



Chamonix Mont-Blanc Ski School



esfchamonix.com

Welcome to Chamonix Ski School



Welcome to the Chamonix valley !

10 km from Italy, 15 km from Switzerland, straight ahead, the motorway for high speed access to Annecy, Lyon, Paris... Geneva and its international airport, less than an hour away!
From Chamonix of course, but also from Russia, Japan, England, Spain, Germany, Sweden, Portugal...
Multicultural and multilingual, our team of 280 instructors and mountain guides, offers a warm welcome, unique and personalised courses.
Experienced teachers, who will share with you their knowledge and passion of skiing and mountains in our valley.



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Come to Party... In Red !

Reviving the tradition, all the instructors of the Chamonix French Ski School invite you to the grand winter celebration!
Come and see us every winter at the Place du Triangle de l'Amitié, opposite our Maison de la Montagne for a great evenings atmosphere.
On Program: live music, mulled wine, a giant tartiflette, a cauldron of hot chocolate...
Win a trip, pairs of skis, ski passes...
A large raffle will be held for the benefit of our Instructor mountain rescue fund.

**CHAMONIX
SKI SCHOOL
5 OFFICES...
AT YOUR SERVICES**

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The Piou-Piou igloo



In the heart of Chamonix, magical places populated by big, colourful animals, games and laughter are an invitation to join the joy and fun... Welcome to the home of Piou-Piou, the big refuge for little ones.

Let us look after your children. Our day care centre adapts to your personal needs, before and / or after ski lessons, and with or without meals and snacks. We provide tailored support for children aged 3 to 12 years old every day from 8h30 to 17h00. With private transfers available to and from your hotel or residence to our day care centre, balanced and varied hot meals, special diets for your child

(vegetarian, sugar-free...), you will enjoy an altogether excellent service. For atmosphere, Piou-Piou, Garoloup, Blanchot, the kids' favourite characters and their chums come tumbling in... and crowds soon gather around them! Laughing faces encircle, cling to and clamber into the arms of our friendly animal mascots. Bursts of laughter, giggles, the little ones give themselves over to some unforgettable moments. Around them, our team. Specialising in childcare, our staff lavish attention on them... Supervised and pampered, they have fun in a safe, secure and ideal location. Parents, reassured and relaxed, can enjoy stunning skiing days... Life is beautiful!



You will discover

- Spacious play rooms, dining room, changing rooms
- Varied, fun and stimulating activities
- Ease of access to our two Piou-Piou Clubs, both in the heart of Chamonix

You will experience

- Games and activities, indoors and out
- Childcare, hot meals, snacks...

You will love

- The tailored care
- The dynamism and friendliness of our teams
- The welcome before and after the lessons, the quality of the meals served





The time has come for the big journey... towards a new sparkling-white horizon, a wonderful world where everything slides, takes turns and leaves tracks... Get your children on board, and moor up on the shores of our isles of Chamonix for a splash in the ocean of skiing.

Greeted by Sifflothe the Marmotte, Blanchot the Rabbit and their other mascot companions, your children are carried along on a merry-go-round of games and laughter. Whether fearful or fearless, proud or hesitant, they're off... To discover skiing and all that goes with it. From 3 years onwards, Club Piou-Piou in Les Planards and Le Savoy welcomes little snow sailors.

With entertainment mascots, activity gardens, educational workshops and circuits, magic carpet and rope tow, and in small groups limited to 6 children, they learn to move, to slip and slide and get used to those funny things: skis!

Led by a dedicated team, our personalised teaching methods, playful approach, laughter and relaxation mean your children learn and progress at their own pace while having fun!

As the days go by, the stance becomes more confident, moves become more assured, and the kids enjoy one run after another on the beginner slopes of Savoy or Planards. Enthused, the children are already dreaming of their first Etoiles...



The Enchanted Island





You will discover

- Our kindergardens and their secure areas
- Ease of access to Club Piou-Piou
- Fun, educational workshops

You will learn

- How to move, slide and stop with skis on
- Balance and good stance to ski with confidence
- Your first descents

You will love

- The groups limited to 6 pupils
- The experience and conviviality of our teams
- Our packages... All inclusive or customised





The Valley of Stars



In the same way as books do, some adventures reveal themselves line by line, through the turns and calligraphic curves on the pages which mark the rhythm of their starry chapters. Apprentices or young virtuosi, come and pen the strokes of your trails on the white pages of your skiing adventure. From Snowflake to the Etoile d'Or, from beginners to racers, the children follow a specific curriculum, tailored to each level. Its aim: to master the basic techniques in order to pass the test and win the much coveted Etoile! As the days progress, customised tuition and successive runs on varied slopes leads to gradual progression...

Under the watchful eye and guidance of the instructor, movements become more accurate, the turns get longer, speed control develops. As children gain in confidence and daring... It's time to gain some altitude, and head up towards the slopes of Brévent and la Flegère. Pistes turn from green to red, the first black ones show their technical side and smiles sparkle on faces rosy from the joys of skiing! In a few days it will be the long-awaited time... The highlight of every Friday, the pinnacle that is the medal ceremony: an emotional firework for the first trophy of the little champions!





You will discover

- Customised tuition
- The adapted slopes of Le Savoy and Les Planards
- The sunny areas of Brévent, La Flegère

You will learn

- The basic techniques to earn your Etoiles
- The right posture, the appropriate range of motion
- The safety rules for skiing

You will love

- The expertise and good humour of our instructors
- The variety of our packages: courses of 3 or 6 days, or one-day sessions
- The medal included in the six-day course





Elevation Freestyle



Some places give you a lift and make your head and body spin... So if you like getting some air and enjoy weightlessness, fly away with ESF Cham'Airlines, destination Planet Freestyle.

Budding acrobats and rotation fans, take the plunge, the time for revolution is here! Don your twin-tips, adjust your helmet and fly up to the most spectacular aerial spots in Chamonix. With AirBag sessions, snow park and natural half pipes, you will be travelling big air class! For children or teens, our variety of backcountry

freestyle courses offer an ideal combination of specific teaching methods and mountain exploration. Technique to learn essential tricks, tips to improve style and landings. You'll improve your lines, your stance, with one goal in mind: to ski with maximum ease on varied terrain. While discovering the off-piste areas you will learn the basic safety rules to journey safely through the backcountry. Give everything a go, attempt new tricks and jump safely, drop in on the Brévent AirBag... A real treat for all freestylers, big and small!



You will discover

- A special Freestyle programme
- The best backcountry spots in the valley
- The snow park of the Grands Montets, the natural half pipes of Le Tour

You will learn

- Freestyle basics: ollies, grabs, 360° / 720° spins
- Freeride technique: all terrain control, the right attitudes in powder
- How to move safely in non-glacial off-piste areas

You will love

- The «special teen» vibe
- The AirBag sessions at Le Brévent
- The choice of packages: Multi-day Courses or day Sessions



Tour of the Pistes

Feel the wind in your face, the thrill of acceleration, the exhilaration of the curves... head for routes with an exciting taste of speed and wide open spaces. From budding competitors and apprentice pilots to carving thrill-seekers, these sensation destinations are for you...

From the starting gate of our very "speedy» courses, you will experience the very real challenge of our slalom courses. Supervised by our team of instructor-trainers, immerse yourself in a real slalom atmosphere.

Cascades of gates, tight blues, slick reds, twisting doubles... On the menu, learning and technical progress

in Slalom and Giant Slalom, and tests to prepare you for Flèche and Chamois races.

How about some free and all terrain skiing? Our Cham'Ski Cross programme takes you to carve and etch long curves on the most beautiful pistes of the Valley, and to progress...

Fine-tune your stance, take smoother trajectories, ski better in fresh snow; on each run, your instructor addresses technical points, corrects posture, re-explains movements.

And for late risers, we switch into chill-out mode.

Leisure beckons – enjoy skiing in the sun with Cham'Ski Cool afternoon sessions!





You will discover

- The Slalom courses in Brévent
- High altitude areas:
Le Brévent, La Flégère, Le Tour,
Les Grands Montets

You will learn

- Control and precision
of your lines
- Techniques for varying
turns and stances
in all snow conditions

You will love

- The quality of the facilities
and the tailored teaching
- The specific course
for Slalom and Giant Slalom
- Cham'Ski Cool's
special «late risers» schedules



CHAM'ELITE RACING
CHAM'PERFORMANCE
CHAM'CROSS
CHAM'SKI COOL



BOOK ONLINE
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The Vallée Blanche



Like faces, there are some places which remain forever etched in the memory of those who have encountered them. One of those rare occasions which transforms the life of a skier is the Vallée Blanche...

At the top, the arête, the initiation ritual and unavoidable passage to the grail. You try to stay calm, relaxed, but the altitude, the precipitous view of the forbidding north face of the Aiguille du Midi sucks you in; the savage beauty captivates you, leaves you gasping for breath and your heart thumping! After the thrill, the payoff... Under your skis a dream-like snow crunches, cold and light.

Curving and turning on the trail of your instructor/ mountain guide, you slip along vast glacial valleys, slalom between the séracs and crevasses. Hidden at first, the Requin refuge now appears; time for a break. You are floating on a small cloud... Time is suspended, your mind too still dumbfounded from all the thrills, escapes over the intoxicating peaks. Soon, the slope lessens, the glacier stretches out, the valley floor is getting nearer... One last effort to reach the chalet des Mottets, and soon you are sliding towards Chamonix on a wide path amongst the pines. That's it, you can say it... I've skied the VB!



You will discover

- A unique glacier
- A 22 km descent
- The most famous peaks: Mont Blanc, Grandes Jorasses, Dent du Géant, Grand Capucin, Aiguille Verte, les Drus,...

You will learn

- How to ski safely on a glacier
- Recognise séracs, crevasses
- Use off-piste safety equipment

Vous allez aimer

- The choice of the route, its variants
- The experience of your instructor/mountain guide
- The relaxing break / food at the Requin refuge



Slip into the comfort of an exclusive, tailor-made service and enjoy the VIP cruise that awaits...

In the morning, at your hotel or residence, over an easy chat with your private instructor, you decide on the day's program. Where's the best snow, where can you catch the most sunshine? Grands Montets, Val Veny or one of the nearby jewels of Valais? Tempting... Why not stay in the valley? Discover unknown protected routes that delight the locals; hush hush... Whether learner or expert, make the most of ski, snowboard, telemark, cross country or Handiski sessions

with our specialist instructors, where you set the menu. As a well-informed professional of the Mont-Blanc area, your instructor will suggest itineraries, unusual programmes, and together you can make your own plans and routes. With travel by private transfer, pre-booked cable car, priority ski-lift access, as well as an extensive and varied choice of good eateries in the Valley, constraints disappear, giving way to pleasure... however you want it! Our commitment... To share the best of our experience and provide you with the highest standard of private tuition and ensure this exchange moves beyond a ski lesson and becomes a genuine moment of conviviality.

Top-drawer Destination





You will discover

- An excellent private service, exclusive and personalised
- A tailor-made program
- The best of the Mont-Blanc area

You will learn

- Beginner, improver or specific skills... as you wish
- Optimise your style, ski more efficiently

You will love

- Skiing as you like it, whenever and wherever you want!
- Travelling by private transfer, priority ski lift access
- The mindfulness of your instructor, his undivided attention.



CHAM'PRIVATE
CHAM'PRIVATE INITIATION
CHAM'PRIVATE 2 HOURS





Secret Gardens



From deep within, from our passions, great adventures are born... The call of great lines will commit you to one of those adventures in the heart of wild territory.

Extensive faces, hidden couloirs, stealthy lines in the shadow of the North faces... These places are narrated with a shortness of breath, a low voice and bright eyes. Steep skiing is a cult with it's own initiation rites. We invite you on a pilgrimage to its mythic cathedrals. Secret couloirs in Brévent, Pas de Chèvre, Grand Envers... Approaching these untracked treasures cannot be improvised. Depending upon your experience and the snow conditions, your instructor/mountain guide will choose the best route.

Step by step, he will initiate you: teaching specific techniques, explaining the good habits to get into. You'll discover how to choose the right line, anticipate changes in snow, spot a patch of ice, avoid the crevasses... And sign your own best tracks on these legendary slopes. Dreaming of exclusive, virgin and powdered peaks, of long curves on unending slopes? Fly to riders nirvana, Switzerland, Italy... To experience heliskiing's definitive collection, we will guide your skis to the most beautiful slopes around Mont Blanc. In conjunction with your instructor/mountain guide, you yourself set your unique program, deciding on destination and difficulty. A true taste of paradise.



You will discover

- The world of «big lines»
- The Pas de Chèvre, the Grand Envers, the Toule Glacier...
- The peaks of the Valais, the Valrisenche, La Thuile, Valtournanche

You will learn

- Turning techniques for steep slopes
- To ski confidently in difficult snow conditions
- How to move safely at high altitude in glacial areas

You will love

- The private service, the privileged relationship with your instructor/mountain guide
- The advice and tips for skiing in powder
- The diversity of the heliskiing sites in Switzerland and Italy.



Mont-Blanc Safari



Going further...

The eternal quest of the traveller, the irresistible urge to escape and experience the thrill of those leaving for a far-away place.

A place of exotic adventures, valleys whose names are shrouded in mystery and dreams.

A place that takes you on a ski safari... Discovering the snows of Mont-Blanc.

8:30, in front of your hotel or residence, your instructor welcomes you with his customary, "Where do you want to ski?" And yes, every morning, depending on conditions, he offers you a choice of destinations.

The aim: variety, and finding the best snow of the day. From Chamonix, leapfrog the borders of Mont-Blanc to Switzerland, Italy...

As the days go by, the valleys stream past, pistes ringing with laughter... A nice dive headfirst into some "fresh pow", a stunning escapade on a powdered glacier; your instructor fine tunes his advice, selects the best pistes, tracks down a beautiful un-skied slope... Guided by his experience, your technique is optimised, your style is refined, and the big Mont-Blanc loop glides by with good humour.

Whether it's relaxed skiing in Megève, sun drenched vales in Italy, secret powder in Valais, or skiing in the Aosta Valley larch glades, you'll be mixing sporting pleasures with the taste of good food in our mountains!

And tomorrow we leave on another adventure... Towards new slopes, new Mont-Blanc Ski Discovery experiences.





You will discover

- Chamonix, Verbier, Megève Courmayeur
- The diversity of Mont-Blanc's ski areas
- Unusual routes

You will learn

- To ski with ease in varied conditions (piste/off-piste)
- Optimise your powder technique
- Develop your own awareness of terrain

You will love

- The made to measure program
- Priority access to the ski lifts, pre-booked cable cars
- Skiing in the glades





Grand Ski Riviera



Destination... Carpe diem.
Climb aboard to enjoy the pleasures of a great cruise,
floating along the white ribbons of our valley...
In a relaxed mode, depending on the contours
and stops, let yourself be seduced by skiing's charms.

Cham'Ski Session... A name that sounds like an invitation,
an open door to all those who wish to advance easily
and improve their technique, a name that conjures up
pleasurable encounters.
Beginners or advanced, come and enjoy our leisure
skiing format and... it's even better if there are a few of you.
Friendlier, more motivating, we share and exchange
the ups and downs, and of course the laughter!

Encouraged by a like-minded group, you'll advance
more easily. Your instructor will teach you
in a personalised, accurate and efficient manner suited
to the pistes.

Depending on your skills, you will revise technical
movements, improve your stance, or discover
the pleasure of carved turns and raw powder
escapades... Little by little, the experience and keen
eyes of your instructor will allow you to evolve
efficiently and safely.

Holidays, a time to clear your mind... and if you like
to combine skiing with late nights, we'd like to give
a special mention to our Cham'Ski Cool sessions
with their afternoon time slot!





You will discover

- High quality teaching methods
- A varied program
- A friendly atmosphere

You will learn

- The key techniques for effective skiing
- How to control your speed and trajectory
- To ski confidently

You will love

- The attention of your instructor, his tailored approach
- The holiday atmosphere
- The choice of pistes



CHAM'SKI SESSION
CHAM'SKI COOL



BOOK ONLINE
ESFCHAMONIX.COM



Boarding Time !



Riders' Grail, royal powder-hunters reserve, open diamond mine... Words abound to describe the fascination and attraction of Chamonix. Follow our snowboarding tracks at the heart of this land of legends...

From your first side-slip to major backcountry routes, your instructor will whisk you along the tracks of your passion. At every level, a suitable programme and varied locations ensure you progress quickly and efficiently on all fronts. After learning the fundamentals, we move into freeride or freestyle territory.

Along your runs, your instructor will help you understand and correct your mistakes with specific advice, tailored to each situation, improving your stance, your turns, and terrain interpretation. In his position as an expert, your instructor will open up the most beautiful spots in the valley to you. In his tracks, you will tackle the great outdoors with confidence and enjoy the pleasures of long descents. From 8 years and up, in small groups of 4 to 6, children learn to snowboard too. With adapted pistes, tailored and attentive teaching, our special kids training ensures their safe, rapid progress.



You will discover

- The snowpark of the Grands Montets, the halfpipe of Le Tour
- The AirBag sessions in Brévent
- The best spots in Chamonix

You will learn

- To move safely, to control your speed and trajectory
- To optimise your freestyle and freeride technique
- Make progress in flat tricks, big air, rotations...

You will love

- The backcountry freestyle programme
- The spirit and advice of your instructor
- The special course for 8-12 years



Nordic Rhythms



Chamonix the Nordic city...
Hidden from view, away from the high peaks of Mont-Blanc lie some discreet destinations that unfold themselves peacefully...
Forêt des Praz, Bois du Bouchet, skate or slide in the nordic tracks of the Mont-Blanc.

Follow your desire for nature and exploring, whether slow or fast paced, skating or classic stride.
With the support of your instructor, you can slide and progress at your own pace.
You improve your technique, your confidence downhill and breathe in a big bowl of pure nature.

Are you looking to escape, to expand your horizons? Try an introduction to biathlon and for explorers, join us on the Nordic Tour.
This exclusive programme invites you to a pretty circuit around the Mont-Blanc area, to discover the most beautiful sites and Nordic skiing routes. From Vallorcine to the long sunny runs of Val Ferret in Italy, from the gentle forests of Megève to the Val d'Arly, the variety of alpine landscapes will set the rhythm to this wilderness cruise. Whether sporty or meditative, from a two-hour trek to a multi-day course, take a break outdoors. Move yourself... the Nordic way.



You will discover

- The long forest trails
- The most beautiful routes in the Mont-Blanc region
- An exclusive experience... Biathlon

You will learn

- The techniques of skating and diagonal stride
- How to use your poles
- Tips for skiing more efficiently

You will love

- The exchange with your instructor
- Our small groups: 6 to 8 people
- The friendliness of our Group formulae



CHAM'NORDIC SESSION
CHAM'BIATHLON
CHAM' PRIVATE NORDIC
CHAM' PRIVATE 2 HOURS





Nature Cruise



Immerse yourself in... Nature.
Under your feet the crunch of freshly fallen snow crystals punctuates the frosty silence of the sleeping immensity...
Delicate tracks of wildlife meander discreetly, signs of life at the heart of areas that you might otherwise think deserted.

On a blanket of wintry whiteness, snowshoeing leads you on a path to adventure, for big and small. Your legs warm up, the pace settles. In your instructor's footsteps, you easily make your way towards the sun breaking through the treetops.

The orb of light makes your arrival on the ridges truly magical. Experience moments of beauty, sights that will leave you speechless while you enjoy their contemplation. You discover the panoramic views of the Chamonix valley. The vistas stretch to infinity, and one's glance sweeps the horizon chiselled by the needles and peaks of Mont-Blanc. After a break, it's time to descend. We take the opportunity to learn a few technical tricks and some nice turns! How about exploring the sunny slopes on the south side of the neighbouring valleys? Snowshoeing on the local circuit, you head off to discover Mont-Blanc country.



You will discover

- The most beautiful walks of the Valley
- The peaks of Prarion
- Sunny routes in Val Veni (Italy)

You will learn

- How to wear snowshoes
- How to move easily in varied terrain
- Safety rules for hiking in winter

You will love

- The wilderness atmosphere
- The choice of routes tailored to your wishes
- The Discovery circuit between France and Italy



Cham' Handiski



Welcome one and all !
As specialists in providing teaching and advice on Handiski, ESF Chamonix invites you to learn, explore and discover the pleasures of skiing in complete comfort and security.
Whether for children or adults, beginners or experts, assisted or accompanied ski, you will appreciate the specialist knowledge and dedication of our team of fully qualified state-certified Handiski instructors, there to ensure you get the most out of your time on the slopes. Our approach to teaching assures you a quality of instruction that is hard to beat, as well as tailored service delivered by people passionate about sharing the joys of skiing!

A warm welcome means we offer you equipment designed to meet all sorts of requirements. Blind or visually impaired, disability of upper or lower limbs, specific appropriate training and specialized equipment are provided with DYNASTAR skis.
Dualski, uniski, wheelchair skiing, ski-kart...
Your instructor will determine the material best suited for you, so you can ski in the best conditions, no matter your handicap.
You'll slide down trails in perfectly safe conditions, with genuine thrills. Fun guaranteed!
We are at your disposal.
Contact us!



You will discover

- The joys of skiing
- The slopes of the valley best adapted to your schedule

You will learn

- To use the right equipment for your disability
- To evolve your skiing on the slopes

You will love

- The pure sensations of skiing !
- The attention and teaching methods of your instructor
- The choice of slopes



Cham' Events



Your privileged partner

Companies, associations or private groups, you want to create an original event in the unique setting of the Chamonix valley. Hospitality, logistics, management... The ESF Chamonix is your partner in creating those unforgettable moments.

Call us

Give us your ideas... And together we will work out the program that best suits the needs, structure and capabilities of your group. Sporting challenges, adventure, discovery... Our know-how means we are able to offer a range of themed options, suitable for all abilities. Looking for an exclusive program of activities out of the ordinary? Consult with us, and we can work together to create your desired concept.



Congresses, seminars, corporate events, incentive courses

Take advantage of our expertise and our experience in managing groups - up to 300 people - on the snow and in the mountains. Ski & snowboard instructors, ski-guide instructors, mountain escorts, dog sled drivers, entertainers... Our team of professionals, specialists in action based adventures, ensure a high level of excellence with safety always in mind.

ESF CHAMONIX - Events Organisation

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The Course Guide and Tests



Alpine coaster
Luge
DE CHAMONIX

**Ouvert
toute l'année !
Open all year!**



**LUGE ALPINE COASTER
CHAMONIX**

**Un grand huit au cœur
des montagnes !**

Domaine skiable LES PLANARDS
5 mn du centre ville



ALPINE SKIING - CHILDREN

Kindergarden Pooh Bear	I am 3 to 5 years old. I have never skied. I am older than 5 years old. I have never skied, or very little
Snowflakes	I have the "Pooh Bear". I can do a snowplough and I can take a ski lift.
1st Star	I have the "Snowflake". I can turn with snowplough turns. I know how to slow down and stop.
2nd Star	I have the "1st Star". I can link basic turns. I have started to learn to skid stop.
3rd Star	I have the "2nd Star". I can link turns, skis parallel, and my loop turns skid.
Bronze Star	I have the "3rd Star". I can link turns on short and medium-rays. I have mastered my balance and the schuss.
Golden Star	I have the "Bronze Star". I want to improve elementary cornering elementary whilst reducing slippage.
Elite Performance	I have the "Gold Star". I master small slaloms. My objective: the Jib. I am looking for performance and slalom skiing on all types of snow, all slopes.
Elite Racing	My objective: the Arrow, the Chamois.

ALPINE SKIING - ADULTS

Beginners Class 1	I have never skied. I have skied more than a week. I do elementary snowploughs.
Class 2	I am an average skier. I do wide turns with my skis parallel. Blue slopes.
Class 3	I am a good skier. I can ski under control on all red pistes.
Class 4	I am a very good skier. I ski all terrains, different snow conditions, black slopes or off-pistes.

SNOWBOARD - CHILDREN & ADULTS

Beginners	I have never snowboarded before, or very little.
Snowboard 1	I can link basic turns on a blue piste.
Snowboard 2	I can make standard turns on pistes of average steepness, and I can slide round 180°.
Snowboard 3	I can link turns of various arc length on pistes of average steepness, and jump 180° in the air
Snowboard Expert	I adapt my technique to the terrain and snow conditions. I can make all types of turn and am in control performing tricks

**TO INCREASE YOUR LEVEL EFFICIENTLY
AND SAFELY, IT IS ESSENTIAL TO CHOOSE
THE RIGHT COURSE WITH THE TECHNICAL LEVEL
THAT SUITS YOU.**



POOH BEAR

Take an easy track Nordic style. Make a snake like route, turning with snow ploughs round 4 or 5 stakes. Ski in a straight line down the slope, finished with a turning plough.



SNOWFLAKE

Linking 7 to 8 snowplough turns with skis parallel in between, on a marked course. To traverse the slope, with a straight line. Maintain balance, facing downhill while doing small jumps, on one foot then the other, and on a small bump... On a gentle slope.



1ST STAR

Linking sliding elementary turns on suitable marked course. Traversing the slope finishing with a curved turn. Effecting a step turn (stem Christy) on an easy slope.



2ND STAR

Linking a dozen elementary well executed turns, on a marked course. Side slipping. Perform elementary carving turn.



3RD STAR

Linking a dozen turns, on a marked course intermediate slope. Perform a simple loop. Ski in a direct line, gaining speed, finishing with a skid brake.



BRONZE STAR

Complete successfully a prepared course of between 15 and 20 gates, not timed but rated on the ability to link advanced basic turns, with 2 changes of pace on a varied slope: alternating short and medium radius turns. Do a small jump, on a prepared ramp either on or off the piste.



GOLDEN STAR

Succeed in a timed Giant Slalom style course, with a maximum of 50% increase on the time set. Succeed in linking technical turns and wedeln in different snow conditions and varied terrain

**AGE
CATEGORY**



BABY



CHILD



JUNIOR



ADULT

**DIFFICULTY
LEVEL**



BEGINNER / CLASS 1



CLASS 2 / 3



CLASS 4

**PRIVATE
MINIBUS**



**AVALANCHE
SAFETY
EQUIPMENT**





MGM, CELEBRATING 50 YEARS OF EXCELLENCE IN THE FRENCH ALPS

CHAMONIX

Mont-Blanc

New development

Become an MGM owner

LE CRISTAL DE JADE

1st ever MGM 5 star LEASEBACK development



From 1 to 4 bedroom,
fully furnished and decorated
Swimming pool, steam rooms,
sauna and fitness suites



MORE INFORMATION

MGM CHAMONIX

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www.mgm-constructeur.com

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DES ALPES



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