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## Silvretta – Introductory Off Piste & Ski Mountaineering

**Course Arrival:** 1800hrs on Sunday 26<sup>th</sup> February 2012  
**Course Closes:** 1700hrs on Friday 2<sup>nd</sup> March 2012  
**Departs:** Saturday 3<sup>rd</sup> March 2012.

### 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. The joys of skiing in an open environment are huge, and we intend to explore the possibilities. From a hotel base in Galtur we will alternate off-piste days with day tours. This course would suit someone with a good level of hill and ski fitness is necessary to make a day out touring with a rucksack a pleasure. You should be able to ski steep red runs on piste using linked parallel turns.

### Aim

We will offer coaching and education chosen from the following areas:

- sourcing pre skiing information (weather forecasts, avalanche forecasts, route selection and planning)
- practicing evaluating the snow pack (visual observations, digging into the snow pack for more information, making shear tests)
- search techniques (use of transceivers, simple probing)
- skiing technique (hard snow, powder snow, crud)
- route selection (map work, ground navigation, skinning technique and routes)
- Crevasse rescue
- Skiing roped
- Alpine navigation – the use of altimeters and GPS
- The rudiments of planning a tour

### Course Detail

We will offer an interesting and varied course although the exact itinerary will be dependent upon a number of factors: the fitness and skill level of the group, the weather, snow conditions, avalanche hazard etc.

Having met at 1800hrs on the Sunday evening, we plan to sort out what gear we can, prior to dinner.

For the 5 days that we plan to be skiing, we will utilise the variety of ski areas within the valley. We will have to take each day as it comes, deciding very often, where it is best to go at breakfast time.

What we need is a good level of preparation and a bit of luck with the weather and snow conditions.

### Pre-Tour Preparation

Your plan is to get a fit as possible. The fitter you are, the more you will enjoy the course.





If you're more of a skier: Some of the days are quite long, so stamina would be a good asset. Perhaps try and get out into the mountains carrying a rucksack with a 10/15kg load in it. Doing some work in the gym or aerobics will certainly help.

If you're more of a mountaineer: Make sure you get some ski lessons at your local ski slope to freshen up your technique. It's useful to have a range of different types of turns you can use to suit the varying snow conditions encountered off piste. These can range from perfect powder or spring snow; through to difficult windslab or icy conditions!

If you're a bit of both: Do a bit of everything.

**Remember:** To enjoy the course fully, when you arrive, you should have a good level of fitness and stamina and be a good parallel skier, who is completely at home on red runs, and have on occasion ventured onto some black runs.

**Arrival/Departure**

Please could you aim to meet at 1800hrs on Sunday at the accommodation for a course introduction and the issue of any equipment requested. Accommodation Confirmed as:

Hotel Alpina, A-6563 Galtür Tirol. Telefon 054 43 / 82 64, 85 16

**E-Mail:** [hotel\\_alpina@aon.at](mailto:hotel_alpina@aon.at) **Internet:** [www.alpina-galtuer.at](http://www.alpina-galtuer.at)

The course officially ends at 1700 on the Friday evening; however you are booked into the hotel until the following morning.

**Food**

Dinner, Bed and Breakfast are included in the course cost.

Lunch/ snacks can be purchased from the supermarket or several other shops in Galtür. You might want to budget for buying a hot meal or at least a hot drink from the restaurants up on the ski fields.

**Equipment**

If you wish to borrow any equipment for the course, please indicate sizes and check what you wish to borrow, where required on the enclosed list and return it to Glenmore Lodge as soon as possible. If you have your own equipment and would like to use it for the course that is fine: **please indicate on the attached list.**

We will certainly do our best to accommodate your requirements with equipment. It is possible to hire equipment in our valley base if you prefer, but this would be an additional expense to yourself.

**PERSONAL EQUIPMENT LIST**

<ul style="list-style-type: none"> <li>• Ski Trousers/Salopettes</li> <li>• Waterproof Shell Jacket</li> <li>• Waterproof Overtrousers</li> <li>• Ski Gloves and Spare gloves/Mitts</li> <li>• Fleece Jacket</li> <li>• Spare lightweight fleece</li> <li>• Thermal Underwear</li> <li>• Ski hat</li> <li>• Sun hat</li> <li>• Ski socks and spare pair</li> <li>• Sunglasses with high UV protection</li> </ul>	<ul style="list-style-type: none"> <li>• Googles</li> <li>• 1 litre water bottle/Camelback system</li> <li>• Thermos flask</li> <li>• High Factor Suncream essential</li> <li>• Glacier Cream for lips</li> <li>• Passport</li> <li>• Insurance Cover (see important detail below)</li> <li>• Spending Money</li> </ul> <p><b>Additional Items: Camera, Reading Material</b></p>
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### 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)

### Insurance

You must have adequate insurance to provide cover, should you require rescue/medical assistance, whether resulting from an incident in the valley or on the mountain. Please **bring the certificate of cover with you.**

Your insurance will require you to have a European Health Insurance Card. This is free and easy to get online or through post office.

There are many sources of insurance these days. As we are involved in a mountaineering activity at times on glaciers, it would seem reasonable to contact, organisations such as the British Mountaineering Council or Alpine Clubs, and compare the types of cover and costs offered.

- BMC, 171-179 Burton Road, Manchester, M20 2BB. Tel 0161 445 4747
- Austrian Alpine Club, PO Box 43, Welwyn Garden City, Herts. AL8 6PT. Tel: 01707 324835 (this also gives you reciprocal rights)

### Cost Includes

- Valley accommodation: Dinner, Bed and Breakfast
- Instruction/Guiding
- Equipment borrowed from Glenmore Lodge
- In course valley transport

This **does not** include:

- Ski mountaineering insurance (see important detail above)
- Lunches / Snacks
- Additional social expenses
- Lift passes, (required for the 5 days).
- Additional accommodation out with course dates

### Transport

**Flying:** Landeck is the nearest valley train station and is easy to reach from several airports, including Innsbruck, Memmingen (Ryanair) and Munich (easyjet). It is easy to transfer to landeck by train ([www.bahn.de](http://www.bahn.de)).





**Car:** You could arrange to share transport with other course members who are interested in car sharing via our facebook page.

**If you have a problem during your journey, you could let us know of any changes to your arrival by ringing the Lodge. +44 (0)1479 861 256 or Ian's mobile – 00 44 (0) 7 919 595 412**

**The nearest valley base is Landeck, which is easily accessed by road and rail and also has quick transfers from a number of airports. There is a regular bus service up the valley to resort.**

If you still have any questions, please give, Ian Sherrington, or Nigel Williams a call at the Lodge

Yours sincerely

Ian Sherrington, IFMGA Guide



**Marmot**



teko



**PLEASE COMPLETE + RETURN THIS FORM TO US A.S.A.P - EVEN IF YOU DON'T REQUIRE ANY EQUIPMENT FROM US**

<b>INTO ALPINE SKI MOUNTAINEERING            SILVRETTA            EQUIPMENT LIST</b>			
Name:		Course & Date:	
Height:	Weight:	Shoe Size:	
<b>PLEASE INDICATE WHICH ITEMS YOU WOULD LIKE US TO PROVIDE</b>			
Item	Size	Please Tick if rq'd	Please Tick if bringing own
Ski Mountaineering Skis: with skins and harschiesen	Length:		
Ski Mountaineering Boots	Size:		
Rucksack	30-40L		
Ice Axe (lightweight)	45cm approx		
Crampons with anti-balling plates (to fit your ski mountaineering boots)			
Harness with adjustable leg loops	Waist size: S M L XL		
Ski Poles	Length:		
Avalanche Transceiver 457 KHZ			
Snow Shovel			
Probe (2m plus)			
Head Torch (Battery not supplied)			

