

# Ski Touring - The pro's advice



## 1 BEFOREHAND, I MAKE SURE THAT...

If I do not have any experience in the activity I start with a marked itinerary or/ and get in touch with a professional.

**I check the weather forecast before going outside and I give up if the conditions are not optimal.**

**I read and understand the snow and avalanche report (BERA)**

I plan my itinerary on a map and make sure it is adapted to my physical skills or to everyone in the group.

I tell someone where I am planning on going and an estimated time of return.

## 3 WHILE SKI TOURING...

I make sure to drink enough water and regularly snack.

**I check, frequently, during the day the time I have left before the night shows up (at night it gets colder and the visibility is mediocre) and turn around before it is too late.**

I also check the weather forecast and the environment around, if in doubt I can always turn back.

I respect the fragile environment and bring back my rubbish with me.

**I know the many risks that are possible in the mountains, it is an unpredictable environment. And do not hesitate to reach out for advice from local professionals.**

## A PLACE TO INFORM OTHERS

*The tourism office is a place to receive information but we do not have the technical skills to give advice on the ski touring activity. Hence, we do not give itineraries and advice on the snow report.*

*We put up, every morning, on site and on our website the weather forecast and the avalanche report. Also available for consultation on line on the website of Météo France.*

## 2 AT THE CARPARK, AM I READY GO?

I never go on my own.

I have a way to contact others (a charged phone)

**I have suitable winter clothes and gear to keep me going through different winter conditions in high altitude (wind, cold, sun, shorter days...).**

I understand the proper functioning of my ski touring equipment before leaving the carpark.

**I, and the rest of the group, take the avalanche safety kit with us, with for each person a transceiver, a shovel and a probe and I make sure of its quality such as the charge of the transceiver should always be above 50%.**

**I know how to use my transceiver.**

## WHAT IS A TRANSCEIVER ?

It is a small transmitter and receiver device, invented to locate avalanche victims trapped under snow with the help of an other transceiver, where the "searching mode" is activated. While going up, the transceiver should be turned on "transmitter mode". This device is here for your safety and is vital to every ski touring trip.

**It is part of the avalanche safety kit (the transceiver - the probe - the shovel.)**

Emergency  
number

112

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## ARE YOU HESITATING?

If in doubt of the conditions and the avalanche report, do not hesitate to reach out to our local professionals! They are here to give you advice on different possible itineraries with the most recent snow report. Moreover, if you want to learn the basics of ski touring and feel safe all along the way, they can also be your guide for a day.

## LA GRAVE - VILLAR D'ARENE

### Le Bureau des Guides

Tél. : 04 76 79 90 21 / Tél. : 06 71 37 08 55

[info@guidelagrave.com](mailto:info@guidelagrave.com)

the price for a guided tour :

for 1 up to 4 people it is 370 € for a day out.

### ESF

Tél. : 04 76 79 92 86

[contact@esf-lagrave.com](mailto:contact@esf-lagrave.com)

Discovery of the activity :

From 40 €/pers (maximum 6 people)

## VALLÉE DE LA CLARÉE

### Alain Tallaron - Mountain Guide

Tél. : 06 08 30 69 09

[alain.tallaron@orange.fr](mailto:alain.tallaron@orange.fr)

The price per day : 65 € / pers (without the equipment)

Discovery days from the 20th to the 23rd of December 2021

### ESF

Tél. : 04 92 20 51 51 / Tél. : 06 07 72 38 33

[contact@esfnevache.com](mailto:contact@esfnevache.com)

Fee : on demande

Safety and transceiver searching : half a day : 22 € / pers.

