

Introduction to Ski Mountaineering

This course is designed to take backcountry skiers beyond simple ski tours, and into the big mountains of the world. Taking his experience from skiing on the highest peaks of the world, Adrian Ballinger has distilled the important foundational ski mountaineering skills into one, action packed day. You will learn how to incorporate technical skills into your repertoire, in order to attempt bigger, more complicated ski objectives.

Skills covered:

- Steep skiing techniques
- basic snow and ice climbing techniques, including use of ice axe and crampons
- basic rope technical systems for glaciated terrain
- use of ski crampons

Difficulty: Intermediate to advanced skiing level required.

Dates: **January - March 01.**

*Please see website or give us a call for more information regarding next available dates.

All programs directed by Adrian Ballinger
AMGA - IFMGA Certified Mountain Guide

Price:

\$199 per skier.

Location:

Prior to departure each group will meet for a quick meeting at the Alpenglow office. Field sessions will take place in the backcountry near Squaw Valley and Alpine Meadows. Depending on snow conditions, our unique partnership with Squaw Valley allows us to have private access to the Tram Ridge, Nat Geo Bowl, and Munchkins. Field sessions can also take place on Donner Pass, in Truckee, California.

What to bring:

- Touring skis or snowboard with skins, boots, poles
- Avalanche transceiver, probe and shovel
- Backpack, 20-35 liters
- Food, water, sunscreen, lip balm



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- Clothing
 - Under layers:
 - lightweight merino wool or synthetic long john top and bottom
 - lightweight merino wool or synthetic t-shirt
 - lightweight merino wool or synthetic briefs/ underwear
 - wool/ synthetic socks
 - Outer layers/ insulation:
 - Soft shell “guide pants”, or hard shell goretex pants, conditions dependent
 - Soft shell jacket
 - Hooded puffy jacket (down or synthetic)
 - Hard shell jacket (waterproof/ breathable)
 - warm beanie
 - lightweight gloves with good dexterity
 - warm, waterproof gloves or mittens
- Misc:
 - sunglasses
 - goggles
 - camera

Avalanche transceiver, probe and shovel are available from Alpenglow for \$25.



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