above.

What will you need to bring?

Listed here are the essentials; this is not an exhaustive list.

- ✓ Thermals or suitable under clothing
- ✓ Insulating layers – at least one mid weight and one warm fleece layer
- ✓ General trekking trousers are recommended, not jeans though.
- ✓ Thick socks (several pairs)
- ✓ Spare fleece/insulated jacket
- ✓ Waterproof jacket (with a good hood)
- ✓ Waterproof over-trousers or salopettes
- ✓ Hat & balaclava plus spare
- ✓ Mitts & gloves
- ✓ Ski goggles (should have double lens to avoid misting up)
- ✓ Whistle
- ✓ Compass - Silva type 4 recommended
- ✓ Maps and waterproof map case. 1:50,000 map of the Cairngorms
- ✓ Headtorch
- ✓ Rucksack liner
- ✓ Vacuum Flask & Water Bottle
- ✓ Box or bag for packed lunch.
- ✓ Survival Bag - Plastic type
- ✓ Personal toiletries, medications & personal first aid kit (towels are provided)
- ✓ Suncream
- ✓ We have a small pool, sauna, gym & climbing wall - so any relevant kit (including spare towel)

Use of Helmets on Glenmore Lodge Ski Courses

Whilst it is clear that the use of ski helmets does reduce injury in the event of certain accidents, it is not our policy to demand their routine use on our courses. Our courses cover a broad range of skiing activities: piste; off-piste; touring and mountaineering. Within each branch of these sports the current norm for helmet use varies and therefore we would generally leave this decision up to the individual client. Where we feel it appropriate, such as on steep ski clinics, helmets may be mandatory, in which case we will provide them.

Currently on our touring courses, the majority do not wear ski helmets, however some folk choose to. There is a trend towards more people wearing helmets for snowsports, and they are available to hire or buy in all of the valley bases we use.

More detailed information is available from:

[http://www.eurosafe.eu.com/csi/eurosafe2006.nsf/wwwAssets/C5674B101FF45387C12576E4003C2E1E/\\$file/Policy%20briefing%2010%20Snow%20sports%20helmets.pdf](http://www.eurosafe.eu.com/csi/eurosafe2006.nsf/wwwAssets/C5674B101FF45387C12576E4003C2E1E/$file/Policy%20briefing%2010%20Snow%20sports%20helmets.pdf)





Remember the price is all inclusive

We want our customers to easily know what their course will cost, up front and in the open. Accommodation on the night before and the nights during your course, pick up from the train station (Friday and Sunday evenings only), breakfast, lunch, cake break and dinner are all included. All transportation on the course, centre facilities & any equipment borrowed are all part of the package.

Useful Books

The ABC's of Avalanche Safety by Sue Ferguson

A respected authority since 1961 updated with the latest in technique and technology. Includes how to determine potential avalanche hazards, travelling safely in avalanche terrain, what to do if you are caught in an avalanche and lots more.

Avalanche by Robert Bolognesi

This little guide will assist those who wish to gain a wider understanding of the phenomenon of avalanches, using objective data, but also using the accounts of witnesses and survivors. It reveals some of the indications which, for those who know how to interpret them, will enable a local assessment of avalanche hazard to be made and a number of pitfalls to be avoided. Finally, it provides some rules of thumb, be it for free-riders, ski tourers, walkers or climbers that will permit safer travel on the mountains

Snow Sense by Jill Fredston & Doug Fessler

Probably the most user-friendly of all the books available on staying safe in avalanche terrain

A Chance in a Million by Barton and Wright

The analysis of UK snow conditions is superb, providing insight into how the climate here affects avalanche formation.

Mountain Navigation by Peter Cliff

This is a first class guide to learning the basics of navigation. The language is easy to follow, being clear and to the point. Clear diagrams give pictorial assistance.



Marmot



teko



PLEASE COMPLETE + RETURN THIS FORM TO US A.S.A.P EVEN IF YOU DON'T REQUIRE ANY EQUIPMENT FROM US (please note that this is just to give us an idea of sizes of equipment needed, you will still need to collect individual items from stores)

| Intro Off Piste & Ski Mountaineering - 5 Day SKI MOUNTAINEERING EQUIPMENT LIST | | | |
|---|-------------------------|------------------|--------------------------|
| Name: | | Course & Date: | |
| Height: | Weight: | Shoe Size: | |
| PLEASE INDICATE WHICH ITEMS YOU WOULD LIKE US TO PROVIDE | | | |
| Item | Size | Pls Tick if rq'd | Pls Tick if bringing own |
| Ski Mountaineering Skis: complete with skins and harschiesen | Length: | | |
| Ski Mountaineering Boots | Size: | | |
| Rucksack | 50L approx | | |
| Ice Axe (lightweight) | 45cm approx | | |
| Crampons with anti-balling plates (to fit your ski mountaineering boots) | | | |
| 2 Prussic Loops | | | |
| 2 Screw Gate & 2 Snap Link krabs | HMS | | |
| Harness with adjustable leg loops | Waist size: S M L XL | | |
| Ski Poles | Length: | | |
| Avalanche Transceiver 457 KHZ | | | |
| Snow Shovel | | | |
| Probe (minimum 2.5m) | | | |
| Head Torch (4.5v battery not supplied) | | | |

