



Ski Mountaineering Meet
25th – 31st March 2017



Mountaineering Ireland Ski Mountaineering Meet

25th-31st March 2017

For the ski mountaineer, leaving a tent or the hut as the sun creeps up over the mountains, with the prospect of a few hours of ascent and a breath taking one hour ski back down untracked snow is the stuff of dreams. It is the most wonderful way to get away from the crowded pistes and experience the mountains in their winter clothes.

Ski mountaineering is a complex pastime combining the skills of alpinism and skiing. You must have the ability to ski off-piste; navigate; choose a safe line, be aware of the mountain environment in winter; assess and test snow conditions for avalanches; use an avalanche transceiver, probe and shovel; travel safely on glaciers; use the rope, ice axe and crampons for descending and ascending steep snow slopes...Phew, but don't worry you don't have to be able to do all of these things to come on the meet!

Who is it for?

The 2017 Mountaineering Ireland Ski Mountaineering Meet is aimed at skiers of all ages and skill levels. The purpose is to get people together in an alpine area where they can ski tour.

The meet is an occasion to share information, learn new skills, find ski touring partners and generally share in the exploration of an alpine area. Many people return to the Meet from year to year using it as a base to take on new challenges in a new area. Others may be visiting the Alps for the first time joining friends that are more experienced or taking part in one of the Mountaineering Ireland courses that supplement the meet.

The courses that Mountaineering Ireland organise are designed to introduce people to the skills needed for ski mountaineering with the long term aim of making participants capable of independent activity in alpine areas. A natural progression is for people to participate in a course in the first few years and then return to the meet as an independent walker/climber.

The professional mountain guides, are at the Meet not only to run training courses, but also to share information with Meet participants on mountain conditions and recommended routes in the area.

How well do you need to ski?

Ask a mountain guide whom they would rather take ski mountaineering, a skier or a mountaineer, and they will always say the skier. Ski mountaineering is not for novice skiers, but you don't have to be an expert either. If you can combine mountaineering skills with the ability to link parallel carved turns in control, on piste while wearing a small rucksack, you can probably attempt some very easy tours in good snow conditions.

The problem for most skiers contemplating ski mountaineering is that the snow off piste can vary from deep powder to crust. Mountaineering experience will not compensate for lack of skiing ability but, as long as you can traverse, sideslip, snowplough turn and perform a downhill

kick-turn, you will be able to find your way down most slopes, albeit more slowly and with less fun. If you would like advice, please contact the Training Officer at Mountaineering Ireland.

Where?

Queyras Regional Park, France.

Queyras Regional Park is excellent for ski de randonnée (ski touring). Ski touring is a great way to access nature in a way it was intended to be. The Queyras is a substantial area of spectacular, ski touring mountain terrain. The lifts provide easy access to the mountain wilderness that makes this region so accessible and special. The Queyras is also home to summer and winter mountaineering, and perfect for the mountaineer.

Ski Mountaineering

This is a great venue for ski mountaineering and with guides on hand you can be sure we will know where to go. Lifts provide easy access to the mountain wilderness for great day tours. With the necessary equipment and a bit of hard work, you will be able to escape the crowds on the slopes and find some great skiing.

There are excellent guidebooks with descriptions of the many possible routes both within and beyond the lift areas. Both guide books are in French, for the Queyras area.

<http://www.volopress.net/volo/spip.php?article626>

<http://www.olizane.ch/article.php?IDrecord=105>

Ski de Randonnée : Hautes-Alpes by Cabau & Galley

Here's a link to an interesting article on ski touring routes in the area.

<http://www.telegraph.co.uk/travel/ski/articles/Ski-touring-five-of-the-best-hut-to-hut-trips/>

There are many others.

Accommodation

MI do not book the accommodation, this is to allow you to choose the standard you want. We are putting together a selection of places to stay in and around the area. For the moment these are the places that we have details for.

However, if you want to be independent, there are over 50 places for accommodation in the area:

Accommodation in Mont Dauphin

TBC: There are a number of available options. The following accommodation is reasonable and well located. Please mention you are with Mountaineering Ireland Ski Meet.

Le Glacier Bleu- Gite
Contact: Chloe
0033492451847

Twin room €47 (for two people)
Triple room €66 (for 3 people)
Dinner €18.50
Breakfast €6.50



Getting to Queyras, France

Flying:

The nearest airports to Queyras are Grenoble, (3+ hrs drive), Lyon (4 hrs drive), Turin (3 hrs drive), Geneva, (4 hours drive), Nice, (4 hours drive). The connection can then be made by hiring a car. Most flights are non-direct, with one UK or European stop off. Flights to Lyon are currently cheap (€150-200rtn) and car hire for the duration is around €160. Nice is also cheap with direct flights for under €100 currently available. Folk could coordinate flights and then share the car hire.

Flybe, Aerlingus, KLM, Air France, City Jet are some companies that operate flights from Dublin and Lyon, KLM and Air France from Belfast to Lyon. There are also flights from Dublin to Grenoble, with stops.

Please contact the office before booking to coordinate with the other participants for car hire or travel.

By Car or Train

Once you arrive in at your chosen airport, there are numerous companies providing car hire. It is also possible to take a train from Lyon Airport to Mont Dauphin (6.5hrs) for approximately €50 each way.

<http://en.voyages-sncf.com/en/>

Please Note

Those on the 7 day intermediate tour will also need to budget for and keep in mind that your tour will start in Mont Dauphin. Train/bus/taxi journeys may be built into the ski tour itinerary and the cost will be split between the group.

Courses

1 day refresher workshop €110 per person per day (26th March 2017)

(Note if you are doing the 5-day course this will be covered in the course)

Improving your ski mountaineering skills, avalanche recognition and avalanche search techniques and Crevasse rescue for skiers

Introductory ski touring (5 days) €550pp (Monday to Friday, 27-31st March 2017)

This course is for skiers who want to learn the skills needed to ski tour. During the course, you will become familiar with the ski touring equipment and learn how to use it. You will learn how to use avalanche transceivers, start to read different snow conditions and how to move as safely as possible around snow-laden slopes.

Outline Itinerary

Please note, you should arrive by 18.00 on the evening before your course for a pre-course briefing and gear check.

Day 1- Meet your guide and spend the morning skiing and getting used to ski touring techniques and equipment. In the afternoon you will complete a selection of short ski tours.

Day 2 to 5 – day and overnight ski tours

Price includes:

- All guiding fees
- All group safety equipment
- Office Support

Price does not include:

- Accommodation and food during the trip
- Travel
- Ski pass
- Rental of ski tour and avalanche kit
- Anything else not mentioned as included

Intermediate Ski Touring (7 days) €750pp (Saturday to Friday, 25-31th March 2016)

This course is for skiers who can make linked and continuous turns at a good pace in off-piste snow conditions. It does not have to be stylish skiing but it should be stable, steady and in control and at a reasonable pace. Participants should have done some ski touring and off-piste skiing before. They should be fit enough to complete a 5 to 6 hour mountain day and be able to repeat this for the duration of the course. Mountain fitness is essential. Participants should be training their hillwalking fitness leading up to the trip.

Outline Itinerary

Please note: you should arrive by 18.00 on the evening before your course for a pre-course briefing and gear check.

Day 1 & 2- Meet your guide and spend the two days working on; acclimatization, skiing technique and refreshing ski touring skills and checking equipment.

Day 3 to 7 – day and overnight ski tours

Commence the 5 day Ski Touring programme with your guide. The route will start and finish in Mont Dauphin and mountain huts will be used as needed along the way.

Price includes:

- All ski instruction & guiding fees
- All group safety equipment
- Office Support

Price does not include:

- Accommodation and food during the trip
- Travel
- Ski pass
- Rental of ski tour and avalanche kit
- Anything else not mentioned as included

How to Book

Download a booking form from the website and post it in.

Contact Rozanne in the Mountaineering Ireland Training Office with any queries

Phone: (01) 625 1112 or email rozanne@mountaineering.ie

Insurance

It is a condition of booking that you are insured against medical and personal accident risks. This must be for the activities undertaken and include repatriation costs, air ambulance and helicopter rescue services and cancellation and curtailment. We also recommend that you take out insurance, which includes baggage cover. You can purchase insurance to cover all your needs from the British Mountaineering council at www.thebmc.co.uk

Currency and spending money

To cover personal expenditure on this trip we estimate that the equivalent of €250-300 will be sufficient.

SKI TOURING KIT LIST

- **Gear can be hired, and usually in sets of:**
Touring skis, skins, poles with or without boots,
Avalanche kit, (shovel, probe, transceiver)
Some shops are cheaper than others, but cheaper/older gear may cause problems on the tour. These are just two hire shops recommended by the guide.

Try...

<http://www.loutousport.com/>

Technical Equipment

- Alpine Touring skis*
- Alpine touring boots*
- Ski poles*
- Climbing skins *
- Avalanche transceiver (475 Megahertz)*
- Lightweight snow shovel*
- Avalanche probe*
- Rucksack (about 35-45 liters) with outside straps to attach skis
- Climbing harness for glacier travel*
- Crampons, lightweight if possible*
- Ice axe lightweight 55 to 65 cm general purpose*
- Ski crampons*
- Ski helmet (optional)

Clothing

Use the 'layer system': Light technical clothing that doesn't take much space in your backpack and dries quickly if sweaty or wet. Layers can be put on and taken off fast if weather conditions change during the day.

- Wind and waterproof shell jacket with hood (Gore Tex or similar)
- Wind and waterproof over pants (Gore Tex or similar)
- Ski Trousers – not padded
- Fleece or wool pullover or jacket
- Medium weight fleece shirt
- Capilene, fleece or wool underwear, top and bottoms
- 2 Pairs of gloves (lightweight and heavier weight)
- Scarf or neck gaiter
- Socks: thick (wool) outer and thinner liners
- Wool or fleece hat, covering the ears
- Sun hat, preferably with wide rim
- Down vest or light insulated jacket (optional)

- Light stuff sacs or zip lock bags to keep your backpack organized
- Ear plugs (for hut trips)
- Wrap around sun glasses (with very good UV protection, extra pair is a good idea)
- Sunscreen and lip protection
- Ski Goggles
- Water bottle
- Head lamp with spare battery and bulb
- Blister kit (optional)
- Snacks (bars, dried fruit, nuts, etc.)
- Personal items (Prescription medicine, extra contact lenses and maintenance equipment, extra pair of prescription glasses etc.)
- Passport
- (Health/Travel) insurance documents
- Zip-lock bag for wallet and other documents to keep them dry
- Camera, batteries (optional)
- Compass, maps and GPS (optional)

Money

Credit cards

Travel clothes

Passport

Please note – this is not a fully comprehensive list. It is your responsibility to ensure you have packed everything you need for the trip.