



# Advanced Ski Mountaineering Course

## Course Syllabus

### Location and Course Overview

This course will take place in the heart of the Beartooth Mountains in Cooke City, Montana. The alpine routes and ski mountaineering objectives in this area are the perfect place to develop the skills necessary to safely climb and ski classic ski mountaineering routes throughout the world. The objective of the course is to climb and ski/snowboard some of the classic ski mountaineering lines in the Beartooths.

### Course Topics

- Proper use of Ice axe and crampons
- Rope Skills
- Spring weather and snowpack assessment
- Route finding/safe uphill and downhill travel
- Steep Skiing techniques
- Snow climbing and protection
- Goal setting and planning
- Evaluating Avalanche Hazards and terrain risks

### Course Itinerary

#### Day 1

- 0800- Meet at Beartooth Powder Guides office at 115 East main Street, on the west side of the Sinclair Gas Station. Course Overview, introductions, weather forecast/avalanche advisory discussion.
- 0930- Gear check
- 1000- Rest of Day.- Rope skills and steep Skiing workshop workshop to include anchor building, basic knots, belaying and rappelling) Negotiating tricky terrain and downhill skiing management in groups
- 1700- Debrief Day

## Day 2

- 0700- Weather and Snowpack discussion. Discuss daily objectives
- 0730- Depart for the day's objective of skiing/riding a "Beartooth Classic Line" If weather and snow stability allows discussion and implementation of ice axes & crampons in appropriate terrain. Discuss, demonstrate and practice self-arrest techniques. Route decisions and conditions will be discussed throughout the day with an emphasis on safe travel techniques in the mountains. Lunch will be in the field.
- 1700- Debrief Day
- 1730- Route planning discussion and trip plan for next day

## Day 3

- 0700- Weather and Snowpack discussion. Discuss daily objectives.
- 0730- Depart for day's objective. If weather and conditions allow, today's objective will be climbing and skiing a "Beartooth Classic Line" while implementing the skills learned at practiced the previous 2 days. Lunch will be in the field.
- 1700- Debrief of the day's activities. Q & A Session
- 1730- Trip Plan for following day

## Day 4

- 0700- Weather and snowpack discussion. Discuss daily objectives.
- 0730- Depart for the day's objective of skiing/riding a Beartooth Classic Line"
- 1300- Return to Town
- 1330- Review trip and Q & A session for last minute question and debrief.
- 1400- All Wrapped Up

## Suggested Reading

Backcountry Skiing: Skills for SKi Touring and Ski Mountaineering, Martin Volken

*Permitted by the Gallatin, Shoshone & Custer National Forests*

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