



Exploring Les Trois Vallées Saturday 17 and 24 March 2012 All Day Off Piste Ski Exploration Spring



Sunday

Morning: Warm up/balance drills/finding our ski legs on the piste.
Afternoon: Venture off-piste in Les Avals. Off-piste route from the Chanrossa chairlift. There is a short walk (10mins) to access Les Avals and this back country descent is generally quite easy but with opportunities to find some good freshies on the north facing slopes. This brings us out in Courchevel 1650.

Monday

Morning: Warm up/balance drill work then ski off-piste through Meribel and into the St Martin sector. Back country to St Martin where the terrain is undulating and relatively easy. It's beautiful though and you can enjoy this wide open area. Lunch in St Martin.
Afternoon: Make our way back through Meribel taking in the back country descents back towards Mottaret.

Tuesday:

Morning: Warm up/balance drill work before making our way to Les Menuires. We will ski the wide open off-piste to the right of Les Menuires before heading up La Masse. The plan will be to take a picnic and from La Masse take the Lac du Lou off-piste route. This takes about 2 hours and we will eat en route. Hopefully enjoying the spring weather!
Afternoon: Back through Meribel taking in Mont Vallon (off-piste) if time permits.

Wednesday: Free Ski Day

Thursday:

Morning: Warm up/balance drill work as we make our way to Val Thorens. Today the plan is to ski from Glacier de Thorens off piste into the Orelle Valley. This involves a 20mins walk to access the Orelle descent. Lunch in Orelle.
Afternoon: Back via the Cime de Caron cable car and the lovely off-piste descent into the Vallon du Lou. Ski over to Meribel and back home via the Col du Loz.

Friday:

Last Day! The plan is to stay in the Courchevel valley and take in the off-piste from the Creux Noir. The terrain here is bit steeper and will provide more of a test.

After a nice lunch we can then make a group decision as to where to ski.

Supplement: £250 per person

Course Times: 09:00 – 16:00 over 5 days

Maximum group size will be 8 people

The above programme is weather and snow condition dependent. Changes to the programme will be at the discretion of the ski instructor. Avalanche transceiver, probe and shovel will be required – these can be hired locally.