



## **Intro to Ski Mountaineering Course**

### **Course Syllabus**

#### **Location and Course Overview**

This 3 Day course will take place in the heart of the Beartooth Mountains and will be staged from the Mount Zimmer Yurt. Hosted in the comfort of The Mount Zimmer Yurt. This introductory course to ski mountaineering is a 3 day 2 night course. The camp is perfect for someone that wants to learn about riding bigger objectives but not quite ready for a full on ski mountaineering course. From the yurt we can explore the Absaroka – Beartooth Wilderness reaching objectives like; Mount Fox, Iceberg Peak, Mount Zimmer and Sawtooth Mountain.

#### **Prerequisites**

- Level 1 Avalanche
- Experience on intermediate to advanced terrain in resorts or backcountry.
- Comfortable ski touring for 4-6 miles and 3000' vertical feet per day.

#### **Required Gear**

- Touring gear
- Sovel, Beacon, Probe
- Ice Axe
- Crampons
- Ski Crampons
- Helmet

## **Course Topics**

- Route finding and safe travel practice
- Goal setting and planning
- Steep Skiing techniques
- Proper use of ice axe and crampons
- 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.- Snowmobile to Mount Zimmer Yurt, go skiing, develop group dynamics87
- 1630 Debrief day 1

### **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 2
- 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.
- 1600- Debrief of the day's activities. Q & A Session
- 1630- Return to Town
- 1630- Review trip and Q & A session for last minute question and debrief.
- 1700- 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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